



Japan's finest training environment in the heart of Osumi's abundant nature.

The Japan Association of Athletics Federations (JAAF) officially recognizes the Center in Osumi's great outdoors that enjoy Kagoshima's mild climate as a Class 3 athletics stadium with an all-weather eight-lane track in blue. Combined use with the nearby cross-country courses (1km and 2km) of Kunino Matsubara provides scope for planning fulfilling training camps. The climate-controlled Indoor arena for training in whatever the weather has five 150-meter lanes approved by the JAAF. The 150-meter straight track is top of the line in Japan, and it provides a comfortable training space throughout the year. As it can be used for long jump, triple jump, and pole vault, it expands the possibilities of training programs, be it track or field.



Athletics stadium

All-weather track in blue (400-meter track x eight lanes)



Indoor arena set up for pole vaulting

The high ceiling allows for pole vaulting (10 meters)



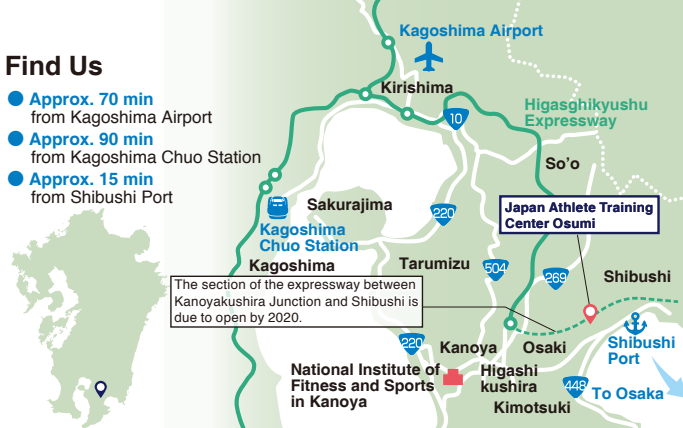
Indoor arena set up with a straight running track

The straight 150-meter track with five lanes is the longest in Japan.

[Athletics stadium] A Class 3 athletics stadium approved by the JAAF (April 1, 2019) / 400-meter track with eight lanes / All-weather track / Infield in natural grass / Sloped track (all-weather): 40-meter with three lanes (in varying inclination angles) / Night lighting, etc.
[Indoor arena] An indoor arena approved by the JAAF (April 1, 2019) / 150-meter track with five lanes / Straight all-weather track / One runway and sand pit for long jump and triple jump / One pole vault pit (10-meter high ceiling for pole vaulting) / Operations room / Photo finish equipment and broadcasting facility / air-conditioning system, etc.

Find Us

- Approx. 70 min from Kagoshima Airport
- Approx. 90 min from Kagoshima Chuo Station
- Approx. 15 min from Shibushi Port



The section of the expressway between Kanoyakushira Junction and Shibushi is due to open by 2020.

Fees

Area	Unit	Children/students		Others		
		Fees	Package price	Fees	Package price	
Athletics stadium	Per person/day	200 Yen	500 Yen	400 Yen	1,000 Yen	
Multi-purpose ground	Per person/day	200 Yen		400 Yen		
Throwing practice area	Per person/day	200 Yen		400 Yen		
Training room	Per person/day	200 Yen		400 Yen		
Indoor arena	Mar.-June Oct.-Nov.	Per person/day	400 Yen	+ 300 Yen	800 Yen	+ 600 Yen
	July-Sep. Dec.-Feb.	Per person/day	600 Yen	+ 500 Yen	1,000 Yen	+ 800 Yen

Section	Unit	Children/Students	Others
Gymnasium	Per group/hour	250 Yen	500 Yen
Multi-purpose hall	Per group/hour	250 Yen	500 Yen
Conference room	Per group/hour	100 Yen	200 Yen

Section	Unit	Fee
Night lighting (outdoor)	Per group/hour	1,000 Yen

*The "Package price" applies when several facilities are to be used in a day.
 **"Children/Students" fees apply to high school students or younger.

◆ About the fees

- Fees are payable for the areas used on a per day per person basis.
- Package fees offer great value if using several areas.
 Example 1: If a child/student is using the three areas below in a single day, Discount Package A is 100 Yen cheaper.

	Athletics stadium	Multi-purpose Ground	Throwing practice area	Training room	Total
Standard fee	200 Yen	200 Yen	200 Yen	—	600 Yen
Discount Package A	500 Yen				500 Yen

Example 2: If a child/student is using all the areas in August, Discount Package B is 400 yen cheaper.

	Athletics stadium	Multi-purpose ground	Throwing practice area	Training room	Indoor arena	Total
Standard fee	200 Yen	200 Yen	200 Yen	200 Yen	600 Yen	1,400 Yen
Discount Package B	500 Yen				500 Yen	1,000 Yen

◆ FAQ

- Q1. Where can I do warm-ups before using the training room and throwing practice area?
 A. You can use the oval track (With a wood fiber surface. Free of charge.)
- Q2. Where can I find the sloped tracks (polyurethane surface and natural grass) and the sandy track?
 A. You'll find them in the Athletics Stadium (fee-payable).
- Q3. Do you rent out equipment for training?
 A. We offer 43 types of training equipment free of charge.
- Q4. Can I hire the entire venue?
 A. We do not accept private hire unless by request, i.e., for sporting events and camps for the national teams of Japan and abroad.

Parking lot	Parking Lot 1	Parking Lot 1 (oversized vehicles)	Parking Lot 2	Parking Lot 3	
	100 vehicles	5 vehicles*	10 vehicles	33 vehicles	*14 vehicles if sharing a space for 26 standard vehicles.
	(5 for the disabled)				



Japan Athlete Training Center Osumi

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 (Venue management: Nihon Gas Create and Mizuno)

Japan Athlete Training Center Osumi



Venue Management

Nihon Gas Create and Mizuno

Official website



The first in Japan! A sports camp base specializing in athletics training.



Japan's first sports camp facility for athletics training has opened in Osaki-cho, Kagoshima Prefecture. It is an attractive venue that provides prefectural residents a place to enhance their athletic abilities and fitness, and a camp base for top athletes.



1 Athletics stadium



2 Multi-purpose ground



3 Throwing practice area



4 Indoor arena



5 Sloped track
(in the athletics stadium)



6 Sandy track



7 Sloped track
(All-weather with two lanes)



8 Up and downhill



9 Management building



10 Gymnasium



11 Training room



12 Oval track



A wide range of facilities allow for richly varied training programs

The multi-purpose ground can accommodate large camps. It lets you build richly varied training programs by utilizing the gently sloped tracks in natural grass and all-weather surface and the 100-meter sandy track.



The sloped track (all-weather)
The 3-lane sloped track in varying grades



The up and downhill
The gentle track with natural grass



The multi-purpose ground
The track with a fast-draining soil and the infield with natural grass

[Multi-purpose ground] 400 meters x 4 lanes (approx.) / dirt track / natural grass infield
[Sloped track] Gently sloped natural grass and all-weather tracks (115 meters x 2 lanes) / 2-meter height difference in 100 meters
[Sandy track] Approximately 100 meters long, 4 meters wide, and 0.5 meter deep.
[Oval track] 900 meters



One of the very few throwing practice areas in Japan is weather-proofed.

The venue has a throwing practice area, a rarity in Japan, for practicing various throwing sports. The Center offers a unique environment where throwing teams can focus on training with a sense of security. The area also has throwing stands for Paralympians and equipment for securing wheelchairs in place. The gymnasium has facilities for taking active rests such as basketball, volleyball, and table tennis.

[Throwing practice area] Four shot put pits / two javelin pits / four hammer-discus pits



The roofed throwing area
that can accommodate Paralympic sports



The training wall
for strength training

The well-designed incidental facilities make camps and training enjoyable.

The oval track that is free for all can be used as a place for improving fitness. There is an icing bath by the track for cooling down, and the management building has bathrooms, shower rooms, saunas, an airy multi-purpose hall, an ice machine, a stretching room, and a training room with beds for trainers. The facilities provide a comfortable training environment as they are designed with small children and those with physical disabilities in mind.



The multi-purpose hall
The airy space has a high ceiling.



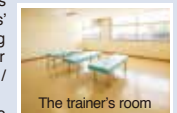
The diaper-changing area
Reassuring for parenting athletes.



The icing bath
The facility is used for cooling down.

[Other facilities] Bathrooms / shower rooms / saunas / ice machine / icing bath / trainers' room / trainers' beds / diaper-changing area / multi-purpose hall / wheelchair accessible shower rooms / locker rooms / stretching room, etc.

[Gymnasium] Two basketball courts / one volleyball court / two table tennis tables



The trainer's room



The ice machine



Utilize the training room to provide support in various situations.

The Center not only offers facilities for training using free weights and machines but also equipment for taking various measurements such as anaerobic power and body composition.

Two treadmills, two aerobikes, two ergometers for measuring peak anaerobic power, two air-resistance type ergometers, a set of workout machines (chest press, seated row, shoulder press, lat pull-down, leg extension, leg curl, 45-degree leg press, rotary torso, total hip, and pulley), a set of free weights (power rack, Smith machine, dumbbells), etc.



Redcord trainer



Leg press



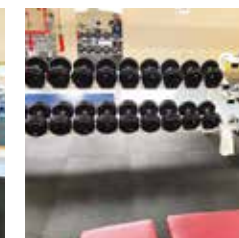
Ergometer for measuring maximal anaerobic power



Smith machine



Power rack



Dumbbells