

New indoor training center to serve all JMU sports programs

JMU Athletics has worked extensively to provide each of its programs with a first-class competition venue. Within the last decade, JMU has expanded Bridgeforth Stadium (football), renovated Sinclair Gymnasium (volleyball) and the JMU Field Hockey Complex, constructed Veterans Memorial Park (baseball, softball) and Sentara Park (soccer, lacrosse, track and field), and broken ground on the Union Bank & Trust Center (basketball).

JMU teams have followed with tremendous success across all sports, particularly over the last few years. However, success on the field follows successful preparation. JMU has also invested in elite training and performance-enhancement space in the Plecker Athletics Performance Center, the golf short-game and indoor practice areas, the East Campus Tennis Courts and the indoor batting cages and turf in Memorial Hall.

With each of those enhancements in place, JMU took the next step in maximizing the training opportunities for its student-ath-



letes during the summer and early fall with construction of the JMU Athletics Training Center at Sentara Park. Located on the upper tier of the Sentara Park Complex, the Training Center provides an all-weather performance space to be used by all 18 sport programs. It fills a void in offering a training location for teams that have previously been displaced by adverse weather conditions.

The training facility measures 180 feet by 180 feet and features a Shaw Turf synthetic surface, padded interior walls, LED lighting and ventilation with two large ceiling fans. The facility rises to a height of 60 feet in the middle, tapering to 20 feet on each side. 

