

KNOWLEDGE

INNOVATION

SPORTS SCIENCE

NEKA IS MORE...

100%

KÉZILABDA AKADÉMIA SPORTCSARNOK



NEKA

NATIONAL
ACADEMY
OF HANDBALL



PROF. DR. H. C. LAJOS MOCSAI
Director General of Sports and Sports Science

- Chairman of the Board of Trustees of the Foundation for the Hungarian University of Physical Education, University Professor
- Joint President of the Hungarian Rectors' Conference
- Honorary President of the Hungarian Handball Federation
- President of the Hungarian University Sports Federation
- Former national team player for Hungary
- Former head coach of the national team of Hungary
- Most successful Hungarian handball coach of all time;

Olympic silver medallist, World Championship silver medallist, European champion, European Cup Winners' Cup champion, youngest coach ever to win the European Champions' Cup, with multiple Hungarian Championship and Hungarian Cup titles

- 10 years of coaching assignment in the best handball league of the world, the German Bundesliga
- Nine of his players participated in World Selection teams, and two of them have been granted the World Player of the Year award.
- Lifetime achievement award by the European Handball Federation
- State decorations: Gold Cross of Merit of the Republic of Hungary; Order of Merit of the Republic of Hungary, Commander's Cross with Star



TAMÁS MOCSAI
General Manager

General Manager of the National Academy of Handball (NEKA) and the Handball-specific Methodology Centre. Former national team handball player, scored 270 goals in 190 international matches for Hungary. Two Hungarian Championship and two Hungarian Cup titles, EHF Cup winner, Cup Winners' Cup semifinalist and CWC finalist handball player, who has been a member

of a national team finishing 4th at Olympic Games two times. Played for more than 10 years in the best handball league of the world, the German Bundesliga. In his daily work, his duties include establishing the domestic and international recognition of NEKA, develops and coordinates the professional and sports scientific and innovation activities of the academy. Mayor of the town of Felsőmocsolád, honoured with the Gold Cross of Merit of the Republic of Hungary.

The idea of establishing the National Academy of Handball can be associated with the name of prof. dr. h. c. Lajos Mocsai, who, based on his commitment to the sport, envisioned a systematically structured education system that would also include sports science.

According to the concept of Prof. Mocsai, Director General of Sports and Sports Science, the activities of the Academy would be realized through professional work resting on the pillars of international sports science, highest-level competition, and personality development. The facilities and their future summarize and mirror all the professional knowledge and experience that Lajos Mocsai has faithfully represented throughout the course of his life.

JÁNOS HAJDU
Leader of Women's section



Managing the professional work and the women's teams of the academy, former national team head coach, also with the junior national team. Led the women's national team of Hungary to the semifinal at the Olympic Games in 2008. As a European Master Coach he also made his mark in the Middle East; in addition to his position as head coach of the United Arab Emirates national team, he worked for al-Khalij and al-Ahli in Saudi Arabia and led the al-Qadsia team in Kuwait to victory in the Asian Champions League.

COMPLEXITY & EXPERIENCE

- The National Academy of Handball is an outstanding talent development hub in the sport of handball
- Offers a complex professional education programme
- Its focus is set on a comprehensive training of youth aged 14 to 21
- A multi-layered selection system is in place
- Provides a pedagogic environment fostering personality development
- Individual and group workshops encourage an age-group based progress mentally
- School curricula and education adapted to elite sports and training help young people
- Student-centred preparations and reintegration takes place in the boarding school
- Employs highly qualified professionals

STRATEGY & INNOVATION

- As a prominent sports academy, working in close partnership with the University of Physical Education
- Operates based on many years of experience and a well-constructed system
- The academic, sports scientific and rehabilitation system of NEKA is available for other sports as well
- In addition to competitive sports, it is also open to other sectors related to movement
- Providing sport-specific measurements and analytics by means of a unique tool park
- Status surveys and definition of standards
- Health preservation and research and development
- Providing a special educational platform - venue for vocational and coaching training

TARGET: TO BECOME A DOMINANT HUB IN THE FIELD OF SPORTS SCIENCE AND INNOVATION IN THE INTERNATIONAL ARENA AS WELL

**VALUES...
CONSCIOUSNESS...
PHILOSOPHY...**

SPORTS SCIENCE

It was a major milestone in the life of the academy when the Diagnostic Centre was completed at the end of 2021. The 1200 square metre facility includes a conditioning and strength training room, a four-lane running track, a lecture theatre and treatment rooms.

The sports science equipment enables the specialist teams to carry out a full range of condition assessments and tests on NEKA's handball players, moreover, on athletes from outside clubs and national teams.



SUCCESS IN DIPLOMACY

Thanks to the cooperation between the International Handball Federation, the University of Physical Education and the National Academy of Handball, Balatonboglár was added to the world map of handball in 2018.

With the title of **International Handball Training and Research Centre**, our academy can carry out its innovation activities as one of four training hubs of its kind in the world.



VALUES, CONSCIOUSNESS, PHILOSOPHY. NEKA is more...



NEKA IS MORE THAN...

The National Academy of Handball (NEKA) is not just a development academy for the sport, but a complex system that can be adapted to any other sport. It combines a whole-person education and elite athlete training model with an innovative sports science background, prevention, rehabilitation and health services. Performing all this with an infrastructure that meets all needs, and which can be excellently sold to other sectors – not just sports.



AN INNOVATIVE MISSION

- Structured organization and planned vision
- Synergy of sports sciences and professionals
- Education concept of NEKA can be adapted to other sports
- Continuous improvement of sports science and infrastructure
- Personality development - the goal is to educate the whole person
- Transparent operation
- Cooperative social participation

ADAPTIVE EDUCATION CONCEPT

- Multi-layered, sequential selection system
- Sport-specific tests (motor and mental tests, skill tests)
- Individual and group development plans - professional teamwork
- Performance enhancing synergies
- Prevention and strength training sessions
- Scientific analysis and design

EDUCATING THE WHOLE PERSON

- Complete pedagogical environment
- Personality development sessions
- Process-oriented and training-adapted curriculum
- Sports classes and vocational training for handball sport coaches
- Student-centred boarding school and supervision
- Integration and school subject preparations
- Meaningful leisure-time activities, value creation
- Volunteering programmes and social involvement

COMPLEX HEALTH CARE SERVICES

- Medical screening
- Approach based on sports science
- Physical condition surveys and monitoring
- The most state-of-the-art diagnostic tool park
- Enhanced professional guidelines and protocol
- Rehabilitation and development in teamwork
- Constantly expanding facility infrastructure as a backbone

A COMPLEX FACILITY INFRASTRUCTURE

- 3500 square-metres of floor space, a sports hall suitable for international matches
- Optimal venue for sporting events, training camps, community, and corporate events
- Calm environment, professional service
- 3 courts with a Danish, joint-friendly sports surface
- 7 changing rooms, stands with a capacity from 216 to 678 spectators, VIP room, reception
- Grass football field, outdoor and indoor workout facility, proprioceptive equipment
- Fitness stairs, sprint track and 350-metre running track



THE SPORTS HALL





THE RESIDENTIAL VILLAGE

- 2.5 hectares of panoramic, direct waterfront area; dormitory, hotel, apartments, restaurant, conference centre, rehabilitation and recreation department, offices
- Private lake shoreline and beach, ancient tree park
- Unique atmosphere and calm environment – a perfect place for the preparation and recreation for athletes, teams and external guests
- Provision of a total of 240 beds (dormitory, apartments, hotel rooms)
- Conference room suitable for education, lectures and community events – separable and openable
- Rehabilitation department equipped with an innovative tool park
- Finnish and infrared sauna, steam bath and jacuzzi, counter-current pool
- 24-hour reception, closed and open parking, camera surveillance system, free wifi

NOT ONLY A SPORTS ACADEMY

Advanced infrastructure and attractive environment beyond sports...

The air-conditioned hotel rooms and apartments welcome training camp teams in Balatonboglár, guests arriving for conferences and corporate workshops, team building events. Our apartments offer the most complete features of relaxing environs, and even for longer stays.

DORMITORY

- 182 beds - elevated boys ,and girls' dormitories in separate buildings
- One unit has 2 double bedrooms, a bathroom and a refrigerator
- The dormitory is equipped with washers and dryers





HOTEL & APARTMENT

- 2-bed hotel room - wardrobe, desk, television, mini fridge, shower, sink, toilet
- Apartment with 2 or 4 beds - common hall and furniture, living room and kitchen, washing machine, refrigerator, television, bath or shower, toilet, landline telephone
- One room is accessible for disabled guests

RESTAURANT

- 200 square metres of panoramic dining space, simultaneously serving 142 people
- The kitchen is suitable for preparing 400 servings of food at a time, it is open every day of the week
- On-demand plate service or buffet service
- Menu set compiled by a master chef from healthy ingredients



CONFERENCE ROOM

- Conference room for up to 200 people
- Can be divided into three smaller units separated by mobile walls on request (professional conferences, events, lectures or small meetings and team discussions can also be held here)



RECREATION

- Separate, 410 square-metre building in a quiet environment
- Finnish sauna for 20 people, infrared sauna for 2 people, steam cabin for 10 people and jacuzzi
- Jade stone massage bed and a specially designed counter-current pool for guests



AT THE TOP IN SPORTS SCIENCE

Medical background, rehabilitation and scientific analysis

The mission of the National Academy of Handball constitutes to become the development centre of the sport of handball, to be at the forefront of the sports sector in Hungary with its approach based on sports science and innovative thinking.

The unique infrastructure and operating model make the academy outstanding in Europe and even worldwide, with its sports scientific background, recreation and rehabilitation services available to athletes and sports managers, to other sectors closely linked to movement, and to civilians who enjoy sport alike.

At the NEKA Rehabilitation Centre, all conditions are in place for individual prevention, rehabilitation and fitness training. Teamwork based on elaborated professional guidelines and protocols enables effective, goal-oriented development using state-of-the-art diagnostic and development tools.

The team consists of doctors, physiotherapists, human kinesiologists, sports massage therapists, fitness coaches and health care assistants.







WORLD-CLASS EQUIPMENT

- HUR power platform or GymAware
(explosive power output, current status)
- InBody 270 (body composition determination)
- Microgate Witty SEM / Timer
(locomotor speed, reaction time, agility)
- SIGMA Balance Platform
(nerve-muscle coordination, balance)
- Vald Performance NordBord
(lower limb bending, eccentric force)
- Humac Norm dynamometer
(full spectrum power output)
- Zebris treadmill ergometer
(standing, walking, running test)
- AlterG (special antigravity treadmill)





EXAMINATIONS

- General condition surveys
- Body composition measurement
- Running tests
- Position and gait tests (foot pressure stabilometry)
- Pectoral girdle examinations
- Spine examinations
- Pull-push balance
- Dynamometry
- Vertical jump test
- Functional motion pattern filtering
- Heart rate variability test (HRV)
- Locomotor speed
- LESS test
- 505 CODS test
- 5-10-5 Pro agility test
- 30-15 Intermittent fitness test

REHABILITATION

After individual consultation, our department provides a comprehensive rehabilitation and development programme, therapy in case of any problems in the musculoskeletal system (in a structural or functional, acute or chronic, pre- or post-operative condition, or a bone, muscle, tendon, joint damage, injury, stretch, sprain, strain, fracture, tear).

- Individual movement therapies
- Sports-specific stretching, mobilization + SMR cylinder
- Kinesio-tape
- Dynamic tape
- Medical Flossing therapy
- Trigger point therapy
- Mulligan manual therapy
- McKenzie method
- Schroth therapy (3DST)
- Lymph drainage (manual followed by machine)
- Dorn therapy
- Laser therapy
- Game ready
- Shockwave therapy
- Strength training with HUR machines

THERAPIES



SPORTS SCIENTIFIC SURVEYS

The results and analyses of frequent sports diagnostic surveys can be accurately tracked thanks to state-of-the-art data recording. NEKA provides also for external partners the opportunity to conduct sports science surveys and analyses.

The Speed Court track developed in Germany and used by our academics also plays a key role in the preparations of several leading teams of the world. Among others, football players of Bayern Munich and Real Madrid, as well as members of the German men's handball national team, use the data offered by the device.





Balatonboglár is located on the southern shore of Lake Balaton, as a resort town of Somogy County encompassing more than 6,000 inhabitants, its symbol and attraction being the Sphere Lookout (Gömbkilátó).

Distance between Balatonboglár and Budapest:

145 km, a one-and-a-half-hour drive from the capital.

Lake Balaton on 60 hectares with its excellent water quality, 80 km length and 1.5 to 14 km width is the largest lake in Central Europe.

COMPLEX SYSTEM NEKA CULTURE TRAINING MODEL EDUCATING THE WHOLE PERSON ACADEMY OF SPORTS DEVELOPMENT HEALTHCARE PROVIDER SCIENTIFIC BACKGROUND



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