

IAD Facility

At Integrated Athletic Development®, you will experience the benefit of a state-of-the-art facility designed with the highest standards of quality, safety, and performance. It includes over 100,000 square feet of climate-controlled space located on eleven acres on Interstate-35 at the George Bush Turnpike in Dallas, Texas.







Six full-size regulation basketball courts convertible to twelve volleyball/junior basketball courts feature Connor® hardwood floors, engineered to meet all of the specifications of the most demanding industry standard, known as the DIN certification.



Lobby area features a refreshment center and lounge area.



Mezzanine viewing area, located on the second level, enables parents, spectators and coaches to view all court areas.

PERFORMANCE TRAINING

Serving competitive athletes committed to improving their performance, the state-of-the-art IAD® performance training area consists of approximately 30,000 square feet divided into two main areas designated as training and recovery:

Training Area



Strength training area features Power Lift®, the finest quality equipment which has become the standard in every NFL weight room. In addition, IAD® utilizes Keiser® and VersaClimber pulleys, and VertiMax training equipment. Divided into three main areas: Olympic, Power, and Functional Training and designed to employ multiple stations, the strength training area can comfortably accommodate athletes in varying stages of development.



15,000 square feet of artificial turf provides an ideal training environment to develop multi-directional speed, agility, and quickness. Manufactured by Pro-Play® this surface provides the beneficial biomechanical properties of natural grass.



80-yard track is essential for training and developing linear speed. Manufactured by Mondo, this track is the same product used in the 2004 Olympics in Athens.

Recovery Area:

Supporting an emphasis on the importance of the recovery process in training, the IAD® facility offers the finest amenities:

- Pro-style men's and women's locker rooms.
- Hydrotherapy area equipped with Hydroworx®, the premier rehabilitation and conditioning pool for aquatic therapy, cold plunge and hot spa.
- Private massage rooms.
- Sports Medicine treatment areas.
- IAD® restaurant and lounge.

- Four private conference rooms provide both athletes and coaches with both study areas and meeting areas for instruction, workshops and audio-visual presentations. These facilities are available to elite and professional athletes 18 years of age and older on a limited basis.