

SPORTS IN THERMANA LAŠKO



THERMANA *Laško*

Laško - a place that fills you with the energy of a beneficial thermal water, fascinates with nature and hospitality. These features increasingly attract athletes and sports groups who, in a quiet environment and with professional care, strengthen their sports performance. As a destination of excellence, Laško acts with the EDEN award for affordable tourism and is therefore a suitable location for all athletes confronted with possible restrictions on their way.

A rich tradition of championships and matches at the European level gives us additional motivation and desire to expand the sports offer and organize even bigger competitions.



Welcome
to Laško!

»Mastering others
is strength, mastering
yourself is true power.«

- Lao Ce



SPORTS INFRASTRUCTURE IN LAŠKO AND SURROUNDINGS

Laško with its surroundings offers many sports halls, football fields, tennis courts, swimming pools, an athletic stadium, a skating rink and a bowling alley. The nearest gym, swimming pool and tennis courts are only a few hundred meters away from Thermana's hotels. All other sports facilities are not more than 13 kilometers away.



SPORTS HALLS



The halls are suitable for ball sports (handball, basketball, soccer, and volleyball), martial arts and gymnastics. They are accessible to athletes with disabilities, suitable for sports preparation or organization of sports competitions.



SPORTS HALL TRI LILIJE (LAŠKO)

Distance from Thermana: 500 m

Technical characteristics of the hall:

- 2.800 seats,
- parquet,
- size of the hall 36 x 55 m,
- 4 dressing rooms for 25 people,
- fitness centre on 50 m²,
- special, separate space on the stand, parterre and the tribune,
- press centre,
- stage size of 90 m²,
- accessible for athletes with disabilities.



SPORTS HALL ZLATOROG (CELJE)

Distance from Thermana: 13 km

Technical characteristics of the hall:

- 4.594 - 5.154 seats,
- 500 standing places,
- parquet,
- 1.826 m² sports area,
- 16 m height,
- 4 dressing rooms for 20 people,
- fitness centre on 50m²,
- 1 main course or 2 cross-courts (stacked tribunes),
- modern newsroom and attractive VIP room,
- accessible for athletes with disabilities.



SPORTS HALL GOLOVEC (CELJE)

Distance from Thermana: 12 km

Technical characteristics of the hall:

- 2.500 -3.200 seats,
- parquet,
- without a fitness centre,
- 4 dressing rooms for 16 people,
- accessible for athletes with disabilities.



FOOTBALL STADIUM ARENA PETROL (CELJE)

Distance from Thermana: 13 km

Technical characteristics of the hall:

- natural grass,
- 13.600 seats,
- dimensions 105 x 68 m,
- 7.140 m² sports area (football field with heated surface),
- lighting,
- without a fitness centre,
- 2 dressing rooms for 20 people,
- modern media centre and attractive VIP room,
- arranged according to UEFA standards.



FOOTBALL STADIUMS



FOOTBALL STADIUM SKALNA KLET (CELJE)

Distance from Thermana: 10 km

Technical characteristics of the hall:

- natural grass,
- dimensions 104 x 67 m,
- without lighting,
- without a fitness centre,
- 2 dressing rooms for 15 people,
- the object is registered as a training centre of the Football Association of Slovenia.



FOOTBALL STADIUM OLIMP (CELJE)

Distance from Thermana: 13 km

Technical characteristics of the hall:

- artificial grass,
- lighting,
- without a fitness centre,
- 2 dressing rooms for 20 people,
- the field is particularly suitable for training.

TENNIS COURTS



PENZION PARK AND TENNIS CLUB MARIJA GRADEC (LAŠKO)

Distance from Thermana: 100 m

- 2 sand courts at Pension Park and 2 sand courts in Marija Gradec,
- lighting,
- without a fitness centre,
- 1 male and 1 female wardrobe,
- open from March to October.

TENNIS CLUB CELJE

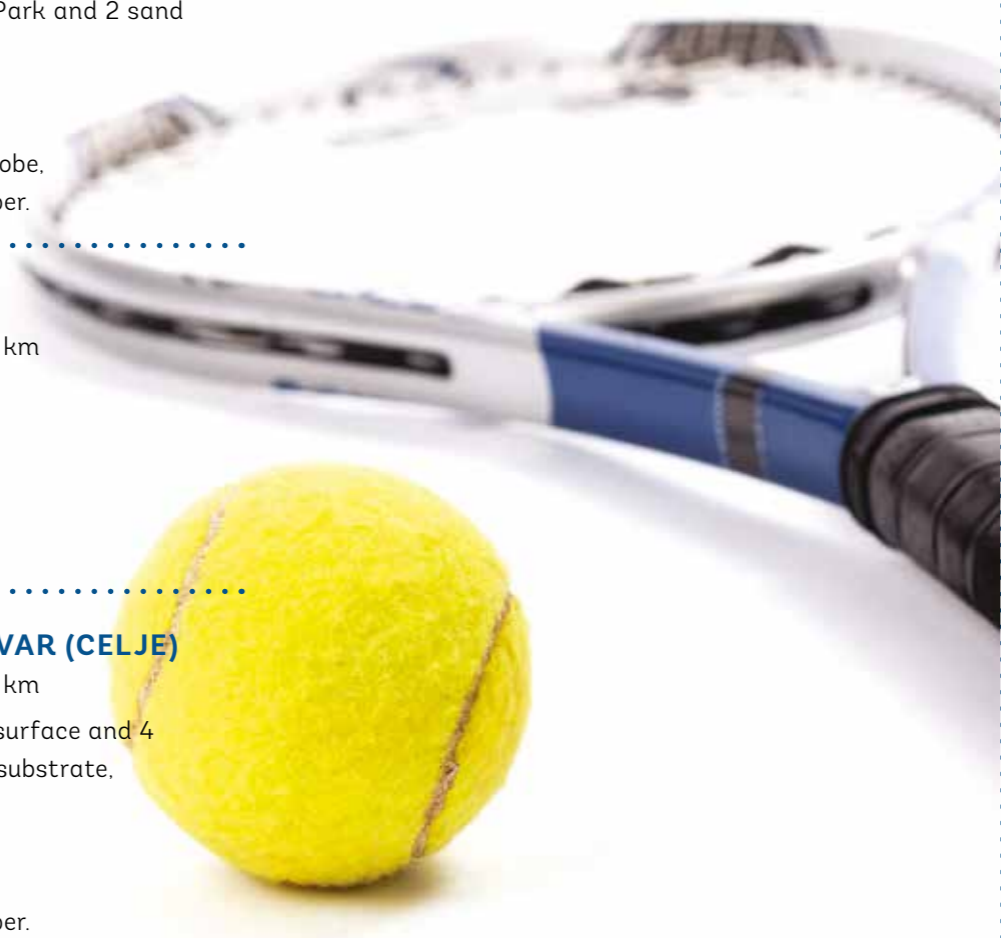
Distance from Thermana: 12 km

- 6 sand courts,
- lighting,
- without a fitness centre,
- 2 wardrobes,
- open all year round.

TENNIS COURTS KLADIVAR (CELJE)

Distance from Thermana: 12 km

- 2 tennis courts with hard surface and 4 golf courses with a sandy substrate,
- lighting,
- without a fitness centre,
- 2 wardrobes,
- open from March to October.



COVERED BATHING AREA GOLOVEC (CELJE)

Distance from Thermana: 11 km

- 25-meter indoor swimming pool,
- 8 lanes,
- open from October to June,
- hosting national and other swimming championships.



OPEN BATHING AREA (CELJE)

Distance from Thermana: 12 km

- 50-meter swimming pool,
- 8 lanes,
- open from June to September,
- the swimming pool area also features playgrounds for beach volleyball, basketball, mini football, table tennis and badminton.



SWIMMING POOLS



OUTDOOR RECREATION SWIMMING POOL AT THE HOTEL THERMANA PARK LAŠKO

- 25-meter swimming pool,
- 4 lines,
- open from May to October.

OTHER ACTIVITIES



ATHLETIC STADIUM (CELJE)

Distance from Thermana: 12 km

The stadium is exclusively athletic (without a football field), and also features an Athletic Hall:

- suitable for all athletic disciplines.
- complete racing equipment: obstacles, cushions for height and a bar (outside and in the hall), two jumping grounds with fine sand, one outside and one in the hall, disc and hammer throw cage with safety net, two shot put areas, javelin throw area.
- 2 male and 2 female locker rooms.
- fitness centre on 60 m².



ICE RINK AT THE CITY PARK (CELJE)

Distance from Thermana: 10 km

Technical characteristics of the rink:

- 1.800 m² ice surface.
- 400 seats.
- 1 men's and 1 women's locker room.
- suitable for training of artistic and speed skaters and hockey teams.



BOWLING ALLEY (CELJE)

Distance from Thermana: 12 km

Technical characteristics of the bowling alley:

- 10 automatic lanes.
- 200 seats.
- open from October to June.
- suitable both for recreation and for greater competitions at European level.

DISABILITY SPORTS

The hotel capacities of Thermana Laško and the nearby sports halls offer ideal conditions for preparations, trainings and competitions of top athletes with disabilities.

*Hotel Zdravilišče Laško was awarded the **Golden Certificate Disability Friendly** and the Infrastructure of the sport halls allows people with physically limited mobility an easy access to sports facilities.*

Laško hosted a number of athletes with disabilities.

*Each year we carry out diverse competitions and preparations, the most famous one being **Thermana Open** – the traditional tournament for the World Cup in table tennis for athletes with disabilities.*



SPORTS REHABILITATION

In Thermana Laško we have excellent conditions for high-quality and professional rehabilitation of professional and recreational athletes. The rehabilitation is based on an individual approach and preparation of a program in relation to the athlete's needs and preferences. The main objective is the prompt and safe return of an athlete to sports activity. The sports rehabilitation is carried with a multidisciplinary approach. The medical team consists of medical specialist in physical and rehabilitation medicine, physiotherapist, nurse, masseur, kinesiologists.



With our expertise and extensive experience, we offer a comprehensive treatment that includes several physiotherapy procedures:

- clinical and functional assessment of the athlete's status, which includes the acquisition of subjective data with the help of medical history, review of health records and clinical examination of the athlete,
- a physiotherapy diagnosis, prognosis and plan of rehabilitation,
- implementation of physiotherapy procedures and methods,
- evaluation of the results of physiotherapy procedures and methods,
- expert advice and issue of recommendations.

The program of therapeutic services for athletes includes:

- exercises to improve muscle strength,
- exercises to improve muscular endurance,
- plyometric training,
- proprioceptive training,
- exercises for stabilization,
- exercise on the vibration plate,
- workout in the swimming pools with thermal water,
- stretching exercises,

- exercise for improving balance,
- workout in the fitness centre,
- workout with TRX straps,
- manual therapy (*various methods and techniques according to the concepts of Cyriax, Kaltenborn, Maitland, Mulligan, treatment of myofascial trigger points, nerve mobilization, fascial manipulation ...*),
- application of kinesiology tapes,
- treatment of scars,
- various massages (*classical, therapeutic, reflexology, sports, underwater, ...*)
- high-intensity laser therapy,
- Scan Lab therapy,
- HiTop therapy
- Extracorporeal shock wave therapy (ESWT),
- Electro therapy, magnetic therapy, mechano therapy, hypobaric therapy, light therapy, thermotherapy and cryotherapy.

From a set of the listed physiotherapy services, we can choose those who will have the maximum effect on the athlete's regeneration and rehabilitation. A high-quality and rapid rehabilitation has an important impact on the athlete's well-being, psychophysical and mental condition and on achieving good results again.

REFERENCES

»The Slovenian Futsal Teams are frequent guest of the town by the Savinja River, either for preparation or qualifying tournaments. We like the proximity to the Three Lilies Sports Hall, which is just a few 100 metres distance away from the Thermana Laško hotels. We are pleased with the available hotel infrastructure, because they have everything we need. The professional attitude of employees, who are able to adapt to the athletes and their needs, adds the finishing touch.«

Stane Kokalj, Futsal Manager at the Football Association of Slovenia

“ The pleasant environment and top professional support of therapeutic staff in Thermana Laško provide excellent conditions for preparing athletes of all types. The flexibility and the wide range of options offered by hotel facilities impressed me. In the surroundings, you can find suitable routes for cycling training of all types and fitness preparedness of the participants. In any case, Laško is a very interesting and suitable location for such activities, where we will return.

Aleksej Dolinšek, *paracyclists coach, Sports federation for the disabled of Slovenia – Paraolympic committee of Slovenia*

“ Every year in May we bring hundreds of players and their companions to Laško, together with nearly 700 participants of the Thermana Open International Championship. With such a big competition, it is necessary to ensure good and quality conditions of accommodation. Thermana Laško always provides these conditions and it has proven to be a true and credible partner of the project.

Damijan Lazar, *president of Sports federation for the disabled of Slovenia – Paraolympic committee of Slovenia*

“ In August we conducted the preparations for the new season in Thermana Laško. For me personally, as well as for some of my boys, it was the first time in this complex. Given that we see many hotels both in Europe and around the world, I have to admit that we were very satisfied with our accommodation and all the hotel services (from wellness to the kitchen). I must also recommend the friendliness of the staff. Despite the fact that at the time of our preparations the hotel had an occupancy of 100 %, the quality of services was not affected. The conditions could not have been better. Laško is a very friendly town, which I saw from a different perspective. It is also the town of our sponsor the Pivovarna Laško brewery, and it is famous for their Beer and Flowers Festival. Besides this, the town also offers an enormous amount of running trails, of which we successfully took full advantage during our preparations, as well as including running on the Hum Hill.

Branko Tamše,
Head Coach of the RK Celje Pivovarna Laško handball club

“ The Basketball Federation of Slovenia and the company Thermana Laško, d. d., started their collaboration at the time of the EuroBasket 2013 event, which was until now the biggest sports event in Slovenia. The men's national team members from the first part of the competition, who had their matches in Celje, were staying at the Hotel Thermana Park Laško and were given all the conditions for the perfect accommodation and preparations for the matches. We then continued our cooperation in 2015, when we hosted the European Championship for girls up to 18 years. In the facilities of Thermana, d. d., 14 teams were accommodated. With the cooperation, assistance and mutual understanding in providing all the necessary services, the organisation of this championship has been marked to being at the highest level. Due to the positive feedback and understanding of the sport, our cooperation continues. The women's national team, which is only a step away from the premiere rankings to the European Championship, has excellent conditions for accommodation. The staff is always smiling and is willing to help contribute to this goal. In addition, our teams of the younger categories enjoy their stay in Laško. The good reputation has gone abroad, and this summer some men's basketball teams will complete part of their preparations for the big competitions in Laško.

Alenka Škreblin,
Director of female national teams at the Basketball Federation of Slovenia

“ In the Karate Federation of Slovenia we're receiving praise from all sides for the organization of the Karate1-World cup, which we organized in Laško with the help of Thermana Laško. The contestants, as well as the coaches, judges and supporting staff were impressed by the location, the proximity to the sports hall and the accommodation capacities. Our guests highly praise the professional attitude, friendliness and hospitality of the Thermana Laško staff, the rich culinary offer, which covers both the appropriate nutrition for athletes as well as a wide selection of food and diets, and the wide selection of services of the Wellness Spa Centre. Because of all the activity in the last few years, Laško has become well known in the Karate community, as an excellent venue for organizing competitions.

Dr. Igor Zelinka,
President of the Karate Federation of Slovenia

EVENTS AND REFERENCES



THE FUTSAL TEAMS OF SLOVENIA,
FRANCE, CZECH REPUBLIC AND
NORWAY

FOOTBALL CLUB SLASK WROCLAW

LITHUANIA NATIONAL UNDER-21
FOOTBALL TEAM

RK CELJE PIVOVARNA LAŠKO
HANDBALL CLUB

PPD ZAGREB HANDBALL CLUB

PARIS SAINT-GERMAIN HANDBALL
CLUB

SG FLENSBURG-HANDEWITT
HANDBALL CLUB

QATAR, KUWAIT AND OMAN
NATIONAL HANDBALL TEAMS

FRANCE, SWITZERLAND, GERMANY,
ITALY AND THE USA CANOE KAYAK
FEDERATIONS

BASKETBALL FEDERATION OF
SLOVENIA

SLOVENIAN NATIONAL BASKETBALL
TEAM IN WHEELCHAIRS

HANDBALL CAMP OF THE RK CELJE
PIVOVARNA LAŠKO HANDBALL CLUB

EHF HANDBALL CHAMPIONS
LEAGUE

SEHA LEAGUE (SOUTH EAST
HANDBALL ASSOCIATION LEAGUE)

EUROBASKET 2013

EUROPEAN DEAF CHAMPIONSHIP IN
BOWLING 2013

EUROPEAN BASKETBALL
CHAMPIONSHIP FOR GIRLS U-18 IN
2015

FINALS OF THE EUROPEAN YOUTH
LEAGUE IN SHOOTING WITH AIR
RIFLES AND AIR PISTOLS

SLOVENIAN BASKETBALL CUP
FINALS

ADRIATIC BASKETBALL LEAGUE
FOR WOMEN

BASKETBALL COMPETITION ALPE
ADRIA CUP 2015/2016

KARATE TOURNAMENT THERMANA
OPEN

THERMANA OPEN, TABLE TENNIS
TOURNAMENT FOR ATHLETES
WITH DISABILITIES (FROM 2004
ONWARDS)

Accommodation

An aerial photograph of a large resort complex. The main building is a long, multi-story structure with a modern facade, featuring a prominent glass dome structure. To the right, there are several traditional-style buildings with red-tiled roofs. A river flows through the complex, and a railway line runs alongside it. The surrounding area is lush with green trees and grass.

HOTEL THERMANA PARK LAŠKO**superior**

is a modern hotel built in 2008. It has 181 modern rooms and 7 suites (14 rooms have a higher standard bed length of 2.20 m). Rooms are equipped with showers or bathtubs, toilet, LCD TV, internet connection, telephone, mini bar, air conditioning, safe, bathrobe and optionally with balcony. The wellness spa offers Ayurveda, wellness and therapeutic massages, a sauna centre and a thermal centre under a magnificent glass dome and with various water attractions.

HOTEL ZDRAVILIŠČE LAŠKO****

is a hotel designed with no architectural barriers. Hotel Zdravilišče Laško**** offers 208 modern rooms (49 rooms are adapted for people with disabilities who need medical assistance and care), Thermal pools, sauna centre, Centre of Medicine, wellness centre and fitness centre.

For organisation of sports conferences, trainings, diplomatic meetings and for the organization of certain sporting events (eg. Boxing matches, dance competitions, table tennis competitions, shooting competitions ...) Thermana offers also a modern congress centre. It features 10 halls for 1,100 participants, an easily accessible location in a quiet environment and with excellent traffic connections.

IN OUR HOTELS YOU WILL FIND A COMPLETE SPORTS OFFER IN ONE PLACE:

- medical centre,
- prevention and rehabilitation of sports injuries,
- optimised diet for athletes,
- rooms for video analysis,
- laundry service for sports jerseys,
- physiotherapists,
- massage rooms and massage tables.



THERMANA

Laško



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