



# **PRE-GAMES TRAINING CAMP**

National Sports and Cultural Center Coque





# PRE-GAMES TRAINING CAMP

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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 partner of the Luxembourg Paralympic Committee, we're proud to support our best athletes with high class sports facilities.

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!



**LUXEMBOURG**  
PARALYMPIC COMMITTEE



# SUMMARY

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- Location
- Sports Facilities
  - Para Judo
  - Para Swimming
  - Para Table Tennis
  - Para Athletics, Wheelchair Basketball, Para Badminton
- High Performance Training & Recovery Center
- Other Facilities
- Accommodation
- Food & Beverage
- Transport
- Touristic Activities
- Contact



# LOCATION

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

## Luxembourg is strategically located in the heart of Europe

Located 2 hours and 10 min 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.

PARA JUDO

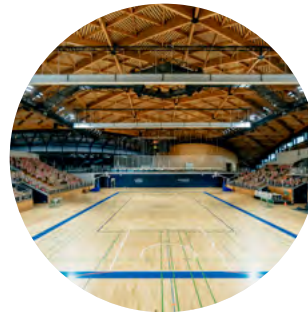
PARA SWIMMING

PARA TABLE TENNIS

PARA ATHLETICS

PARA BADMINTON

WHEELCHAIR BASKETBALL





# PARA 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.
- 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 Para Judo team, we are able to configure optional training facilities in our Arena or Gymnasium.



EVENT

European Judo Open 2021

# PARA 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 and with one pool lift
- 25 m x 10 m pool (depth 0,80 m – 1,60 m / 28°C) with 4 lanes
- One Sports & Health pool (30°C) with the possibility to easily adjust the pools' depth
- Changing rooms and toilets are wheelchair accessible



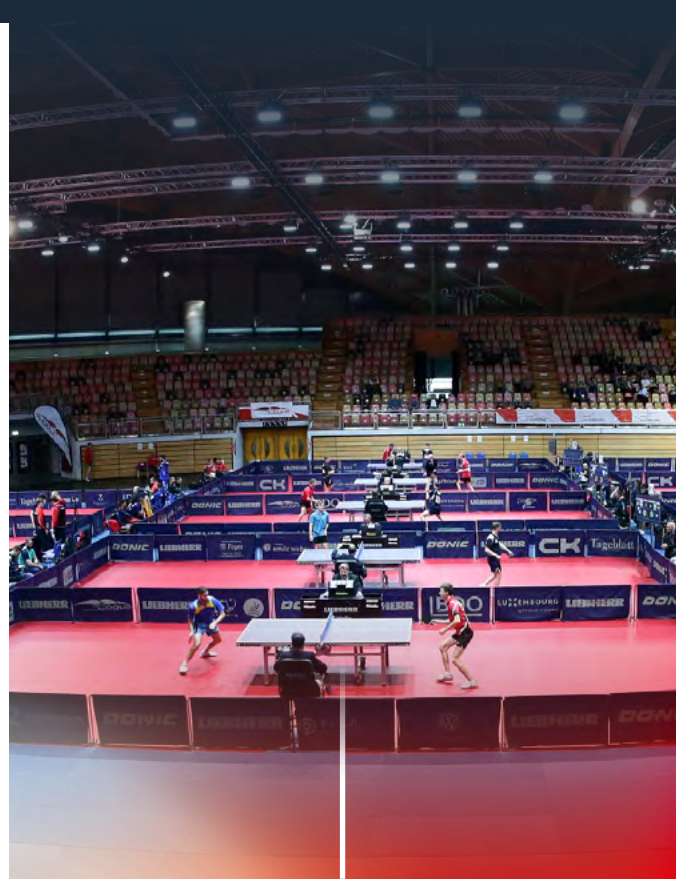
EVENT

**LEN Euro Meet Luxembourg 2020**

# PARA 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)
- Changing rooms and toilets are wheelchair accessible

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



EVENT

European Championships 2017 Men's Team





# THE ARENA

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

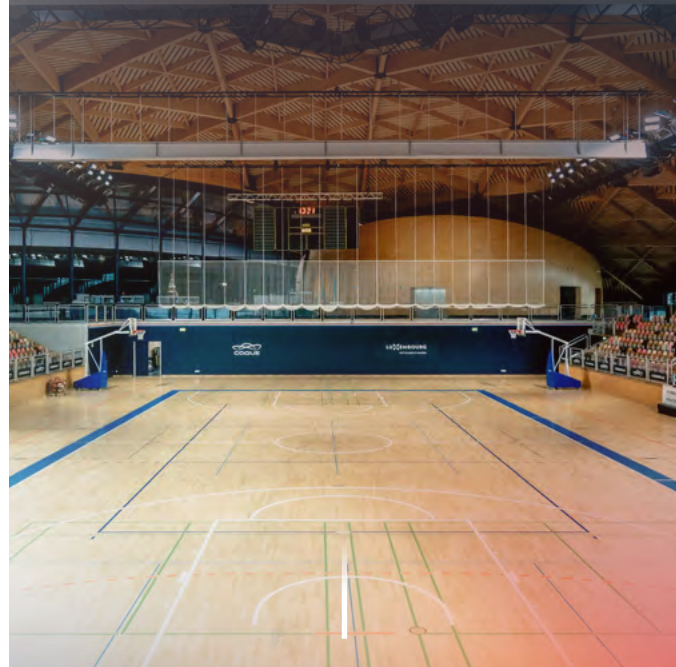
- Hall of 4300 m<sup>2</sup>
- 5300 seats
- 200 m running track with inclinable bends (6 lanes)
- 60 m infield athletic track with 8 lanes
- Long jump, high jump, shot put and pole vault
- Changing rooms and toilets are wheelchair accessible
- Specific competition floors (Wheelchair Basketball, Para Badminton)



# 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
- Changing rooms and toilets are wheelchair accessible
- Specific competition floors  
(Wheelchair Basketball, Para Badminton, Para Judo, Para Table Tennis)



EVENTS

BASKETBALL

**FIBA Women's Eurobasket 2023 Qualifiers**

BADMINTON

**YONEX Luxembourg Open 2022**

# 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 (accessible with a wheelchair), 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 (1 hand Ergometer), treadmills and rowers
- Changing rooms and toilets are wheelchair accessible







# 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

The Recovery Zone is accessible for wheelchair users.



# 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

The « Studio » is accessible for wheelchair users.





# OTHER FACILITIES

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## 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
- Not fully accessible

# 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



**NOVOTEL**  
HOTELS, SUITES & RESORTS

## 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
- 2 rooms for people with reduced mobility
- Access to the showers in the other rooms is even with the ground
- The inviting lounge area with TV and games facilities allows groupstostay 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.

Additional hotels available in the vicinity of our training center: [www.eurewelcome.lu](http://www.eurewelcome.lu)





# FOOD & BEVERAGE

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- 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
- The restaurant is accessible for wheelchair users



# TRANSPORT

- Travel on public transport in Luxembourg is free from 1st March 2020 (except 1 class).
- The National Sports and Cultural Center is easily accessible by the 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.
- On-demand transport for Persons with reduced mobility can be organized by our Transport Partner Demy Schandler.



# 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



## CITY CENTER

PALAIS  
Palais Grand-Ducal  
> 3 km



## NATURE

SCHENGEN  
Experience  
Baggerweier  
> 30 km



## HISTORY

LËTZEBUERG CITY  
MUSEUM  
The Luxembourg Story  
> 30 km





# CONTACT

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

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