

# **PRE-GAMES TRAINING CAMP**

National Sports and Cultural Center d'Coque

---





# PRE-GAMES TRAINING CAMP

Only 294 km away from Paris, the National Sports and Cultural Center of Luxembourg is strategically well located for your Pre-Games Training Camp.

As location partner of the National Olympic Committee in Luxembourg, we're proud to support our best athletes with high class sports facilities since 20 years.

All the needs and demands of today's top-athletes are provided in our center under one roof: sport-specific training facilities, High-Performance Training and Recovery Center, on site accommodation and several catering possibilities.

We would be very delighted to welcome your delegation and to support your athletes on the last leg of your road to Paris.

Get your tailor-made sports offer and the best conditions for your Pre-Games Training Camp 2024 in Luxembourg!



# SUMMARY

---

- Location
- Sports Facilities
- Judo
- Swimming
- Table Tennis
- Basketball, Badminton, Handball & Volleyball
- Climbing
- High Performance Training & Recovery Center
- Other Facilities
- Accommodation
- Food & Beverage
- Touristic Activities
- Contact





# LOCATION

**Altitude:** 333 m  
**Location:** 294 km east from Paris

## Luxembourg is strategically located in the heart of Europe

Located 2.1 hours from Paris by the high-speed train TGV:  
11 departures per day

4 hours by car or 1 hour per flight:  
3 direct flights per day to Paris Charles de Gaulle

7,7 km from Luxembourg Airport:  
[10 min by car / 10 min by tram]

4,5 km from Luxembourg Central Station:  
[11 min by car / 20 min by tram]

4 km from Sports Hospital:  
[10 min by car]

## Local Weather Situation

Month	1	2	3	4	5	6	7	8	9	10	11	12
Precipitation (mm)	46,7	148	65,9	19,9	35,9	114	8,3	35,6	54,4	113	32,5	119
Average Temperature (°C)	3,6	5,2	6,2	12,9	13,7	16,8	18,7	21,2	16,7	9,9	6,6	3,8

2020 Data / Source: Meteolux.lu





# SPORTS FACILITIES

THE BEST INFRASTRUCTURE FOR THE BEST ATHLETES !

Our aim is to offer the athletes the best possible training conditions.

Fortunately, there is plenty of space for athletes in our 60,000 square meter building.

In addition to three fixed and fully equipped training areas for table tennis, judo and swimming, we can also create excellent training conditions for other sports.

Our two multifunctional halls « Arena » and « Gymnasium » have already hosted many teams and sporting events and are always happy to face new challenges.

BADMINTON  
BASKETBALL  
HANDBALL  
JUDO  
SWIMMING  
TABLE TENNIS  
VOLLEYBALL  
CLIMBING

...





# JUDO

- 714 m<sup>2</sup>
- Specific combat tatami floor
- 2/3 of the floor are specifically designed for Judo, reducing impact while falling or hitting the ground; 1/3 of the floor are 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. Video analysis are possible on site thanks to our dedicated equipment.

Depending on the size of your Judo team, we are able to configure optional training facilities in our Arena or Gymnasium.





EVENT

**LEN Euro Meet Luxembourg 2020**

# SWIMMING

- Olympic competition pool (50 m by 25 m / depth 2,20 m / 27°C) with 10 lanes, competition starting blocks and with FINA agreed chronometry
- Training pool (50 m by 15 m / depth 2 m / 26.5°C) with 6 lanes, competition starting blocks, underwater video analysis, pacing system
- 25 m x 10 m pool (depth 0,80 m – 1,60 m / 28°C) with 4 lanes

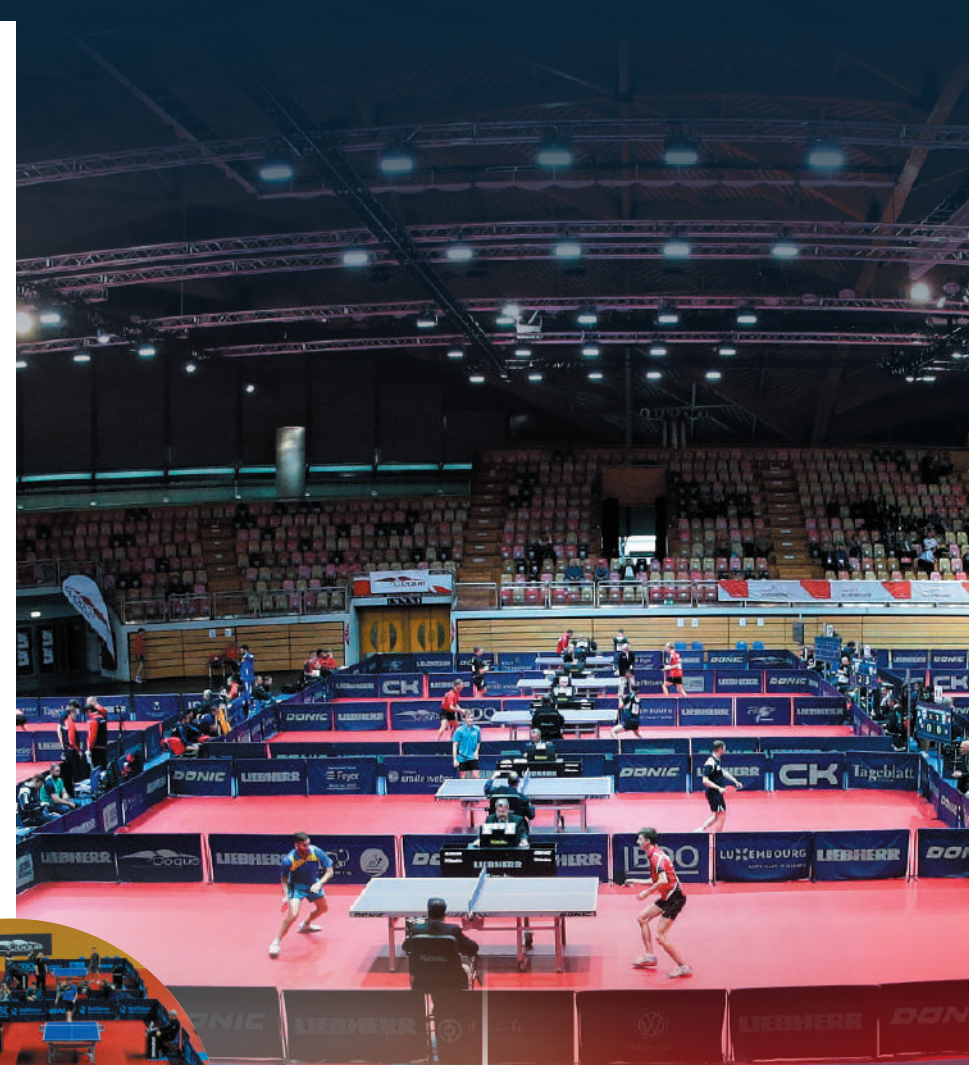




# TABLE TENNIS

- Multi-purpose hall of 1400 m<sup>2</sup> dividable into three parts
- Specific competition floor [Gerflor - Taraflex®]
- Optimal training facility for large sports groups [25 Donic Delhi Tables]

Depending on the size of your Table Tennis team, we are able to configure optional training facilities in our Arena or Gymnasium.



EVENT

**European Championships 2017 Men's Team**



EVENTS

BASKETBALL

Luxembourg Cup Finals 2022

HANDBALL

Gala match 2021 Germany – Portugal

# THE ARENA

The Arena is a multi-purpose hall that offers you various training & competition options

- Hall of 4300 m<sup>2</sup>
- 5300 seats
- 200 m running track with inclinable bends (6 lanes)
- 60 m infield athletic track with 8 lanes
- Long jump, high jump, shot put and pole vault
- Specific competition floors  
(Basketball, Badminton, Handball, Judo, Table Tennis, Volleyball)





# THE GYMNASIUM

The Gymnasium is a multi-purpose hall that offers you various training & competition options

- Hall of 1240 m<sup>2</sup>
- 1000 seats
- Specific competition floors  
[Basketball, Badminton, Handball, Judo, Table Tennis, Volleyball]



EVENTS

BASKETBALL

**FIBA Women's Eurobasket 2023 Qualifiers**

BADMINTON

**YONEX Luxembourg Open 2022**

HANDBALL

**Men's EHF Euro 2024 Qualifiers**



# CLIMBING

- The ultra-modern climbing wall of the National Sports and Cultural Center offers a surface area of **690 m<sup>2</sup>**
- With a maximum height of **13.5 m** and more than **51 tracks** and **150 regularly changed climbing routes**, you will never tire of this exceptional space
- The level of difficulty can be adapted to the training needs (up to 8C+)





# HIGH PERFORMANCE TRAINING & RECOVERY CENTER

## TRAINING ZONE

### Physical preparation room (175 m<sup>2</sup>)

- Specific platform with professional weight-lifting equipment with adjustable loads [Eleiko]
- Cardio machines [Technogym]
- Innovative additional equipment such as Versa Climber, Keiser Functional Trainer, AlterG, kPulley2 and GymAware

### Multifunction room

- Free space for stretching and group workouts
- Speed court and Octagon slide

### Tartan Track

- 25 m sprint channel with an integrated camera system and photoelectric sensors [Optojump]
- Starting block with a force detection plate
- 1080 sprint

### Hypoxia chamber (up to 5750 m) and Thermal chamber (up to 55°C)

- Ergometer bikes, treadmills and rowers





# HIGH PERFORMANCE TRAINING & RECOVERY CENTER

## RECOVERY ZONE

### Athlete Lounge (120 m<sup>2</sup>)

- Relaxation and entertainment zone with cozy sitting area, tv corner, pool billiard table and darts

### Private space for power naps

- 8 Capsule Beds for a comfortable sleep/rest without being affected by ambient light and noise

### Regeneration area

- Relaxation room for e.g. meditation or stretching
- Physiotherapy room
- Infrared sauna (40-60°C)
- Whirlpool
- Cryotherapy cabin (-110°C)
- Ice bath
- Devices for regeneration such as Recovery Boots and Game Ready

### Meeting rooms

### Coaching room

### Study rooms

### Kitchenette



# PHYSICAL PREPARATION ROOM « STUDIO »

- 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
- 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





# OTHER FACILITIES



## The Aquatic Centre

- The Aquatic Centre is equipped with a 50 m olympic pool, a 25 m pool and a 15 m diving pool with diving tower (10 m)
- The relaxation zone and the outdoor area with lawn and beach volleyball court are ideal for taking some rest



## The Wellness Centre

- The Wellness Centre 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 and a relaxation room
- In addition, our therapists offer 11 types of massages that encourage a fast regeneration



# OTHER FACILITIES



## Meeting Rooms

Several workspaces are at your disposal at the National Sports and Cultural Center :

- The Amphitheatre: an elegant 215-seat Auditorium with the integration of the latest generation of streaming equipment.
- Training rooms up to 40 people







# ACCOMMODATION



## Coque Hotel \*\*\* Superior

- Located in our building the hotel is right next to the sports facilities and well connected to the city centre and the airport
- 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]



## Novotel \*\*\*

To offer an alternative to our Hotel \*\*\* Superior, we suggest to work with our partner Hotel Novotel Kirchberg. The Hotel is located just a 10-minute walk from our Center.



# FOOD & BEVERAGE

- The restaurant facilities consist of one restaurant (La Coquille) and a snack bar (Fresh & Fitness Corner), aimed at healthy nutrition
- Thanks to our gastronomic infrastructures, we can guarantee healthy and delicious meals for breakfast, before and after training sessions
- Our menu was developed in collaboration with nutrition experts working with the elite athletes in Luxembourg
- The athletes can choose between different balanced meals to fuel up for high training performance
- Our culinary staff is pleased to handle individual requests according to your wishes







# TOURISTIC ACTIVITIES

The National Sports and Cultural Center is situated on the Kirchberg plateau near the city centre.

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



## CITY CENTER

PALAIS  
Palais Grand-Ducal  
> 3 km



## HISTORY

BOCK CASEMATES  
UNESCO Heritage  
> 3,2 km



## TRANSPORT

FREE PUBLIC TRANSPORT



BUS



TRAM



# CONTACT

For further information please feel free to contact our Sports Information Desk :

**Alexandra By**

**Email :** [trainingcamp@coque.lu](mailto:trainingcamp@coque.lu)

**Tél. :** +352 43 60 60 – 739

