

Hikawa High School Weightlifting Gym



Major facilities

- Indoor: 13m x 23m
- Platform
 - for competition: 4m x 4m
 - for practice: 15 places (maximum 25 places) available.
- Available for all classes

Additional facilities

- Conference room, shower facility, gym

Nearby available facilities

- Open-air swimming pool, gymnasium, ground

- A set of barbells which meets the international standards are provided.
- The floor in the weightlifting gym is spacious. The facility provides the top class training environment in Japan.
- Cultivated players which includes many national team members.
- This is the grounds where the 2016 Olympic athlete Mr. Nakayama trains.
- The facility is designed to prevent heat from being accumulated and has a high ceiling.
- Heat can be discharged by air circulation using the ventilation fan in summer.
- Heater is installed in the facility for winter training.
- Shower facility is also installed and available for a cooldown after training.
- Swimming pool, Gymnasium, Ground, and the Gym on school premises are available for comprehensive training.



Address
1062 Icchotanaka, Yamanashi City, Yamanashi

Access
•By car: 7 minutes from Chuo Expressway Katsunuma IC or Ichinomiya-Misaka IC.

YAMANASHI SPORTS CAMP SUPPORT DESK

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