

An aerial photograph showing a large complex of modern, white, multi-story buildings with flat roofs, surrounded by lush green trees and a river in the foreground. In the background, a residential area with red-roofed houses and rolling hills are visible under a clear sky.

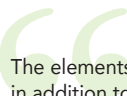
NEKA

FACILITIES

Sports Hall
Residential village
Hotel
Conference center
Restaurant
Rehabilitation
Wellness



Introduction



The elements of a successful career – in addition to talent, dedication and willpower – are to be found in the work of competent professionals and in an optimal facility situation. Whichever factor is missing from those, it will present an obstacle for high-level training and talent development. As a professional player, I learnt to fight, work with humility, and assert myself in a community, while also experiencing the sweet joy of success and the feeling of total emptiness and insecurity that comes with failure.

One of the secrets to success lies in articulating good questions. How can a talent be converted into a successful player? Why is morality important? How does science help the development of handball and our students at the academy? Is there a talent man-

agement tailored to the Hungarian individual? What are the responsibilities of managers and coaches? What is the role of the family? Development is guaranteed by finding the right answers to these questions.

The National Academy of Handball intends to play a leading role in the education of the youth of the sport in Hungary by applying well-thought-out training structures based on synergies, but for this we must not only understand our national peculiarities, but also use the modern achievements of our age. And educating future generations can only be successful by working in this spirit.

Tamás Mocsai
National Academy of Handball
General Manager





Residential village – Dormitory

The main facility complex of the National Academy of Handball, the residential village, is located directly on the shores of Lake Balaton. The 2.5-hectare park with ancient trees houses the dormitory buildings, the hotel and the offices wing, the restaurant, the building, which includes the conference centre and the rehabilitation unit, as well as the recreation and relaxation area.

The area has outdoor and indoor parking available with a 24-hour reception. The high-quality boys' and girls' dormitories are located in separate buildings and can accommodate 182 people. Each accommodation unit comprises two double rooms with a bathroom

and a refrigerator. The furnishings of the rooms have been installed in a way that the students can relax and study comfortably. There is also a laundry room in each dormitory with washing and drying machines for the residents, this way everyone can take care of keeping their own clothes and sports equipment clean.

During certain periods of the summer break, the dormitory rooms are also available for other teams carrying out their training activities at NEKA, while the double guest rooms are available throughout the season.





Residential village – Restaurant



The restaurant and kitchen building altogether comprises 717 square meters, 200 square meters of which is the spacious, imposing dining area, mostly bordered by glass walls. 142 people can be seated to eat here at the same time. The most typical method is dinner service, but there is also the possibility of a smorgasbord buffet. Within the framework of the cooperation agreement between the University of Physical Education and NEKA, the Master Chef of the Academy compiles the daily menu from healthy ingredients considering nutritional aspects, in cooperation with advising dietitians.



KITCHEN – IN NUMBERS

The kitchen can cook 400 dishes at a time. The number of people working there is 16, of which 6 are chefs. Breakfast is served from 6:00 a.m. till 9:30 a.m., lunch from 12 p.m. till 2:30 p.m., dinner from 5:30 p.m. to 8:30 p.m. and the restaurant is open all days of the week.



Residential village – Conference- and rehabilitation building

The conference room, which can accommodate up to 200 people, can be divided into three smaller units with mobile walls, which can thus serve as a venue for lectures and discussions, whether large or small.

The state-of-the-art sports science equipment is available in the rooms of the rehabilitation department, and the community room serves for relaxation with the games set up here. All this together on 1000 square metres – in the heart of the residential village.

MODERN EQUIPMENT

In addition to the pneumatic power training equipment park, state-of-the-art diagnostic and development tools, including an antigravity treadmill, a posture and gait analysis treadmill, and an Inbody body composition measuring machine, ensure the high-quality work.

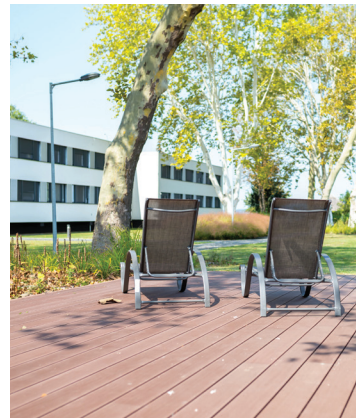




Residential village – Recreation

The recreation department of the NEKA residential village is located in a quiet environment, in a separate building with a floor area of 410 square metres. Here, next to the jacuzzi, a 20-person Finnish sauna, a 2-person infrared sauna, a 10-person steam cabin, several jade-stone massage beds and a specially designed counter-current pool are available.

In our recreational facility, therefore, there is an excellent opportunity for “recharging the batteries”, rest after a workout, or just an additional treatment that serves fast recovery. Schedules for the use of the services is coordinated by the operation specialists to avoid congestion.





Residential village – Hotel rooms, apartments

While one wing of Building C houses the headquarters of NEKA, the other one offers air-conditioned hotel rooms and apartments. This is the part of our facility that receives teams holding training camps in Balatonboglár, but guests arriving to the venue for various conferences or corporate events can also have their accommodation here. The design of

the hotel rooms and apartments is such that they adequately serve relaxation and convenience, providing that at a higher level of comfort than the dormitory rooms, which do also satisfy all requirements. The private sphere can be created, but there is also a communal space, and one of our rooms is wheelchair accessible, so it is also suitable for the disabled.





The air-conditioned double hotel rooms are spacious, with a wardrobe, a work desk, a television and a mini fridge, while the bathroom has a shower, a washbasin and a toilet. There is a free WiFi network in the building and in the premises of the entire residential village.

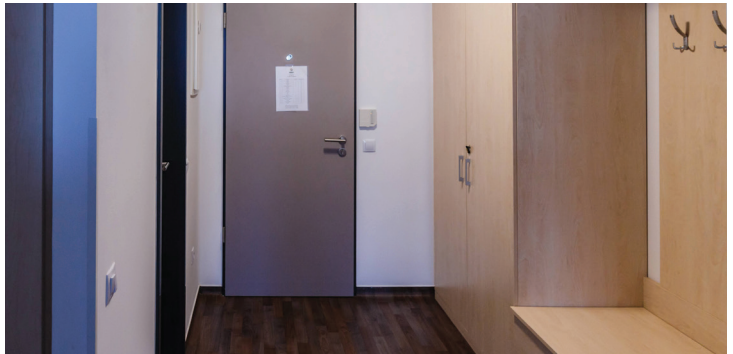


Our apartments, air-conditioned as well, offer the ultimate comfort, even for longer stays. The bedrooms (which include both single and double ones) can be entered from a common foyer. They have a bathroom including a bathtub/shower, a washbasin and a toilet, as well as a separate toilet with a handwash. The living room of the apartments is located in a joint area with a fully equipped kitchen. There is also a washing machine and a refrigerator, a television and a landline telephone.



CAPACITY IN NUMBERS

- 10 double-bed hotel rooms
- 1 single-bed hotel room, equipped to serve the disabled
- 6 double-bed apartments
- 4 double twin-bed apartments
- 49 persons at full capacity





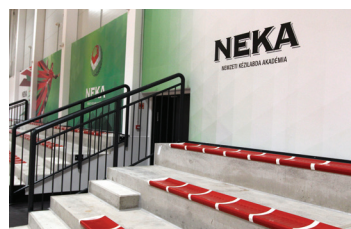
NEKA Sports Hall

The sports hall, which is also suitable for organizing international matches, has been the venue for various sports events and festive programmes since June 2016.

In the 3,500-square-metre hall, there are three 20- by 40-metre handball courts next to each other, which can be opened into a common space or separated with movable elements if required. This allows three teams to hold training sessions on the courts simultaneously. On the third court, in addition to handball, there is also badminton and volleyball painting. The quality Danish sports floor is kind to the joints of the athletes, thus protecting the players from injury.

The stands - with fixed and mobile ones - is suitable to hold 678 spectators. The sports hall has seven changing rooms, a fitness gym, a VIP lounge with a movable wall, a cafeteria and a cloakroom.

Next to the facility, a renovated grass football field, a 350-metre long running track, a conditioning park, a proprioception equipment park and a fitness staircase offer a variety of outdoor sporting opportunities.





WHO HAVE VISITED US?

In addition to NEKA league matches, the sports hall has hosted training camps and international tournaments for many well-known teams, and also served as a venue for sports diagnostic surveys and various other events involving hundreds of people. The Hungarian and Norwegian women's handball national teams, the multiple women's EHF Champions League finalists and winners Győri ETO KC, the EHF CL finalists from Russia, Rostov-Don and Ferencváros have all held training camps in Balatonboglár. The men's club teams of Grundfos Tatabánya, Ferencváros and the national team have also conducted surveys here.



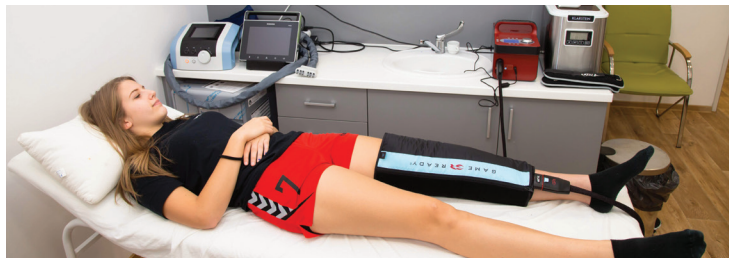


Rehabilitation

The rehabilitation centre, which has been operating since 2018 and have been set up with modern equipment, offers all necessary conditions for carrying out individual prevention, rehabilitation and fitness sessions.

Qualified physiotherapists, human kinesiologists and fitness coaches work with NEKA students using state-of-the-art diagnostic, information technology and development systems. All processes follow elaborated professional guidelines and protocols.

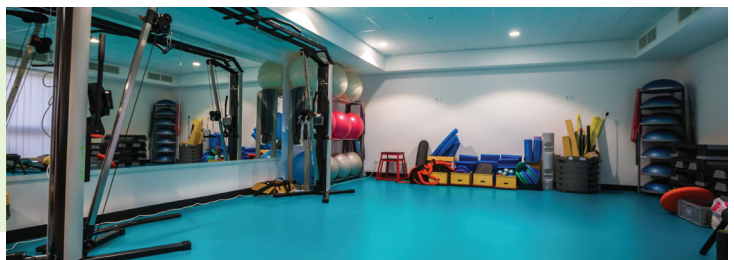
The condition of young athletes is observed through regular monitoring, testing and measurements, and prevention and correction sessions are used to prevent injuries, reduce their number and the chances of relapse. During the difficult and long period of the rehabilitation process, in addition to specialists, doctors, sports masseurs, physiotherapists, mental health professionals and health assistants help the injured.





RECOVERED AT NEKA

A few days following her knee surgery in 2018, the national team handball player Zsuzsanna Tomori started her rehabilitation at NEKA and spent several weeks in Balatonboglár. John Henry Krueger, an Olympic silver medal short skater who is now competing for the Hungarian flag, has also prepared his return to competitive sport at the rehabilitation centre after a knee surgery. The Hungarian champion, junior girls doubles Wimbledon champion tennis player, Fanny Stollár turned to our specialists because of her back pain.





Sports science and surveys

At the National Academy of Handball, also thanks to the cooperation with the University of Physical Education, professional training is combined with such an advanced sports scientific background and an innovative way of thinking, which together make NEKA unique domestically as well as across Europe. The unrivaled infrastructure, the equipment and the professional staff working according to the latest trends and with the benefit of the performance-enhancing trainings create an opportunity for the academy students to make their mark among the best in today's modern, accelerated handball sport.

The results of regular sports diagnostic surveys are processed and analysed by specialists in an IT system, on the basis of which the condition of each athlete can be accurately monitored and an individual

development plan can be compiled for all of them. Our specialists use the Catapult, Omegawave, SIMI and Polar systems to get useful information during training and matches.

NEKA also provides its external sports partners with the possibility of sports scientific surveys, thus offering data that can serve as measurable information for the handball sport in Hungary.





DID YOU KNOW?

The Speed Court track developed in Germany, used by our academy students in the surveys, also plays a key role in the preparations of several of the leading teams of the world. Among others, football players of Bayern Munich and Real Madrid, as well as members of the German men's handball national team, use the data obtained by the device.





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