



RICHMOND
OLYMPIC OVAL

OVALHP 



WORLD CLASS FACILITY

The Richmond Oval has unparalleled facilities, amenities, and equipment that address athlete and coach needs across the entire athlete pathway, from aspiring local youth athletes to those seeking the Olympic and Paralympic podium.

Oval staff collaborate to provide Canadian athletes with an ideal daily training environment to reach their full potential and compete at the highest level. Oval coaches and practitioners provide services in line with your program's technical coaches and medical leads' vision, direction and annual training plan.



HIGH PERFORMANCE TRAINING CENTRE

4,600 square foot training studio with Sorinex Power racks, Olympic plates and bars, performance testing equipment, Normatech recovery tools and much more.



MULTI SPORT COURTS

45,000 square feet of multi-sport flooring that can accommodate regulation-size volleyball, badminton, basketball or futsal competitions.



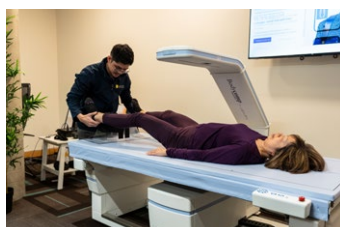
CLIMBING WALL

World cup level lead climbing competition wall, regulation speed climbing wall, performance focused bouldering wall and the National Training Centre for Climbing Escalade Canada.



THEATRE

A 44-seat theater with a 10-foot screen and D-BOX seating, regularly used for presentations, video analysis, and corporate events.



DEXA

Dual-Energy X-ray Absorptiometry technology offers a quick and painless assessment, utilizing low-level X-rays to measure body composition.



THE FIELDS

4,200 square meters of multi sport turf, three FIBA 3x3 basketball courts and outdoor strength training area.



HARDWOOD COURTS

Six hardwood courts utilized for basketball, volleyball, wheelchair rugby and wheelchair basketball.



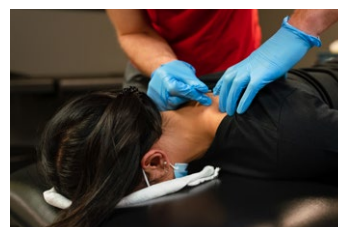
ICE RINKS

2 Olympic sized ice surfaces utilized for ice hockey, para hockey, short track speed skating and figure skating.



MEETING ROOMS

Designed for seminars or board meetings for up to 100 people with full audio visual connectivity.



SPORT MEDICAL

On-site sports medical facility, clinic, and pharmacy for fast and efficient treatment.

HIGH PERFORMANCE SOLUTIONS

The Oval employs a team of professional staff, coaches, and practitioners who provide personalized high performance solutions to sports organizations.



PERFORMANCE SERVICES



STRENGTH & CONDITIONING

The Oval team of strength and conditioning coaches deliver evidence based and systematic programming in individual, group and team settings.



PERFORMANCE TESTING

Oval Strength & Conditioning coaches use advance testing equipment like VALD force plates and speed dash timing system for precise performance testing and screening.



NUTRITIONAL SUPPORT

Customized private consultation, group seminars and practical workshops delivered by Sport Dietitians.



GYMWORKS™

Registered athletes with the Canadian Sport Institute Pacific can use the Oval's facilities and sport activity spaces through the GYMWORKS program.



MENTAL PERFORMANCE

Mental Performance Consultants help individuals and teams utilize fundamental mental and emotional skills to enhance sport performance.



SPORT MEDICAL

14,000 square feet of integrated sports medical services, including sport rehabilitation, chiropractic, physiotherapy, podiatry, massage therapy and more.



TRAINING CAMP DESIGN

Oval staff collaborate to design and execute tailored training camps. Available comprehensive support includes accommodation, catering, facility bookings, technical coaching, integrated services and much more.



DEXA

Full health body composition scan that offers precise insight into body fat, muscle mass and asymmetries and bone density.

RICHMOND SPORT HOSTING

The Richmond Oval's High Performance Program is fully integrated with the City of Richmond Sport Hosting office. Richmond Sport Hosting partners with local, provincial, national, and international sports organizations to serve as a comprehensive 'one-stop shop' to ensure the success of training camps and events based in Richmond.

Richmond Sport Hosting services include, hosting grant support, sourcing venues and accommodation, facilitating venue contracts, volunteer recruitment, stakeholder engagement with partners such as Tourism Richmond and the City of Richmond, as well as marketing support through social media and assistance with media relations.

RICHMOND SPORT HOSTING



COLLABORATIVE PARTNERS

NATIONAL



PROVINCIAL



LOCAL



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