

Metropolitan Sports Academy

National Olympic Training Center Helsinki



NATIONAL
OLYMPIC TRAINING CENTER
Helsinki

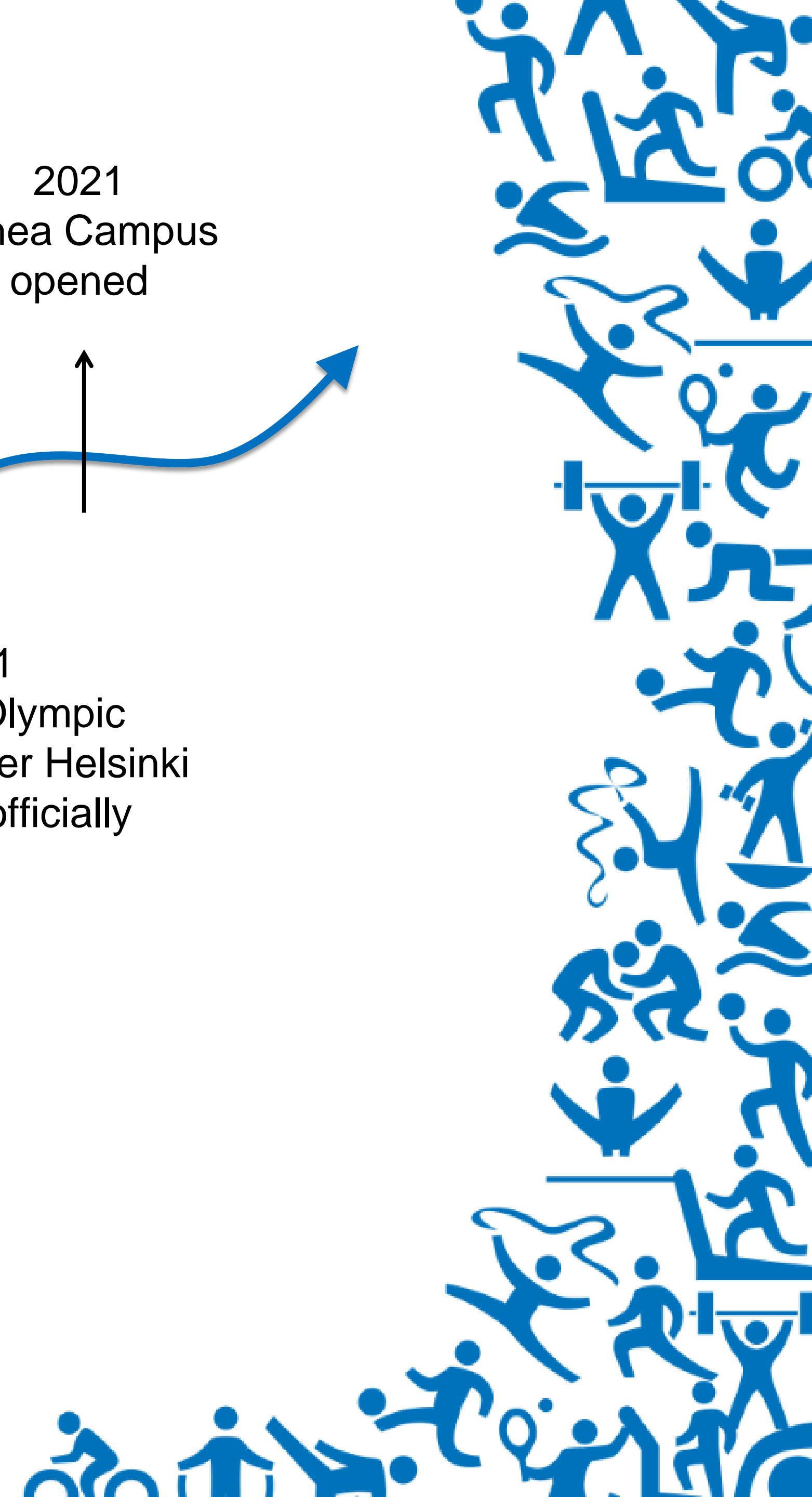
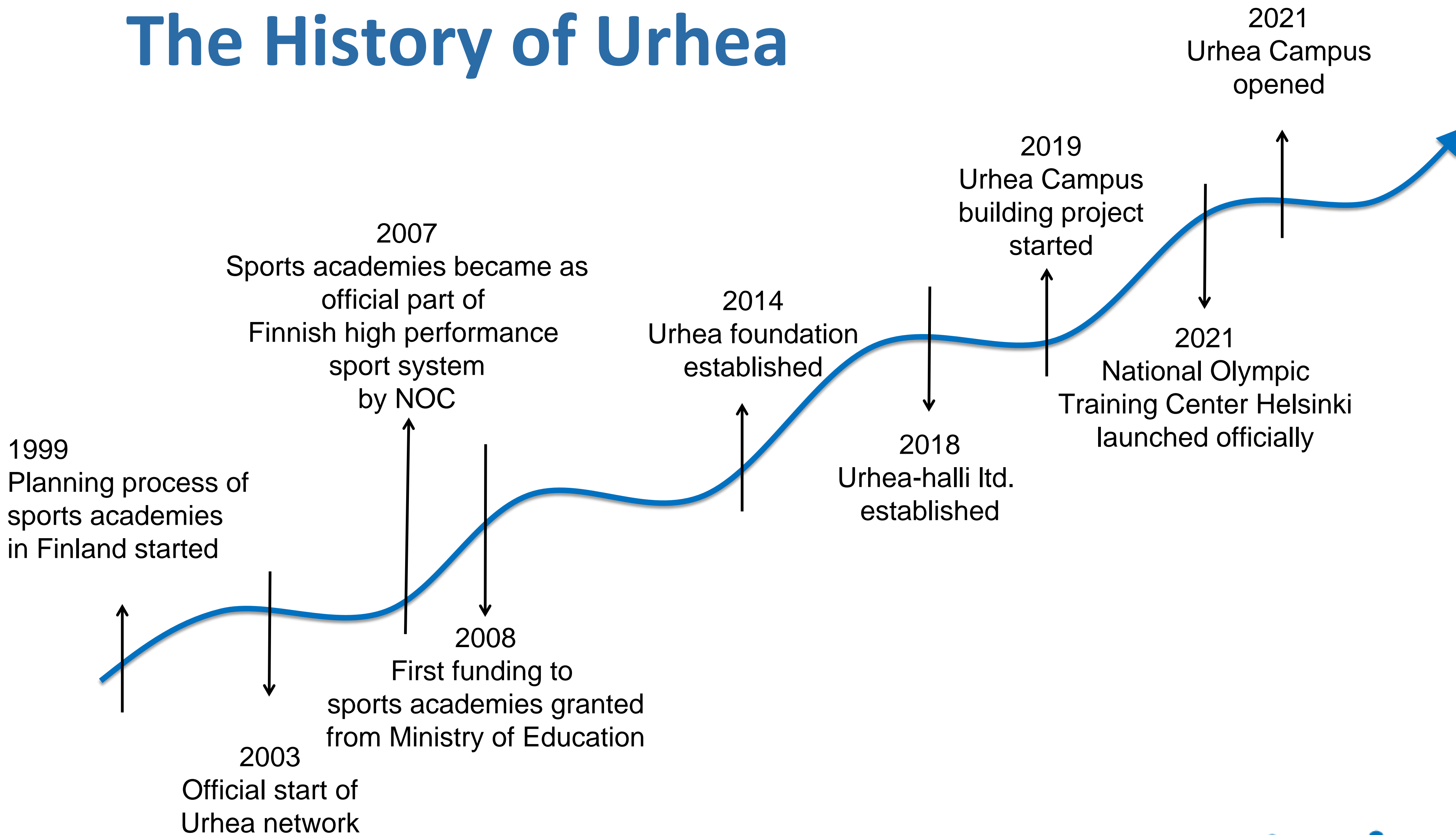


URHEA



NATIONAL
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Helsinki

The History of Urhea



METROPOLITAN SPORTS ACADEMY IN NUMBERS

5800 athletes

200 coaches

26 sport federations

33 partner sport disciplines

82 sports disciplines
represented

55 secondary schools

14 upper secondary schools

7 universities

3 cities

Finnish Olympic Committee
Finnish Paralympic Committee
Finnish Defence Forces/Sport



ATHLETES' CATEGORIES

Level 1

Athlete funded by Olympic- / Paralympic Committee

Level 2

National team athlete (senior or junior)

Level 3

Challenger athlete

Level 4

Athlete in secondary sport school network (13 y to 15 y)



METROPOLITAN SPORTS ACADEMY STRATEGY 2021-2025

VISION

International High Performance Center

MISSION

Training and dual career enable athletes to succeed and have a good life

GOALS

1. Athletes develop in every training session

2. Every athlete has his/her individual way of doing dual career as part of the training process

3. Urhea campus empowers the whole network

VALUES

We value good every day life

We work together and in a sustainable way

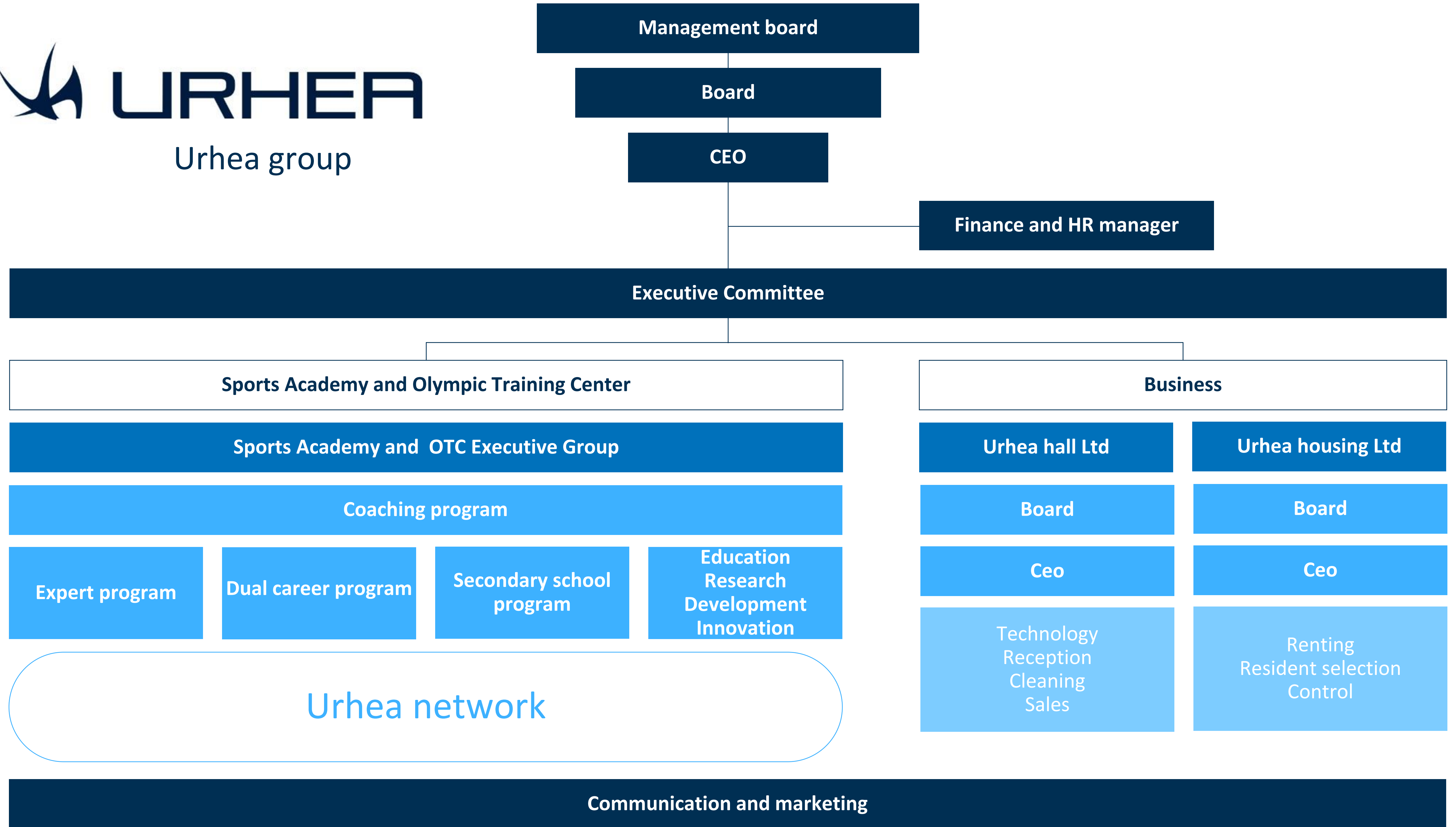
We learn and develop every day

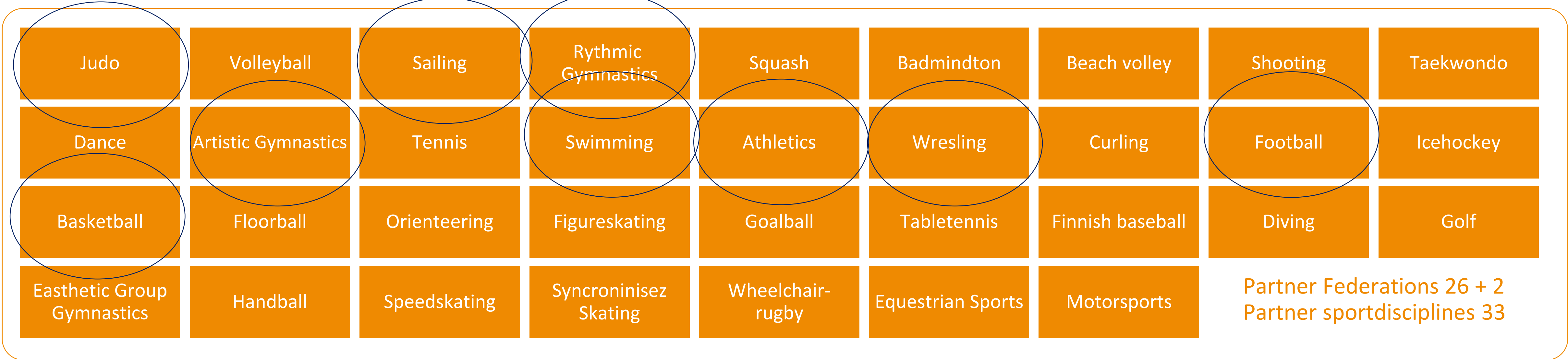
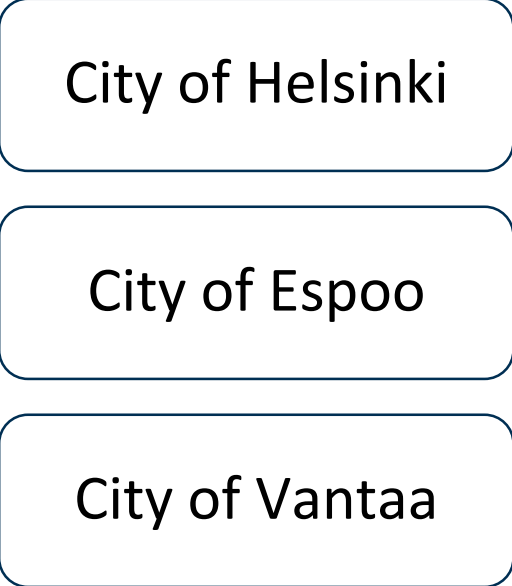
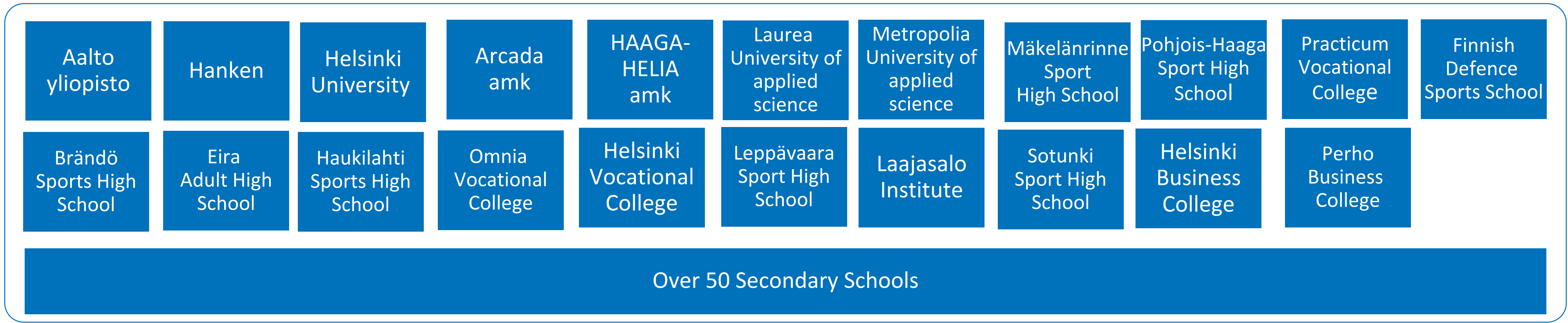
We aim at excellency





Urhea group





What is Sports Academy and what is Olympic Training Center Helsinki?

METROPOLITAN SPORT ACADEMY

Metropolitan Sport Academy Urhea is a network supporting athletes' daily training and dual career and linking the specialists to the training process.

Urhea is for athletes who are at the international level/professional sports or who aim to the top.

In the network there are over 50 secondary schools, 11 upper secondary schools, 7 universities, 26 sport federations, cities of Helsinki, Espoo and Vantaa and in addition many other sport stakeholders.

Urhea is also starting research, development and innovation activities.


NATIONAL OLYMPIC TRAINING CENTER HELSINKI


OTC Helsinki is a High Performance Center offering athletes in certain sports high level training, specialists, facilities, living, meals and dual career support.

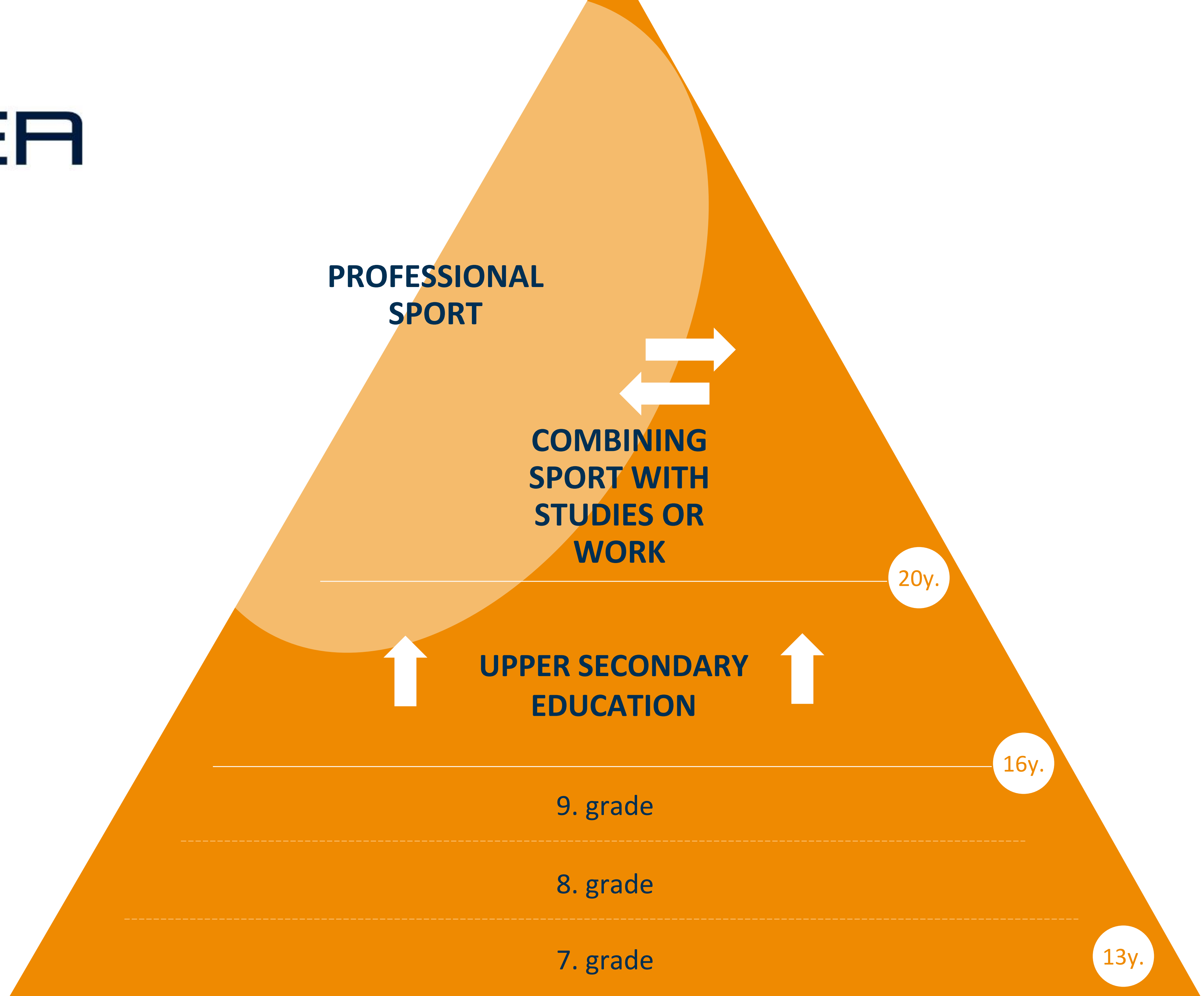
OTC Helsinki is for top level elite athletes who meet the standards set by Urhea, Sport Federations and Olympic Committee.

OTC Helsinki is part of Urhea.



 SPORT ACADEMY,
about 5800 athletes

 OLYMPIC TRAINING CENTER,
about 250 athletes



RESPONSIBILITY AND SUSTAINABLE DEVELOPMENT

We are working with the young people – we are working with future



WHAT DOES IT MEAN IN BUILDINGS AND FACILITIES

The principles of the purchases (materials, equipments .. etc)

- Energy efficiency
- Material recycling
- High quality

The planning and design of the building

- Automatic on / off lights in the sports halls and changing rooms
- Automatic water saving showers
- Solar panels on the roof
- Using the new technology

Traffic

- Very little space for private car parking
- Public transport bus, tram, train
- Bike parking
- City bikes



WHAT DOES IT MEAN IN OUR ACTIVITIES

We are having sports for boys and girls

Paralympics sports are well represented

Co-operation between different sports

Children, club athletes, national team athletes and olympic athletes at the same campus

Athletes dual career is our "core business"

We are taking care of our athletes' physical and mental health

Our values are based on learning, respect, cooperation and good life

We are talking about the values with our staff "what this means in our every day work"
"how to coach in our way" "what is equality in high-performance sports"

Occupational well-being questionnaires are held regularly

Whistleblowing notification channel (mandatory in the EU)



Thank You for Your Attention



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