

THE IMPORTANCE OF TEAM BUILDING

A few reasons why team building is important in sports clubs

- Facilitates better communication
- Helps motivate teams
- Develops problem solving skills
- Promotes creativity
- Breaks down barriers and increases trust

ARRIVAL

When travelling by air: Ireland West Airport Knock is just a 45 minute drive away with daily flights to UK destinations. Sligo Bus and Train Station is only a 10 minute drive from the hotel with 7 trains running daily to and from Dublin. Bus Eireann provides daily bus services to and from all parts of the country. We are also easily accessible by car. Approaching Sligo city from East, South or West follow the N4 and take the first left directly after the bridge (R291) signposted Rosses Point. The hotel is located on the right hand side 3kms ahead.



Radisson Blu Hotel & Spa, Sligo

Ballinac, Rosses Point Road, Sligo, Co Sligo, Ireland, Eircode F91XW7Y
Tel: +353 71 914 0008, info.sligo@radissonblu.com
radissonblu.com/hotel-sligo
Latitude & longitude 54.2990544, -8.4998496

ENGLISH 03/16

Radisson **BLU**
HOTEL & SPA, SLIGO

SPORTS TEAM PACKAGES

AT RADISSON BLU HOTEL & SPA, SLIGO

EXPERIENCE
MEETINGS

HOTELS DESIGNED TO SAY YES!
radissonblu.com/hotel-sligo

RADISSON BLU HOTEL & SPA, SLIGO SLIGO'S TOP SPORTING HOTEL

Planning a club trip to Sligo, or the Northwest, why not consider the Radisson Blu Hotel & Spa Sligo. Located on the Wild Atlantic Way, overlooking Sligo Bay, we are just a 5 minute drive from the bustling Sligo city centre and a stone's throw from Strandhill and Rosses Point. We offer 132 stylish deluxe guest rooms including 3 Executive Suites, 6 Junior Suites, 31 spacious Business Class Rooms and 5 rooms designed for guests with disabilities. A great number of our rooms offer stunning views of Benbulbin Mountain and Sligo Bay. Our Team Packages offer a variety of service choices throughout the hotel with facilities including...

Private dining or dining in the award winning Classiebawn Restaurant

Business Centre with choice of meeting rooms

Benbulbin Conference Suite offering 700 sq metres of versatile indoor space for activities/meetings

Healthstyles Leisure Club & Sólás Spa.

Outdoor space available on grounds of hotel

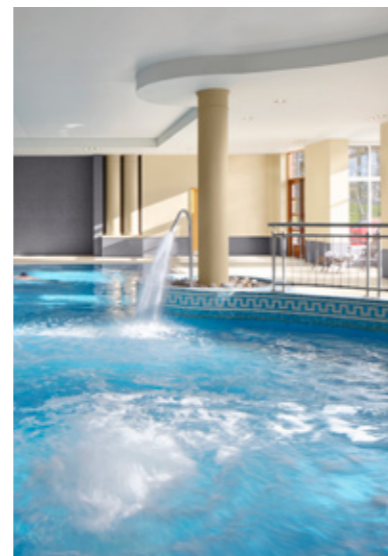
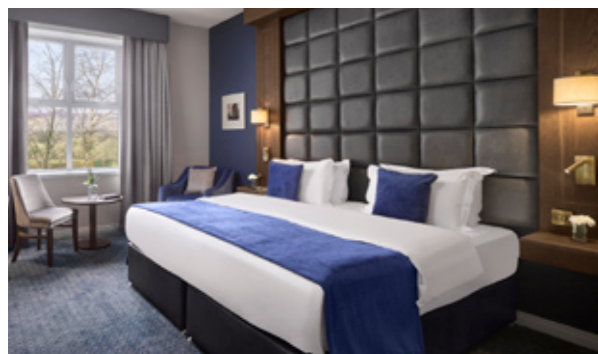
320 complimentary car parking spaces

Designated coach parking monitored by CCTV

Free wifi throughout

Group check-in

Healthstyles Leisure Club features a fully equipped gym, 18 metre pool, Sauna, Steam-room and Jacuzzi giving guests the opportunity to include these facilities as part of your team stay
For further enquiries email info.sligo@radissonblu.com or contact our sales team on +353 71 914 0008



DESIGNED FOR TEAMS

To help you get the most out of your stay with us we can assist you with the following

- **CUSTOMISED ITINERARY**
Designed to suit your needs no matter how big or small.
- **DEDICATED GROUP CO-ORDINATOR**
- **SQUAD DIETARY NEEDS**
Led by Executive Chef Joe Shannon our team will work closely with you on Nutritional and Dietary requirements for your squad. We use the highest standard local produce and we also offer special cookery demonstrations on healthy eating.
- **PITCH FACILITIES**
We work closely with IT Sligo, Sligo Regional Sports Centre, GAA Centre of Excellence, Sligo Rugby Club and Sligo Rovers, all within a 10 minute drive from our hotel, where we can secure training or match facilities for your squad... and we can even help to arrange local friendlies!
- **MEETING ROOMS**
For Team Meetings, video analysis, physio, etc.
- **MOTIVATIONAL GUEST SPEAKERS**
We provide recommendations on a choice of guest speakers
- **HEALTHSTYLES LEISURE CLUB**
18 metre pool, sauna, Jacuzzi, steam room and well equipped gym. We also offer private classes in Yoga, Aqua Aerobics and High Intensity Training.
- **TEAM BUILDING**
Working with Northwest Adventure Tours we can arrange a variety of activities including Stand Up Paddle Challenge and Wilderness Survival Challenge. Other activities include climbing Benbulbin or Knocknaree Mountains, a walk to Coney Island, a run on Rosses Point Beach, surfing in Strandhill or Mullaghmore and more.

OUR TESTIMONIALS

What our previous clients have to say...

Sligo Rugby Club

The Radisson Blu Hotel & Spa Sligo is a long term supporter of Sligo Rugby. The hotel provides ideal facilities for squads preparing for the season or seeking to complete a team building weekend. The close proximity of Sligo Rugby Club with two pitches and a 4G Astro, together with many natural local amenities, makes this the ideal place to use as a base.

John Keegan Sligo Rugby Club

Sligo GAA Club

The Radisson Blu Hotel & Spa Sligo provides the ideal venue for a Team bonding session in the North West. The Hotel, in partnership with Sligo GAA, can link you to top class pitch and Gym facilities at the nearby Sligo GAA Centre of Excellence. Equally there are a number of coastal resorts such as Rosses Point, Mullaghmore and Strandhill where you can avail of the natural surroundings for training requirements. The Hotel itself provides excellent food and accommodation in conjunction with their own Gym and pool facilities and the Hotel Staff will ensure that you have a pleasant stay as you prepare for the season ahead.

Peter Greene Treasurer Sligo GAA

Corofin GAA

The Corofin GAA Senior Team stayed at the Radisson Blu Hotel, Sligo, prior to our All Ireland semi final win in 2015. The hotel provided the team and management with excellent food and accommodation throughout our stay. We had the full use of their Healthstyles Gym and Pool facilities over the weekend. The high quality of food, service and facilities ensured that we as a team had one of the best away training weekends ever, we were treated so well, and this helped us greatly as a team to prepare for our big match ahead!

Michael Ryder Chairman Corofin GAA Club

Cavan Senior Football Team

As part of our 2018 senior championship preparation we stayed at the Radisson Blu Hotel & Spa Sligo. The hotel provided an ideal environment for our team with outstanding accommodation, food, friendly staff and excellent meeting and ICT facilities. Players had the full use of the Healthstyles Gym and pool for rehab recovery sessions during our stay. I am delighted to recommend the hotel as the perfect professional team preparation environment".

Matthew Mc Gleenan Team Manager.

