

TRAINING CAMPS AT COQUE LUXEMBOURG

MARTIAL ARTS



INTRODUCTION

Easily accessible from all over Europe, strategically located on the Kirchberg plateau in Luxembourg, within a short distance of the center of the capital, the European institutions and the international airport, the National Sports and Culture Center d'Coque has become an essential reference both in Luxembourg and internationally. From its opening in 2002, the National Sports and Culture Center was immediately positioned as a real "temple dedicated to sport and culture" nestled in a huge 60,000 m² building characterized by rounded and harmonious lines.

Alongside the various sports and cultural events, federal, school and elite sports represent the largest part of our activities. Thanks to the modern infrastructure for top-level sports such as the High Performance Training & Recovery Center (HPTRC), elite athletes also form a large part of our identity. The sports-specific infrastructures such as our table tennis hall and our martial arts area with high-quality equipment or our two multifunctional halls "Arena" and "Gymnasium" provide the basis for professional training conditions.

In addition, sports teams can also take advantage of various sports offers at the CNSC. Starting with the Aquatic Center, guests can enjoy several pools, in particular a 50-metre Olympic pool. Furthermore, our wellness center with several saunas and rest rooms is the ideal place to relax after sports activities. Supplementary activities such as our climbing wall, the gym and several group courses are offered as well. In summary, all the needs and demands of today's athletes are provided under one roof.



SPORT PACKAGE

PACKAGE INCLUDES (per day):

- An overnight stay in a double room & full board
- 4 hours training
- 1½ hours use of weights room
- Massage area
- 2 hours use of a meeting room
- One free entry to the Aquatic & Wellness Center (not fully accessible with a wheelchair)

SERVICES ON REQUEST (Additional charge):

- Cold water immersion
- Business facilities for meetings/workshops
- Wellness treatments

GROUPS OF 10 OR MORE : €104 including VAT per person per night.

Training sessions with fewer than 10 participants are possible, but an additional 10% will be charged (€114.40 instead of €104).



INFRASTRUCTURE

Take maximum advantage of d'Coque's great setting and state-of-the-art facilities :

- Specific combat tatami floor
- 2/3 of the floor is specifically designed for Judo, reducing impact while falling or hitting the ground; 1/3 of the floor is optimized for other combat sports such as karate, taekwondo, kickboxing
- A fully equipped fitness gym with barbells, kettlebells, functional cage, med balls and cardio devices just next to the combat zone creates perfect training conditions and enables an optimal transfer from force exercises to actual combat moves
- Changing rooms and toilets are wheelchair accessible



Official location partner



PHYSICAL PREPARATION ROOM "STUDIO" 1½ HOURS USE INCLUDED PER DAY

- High-end fitness room suitable for elite athletes
- Cardio area with Technogym skill-series and Woodway 4Front treadmills
- Keiser M3i bikes and Keiser Functional Trainer (wheelchair-accessible)
- Free Weight Area with Eleiko barbells, Power Racks and functional cage
- Specific training floor for versatile barbell training
- Plyoboxes, pull & jerk boxes, hexbars, kettle bells
- The Studio and the changing rooms are accessible for wheelchair users



THE AQUATIC CENTER

ONE FREE ENTRY INCLUDED PER DAY



- The Aquatic Center of the Coque has two 50-metre Olympic pools (competition & training) with FINA agreed chronometry
- Furthermore the Aquatic Center is equipped with a 25-metre pool and a 15-metre diving pool with diving tower (10m)
- The relaxation zone and the outdoor area with lawn and beach volleyball court are ideal for taking some rest breaks



THE WELLNESS CENTER

ONE FREE ENTRY INCLUDED PER DAY



- The Wellness Center features modern styling and a friendly atmosphere, providing an ideal place for athletes to relax
- In the indoor area you will find three types of saunas (modern Finnish sauna, rustic Finnish sauna & Sanarium), a snow cabin, a Hammam, massage areas, a tepidarium, a Whirlpool, hot and cold pools and a wellness lounge
- The outdoor area includes a wood-fired sauna and a sanarium, a heated pool, a wooden cold-water pool, showers and a relaxation room
- Our Wellness Center is not fully accessible with a wheelchair
- In addition, our therapists offer 6 types of massages that encourage a fast regeneration (Additional charge)



CATERING



The Coque's catering facilities consist of two restaurants: (la Coquille) and a snack bar (Fresh & Fitness Corner), aimed at healthy nutrition

- The breakfast buffet is served to the groups in the Coquille, while a separate room is available for lunch and dinner
- Our balanced menus for the training camps (lunch and dinner) have been developed by nutrition experts who work with Luxembourg's top athletes
- The groups receive the menus to choose from in advance
- Our kitchen team is happy to cater for special diets and restrictions
- The restaurant is accessible for wheelchair users

HOTEL *** SUPERIOR



- Located in our building the hotel is right next to the sports facilities and well connected to the city center and the airport
- 2 rooms for people with reduced mobility, access to the showers in the other rooms is even with the ground
- The hotel consists of 36 rooms, each with 2 beds, bathroom, TV, safe, fridge and free WIFI
- The inviting lounge area with TV and games facilities allows groups to stay outside the rooms
- Our staff will be pleased to serve your personal requests (for example laundry or room service)



TRANSPORT

- Travel on public transport in Luxembourg is free (except 1 class).
- The National Sports and Cultural Center is easily accessible by tram from the central station and the Luxembourg airport (2024). With no step to take between the platform and the carriage, trams are highly accessible to all users.



ADDITIONAL ACTIVITIES



Indoor Sports activities
Basketball / Volleyball / other



**Outdoor Soccer Court
& Beach Volleyball**



**Climbing Wall
& Boulder area**





TOURISTIC ACTIVITIES

D'Coque is situated on the Kirchberg plateau near the city center. This location is the ideal starting point to discover activities in the vicinity.



CULTURE
PHILHARMONIE
Event / Concert
> 1,1 km



NATURE
MÜLLERTHAL
Little Switzerland
> 27,5 km



ART
MUDAM
DRÄI EECHELEN
Museum
> 1,3 km



HISTORY
BOCK CASEMATES
UNESCO Heritage
> 3,2 km



CONTACT

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