

Frequently Asked Questions

Q: What is the Stellenbosch University Sport Performance Institute?

A: The Stellenbosch University Sport Performance Institute (SUSPI) is a sport company that strives to make Stellenbosch University a world class sports training, education and research destination for both local and international athletes. SUSPI's vision can be found [here](#). A wide range of service offerings and facilities are available to clients. These include services in sport science, sports medicine, sport education, event hosting, as well as the use of facilities and accommodation. Click [here](#) to visit our services page.

Q: Where is SUSPI located?

A: SUSPI is situated on the Coetzenburg sports grounds in Stellenbosch, South Africa. Click [here](#) for a full layout of (and directions to) this location.

Q: What facilities does SUSPI have at its disposal?

A: SUSPI's range of facilities includes the following: a gymnasium, swimming pools (indoor heated, outdoor), recovery centre (contrast baths), massage facility, fields/courts, athletics track, stadiums, indoor sports centre and training halls, as well as lecture rooms. Click [here](#) to visit our facilities page for a full breakdown.

Q: What is the nature of SUSPI's relationship with the University of Stellenbosch?

A: Sport is recognised as a strategic lever at the highest level of Stellenbosch University, and this culminated in the formation of SUSPI in March 2006. It is SUSPI's intention to couple the various sporting assets of the University with the necessary expertise in order to provide a comprehensive suite of services to members of the sporting community. While SUSPI is an entity on its own, it is fully owned by the University.

Q: Does SUSPI only cater for elite athletes?

A: No. Any member of the general public wishing to make use of SUSPI's service offerings can do so. This includes anybody wishing to maximise his/her sporting potential, or who simply wants to improve his/her health and fitness.