



INGWENYAMA CONFERENCE & SPORTS RESORT

Be Legendary

Ingwenyama Conference & Sport Resort is South Africa's premier warm weather training resort, facilitating training for grassroots, amateurs and professional sports teams of all disciplines. We have become sport specialists for tours with a track record of delivering highly organised custom packages.

We guarantee a personal touch that you will not experience with any other sport resort, or a more committed and flexible team as with us. When traveling to Ingwenyama Conference & Sport Resort you will be left with memories and experiences like no other as we have knowledge of our area and ensure you are exposed to the very best of it, from interactions with Elephants, Cheetah and seeing the Big 5 and so much more. We are 30 minutes' drive from Kruger Mpumalanga International Airport, we are the gateway to the panorama tour and only 30 minutes away from the world famous Kruger national park, the largest biosphere in the southern hemisphere. We are also surrounded by 5 top South African Golf courses.

Ingwenyama Conference & Sport Resorts modern facility has everything you need right on the property. Accommodation, 2 x pitches, professional gym, changing rooms, rehab center, team room with own private lounge games room, auditorium & lapa BBQ area, physio rooms and kit rooms, bar

and restaurant are all on the property within a few meters of each other. Every Team has a different approach to training and because of this we have custom-made packages which are created based on individual team needs & requests. Meticulous planning, right down to the finest details, all ensure that your camp arranged at Ingwenyama Conference & Sport Resort is a huge success.

We are followed by champions and teams on the move & because of this we take the following key areas into account:

- Privacy • Training, schedule and duration of camp
- Training requirements • Facilities required
- Nutritional requests • Fixtures • Rehabilitation
- Arranged matches & officials • Extra activities
- Day excursions and the team budget

Background Experience Swimming

Swimmers training at Ingwenyama Conference & Sport Resort will benefit from all the sports available to complement their aquatic training. The 2 football pitches for endurance, the gym for weight training and our fitness classes including Spinning, Pilates, kettlebells and functional training classes all make for a well-rounded athlete.

We have an outdoor pool on site which is not at standard and have access to a competition pool in Nelspruit. The complex is only 25 minutes down the road where they have a pool of six 50 meter lanes. We have further access to two private school pools which are 25 meter pools with 6 lanes each. We can arrange transport to these venue making Ingwenyama Conference & Sport Resort the perfect base camp.



Swimming



Comfort



Top Facilities



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