



NATIONAL
OLYMPIC TRAINING CENTER
Helsinki



FINNISH TOP ATHLETES AND EXPERTS WORKING TOGETHER

National Olympic Training Center Helsinki (NOTC Helsinki) offers training space to Olympic training center athletes, sports academy athletes, clubs and sports school students every day of the week

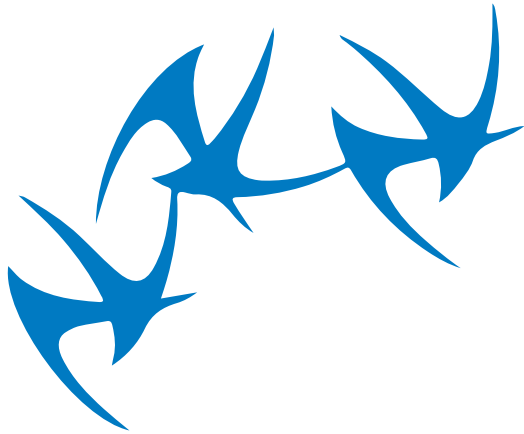
The sports hall and campus offer everything the athletes need: optimal training conditions, support from different sports professionals and comprehensive healthcare, housing and restaurant services.

OVER 14,000 SQM OF SPACE FOR SPORTS AND OTHER ACTIVITIES:

- dedicated training space for basketball, rhythmic and artistic gymnastics, athletics, judo and wrestling
- common strength training area for all sports
- warm up and cool down area for all sports
- facilities for recovery and rehabilitation
- testing and sports medicine station

ACTIVE LIFE ON THE CAMPUS

- NOTC Helsinki offers accommodation for 166 athletes in one-room apartments and shared apartments.
- Camps can be organised for groups of 10–16 athletes.
- The residential building is located in the immediate vicinity of the sports hall and the football fields.
- The campus restaurant serves warm meals and snacks every day.



SUSTAINABLE AND BUILT TO LAST

Responsibility is one of the cornerstones of the NOTC Helsinki. The planned service life of the sports hall is 50 years. The solar panels mounted on the roof produce almost one-fourth of the electricity used by the hall. The rest of the electricity is supplied by climate-neutral water or wind power, and the buildings are heated with renewable district heat.




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"The strength training area is extensive and high-quality and accommodates the needs of competitive and elite sports. It is a space that improves the daily motivation of athletes."

Erik Piispa,
Strength and
Conditioning Coach



TECHNOLOGY SUPPORTS COACHING

To coaches, NOTC Helsinki offers international-level training equipment and the support of a multidisciplinary expert network. The technical solutions enable coaches and athletes to monitor performance, recovery and rehabilitation after injuries together with other experts. If needed, the data produced by the measuring devices can also be analysed by sports doctors.

EXPERT SERVICES:

- Coach and coaching team
- Physiotherapist
- Sports nutritionist
- Sports psychologist
- Physical coach
- Sports doctor

FACILITIES AVAILABLE TO ATHLETES:

- 800 sqm of strength training space and a warm up and cool down area for athletes
- Alter G anti-gravity treadmill
- Cold equipment, including a cold-water pool
- Camera systems
- A range of measuring devices
- Altitude training conditions

TRAINING ROOM

Training Room is part of the multidisciplinary expert services provided by NOTC Helsinki, helping athletes to optimise their performance, training and rehabilitation from injuries. The room offers comprehensive equipment and enables high-quality, personal training and rehabilitation with the help of experts. The Training Room equipment includes premium rehabilitation equipment by DBC Global Ltd.

"The diverse Training Room equipment support effective recovery and rehabilitation after injury and training during injury. The quiet space is also ideal for training and rehabilitation in small groups."

Leeni Kauppinen,
Physiotherapist,
Sports Physiotherapist (cert.)

"In order to ensure that rehabilitation satisfies the needs of sports, it must be based on progressive training that improves the functioning and performance of the body. The training takes place in cooperation with the physiotherapist, coach and other experts. The Training Room rehabilitation equipment was selected with a mind to support safe training at the early stage of the rehabilitation process, but also sufficiently hard training as the athlete returns to their normal regime."

Juha Koistinen,
Physiotherapist,
Sports Physiotherapist (cert.), OMT





A PIONEER IN SPORTS CONSTRUCTION

The NOTC Helsinki sports hall was inspired by other international top-level sports construction projects. The requirements of different sports were taken into account in the selection of materials and details, with the aim of creating optimal conditions for training.

- The floors of the basketball courts are made from sugar maple to ensure maximum yield.
- The height of the rhythmic gymnastics hall meets Olympic standards, and the lighting has been designed so that glare does not affect the gymnasts.
- The structure and coating of the running track has been designed to minimise stress on the runners' feet.
- The judo and wrestling hall has four tatamis with wrestling mats placed on them.

FROM BASKETBALL COURT TO EVENT SPACE

The basketball courts are easy to convert into an event arena by pulling out the 1,100 auditorium seats. The arena has an excellent audio system, large LED screens, optimal lighting, good facilities for TV broadcasting and the opportunity to use the organiser's own visual elements.



25 STIGMAR






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REAL-TIME ACCESS CONTROL

The access control system that integrates into the space reservation system was developed with Abloy, and it makes it easy for users to move in the premises. The system supports user group-specific and time-based access rights. The access control is based on HSL's travel cards and mobile devices, and it offers continuous and up-to-date information on the use of the spaces.



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urhea-halli.fi

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"Access management at the new Urhea sports centre has been designed with the athletes in mind. With their personal mobile devices, they can fluently book training facilities and move on the premises. And thanks to the ABLOY OS solution, the facilities administrator stays up to date with facility status, always and in real time."

Marko Ruti
Facility Manager
Urhea-halli Oy



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PROUDLY BUILDING THE FUTURE OF FINNISH TOP- LEVEL SPORTS

It's an honour to be building such a significant flagship for Finnish sports and athletes. Let's build in a way that ensures more Olympic champions in the future.

» Jatke is a domestic construction group founded in 2009, with offices in Helsinki, Hyvinkää, Tampere, Turku and Kouvola. Jatke builds people homes and workplaces where it's good to be and live.

» **jatke.fi**