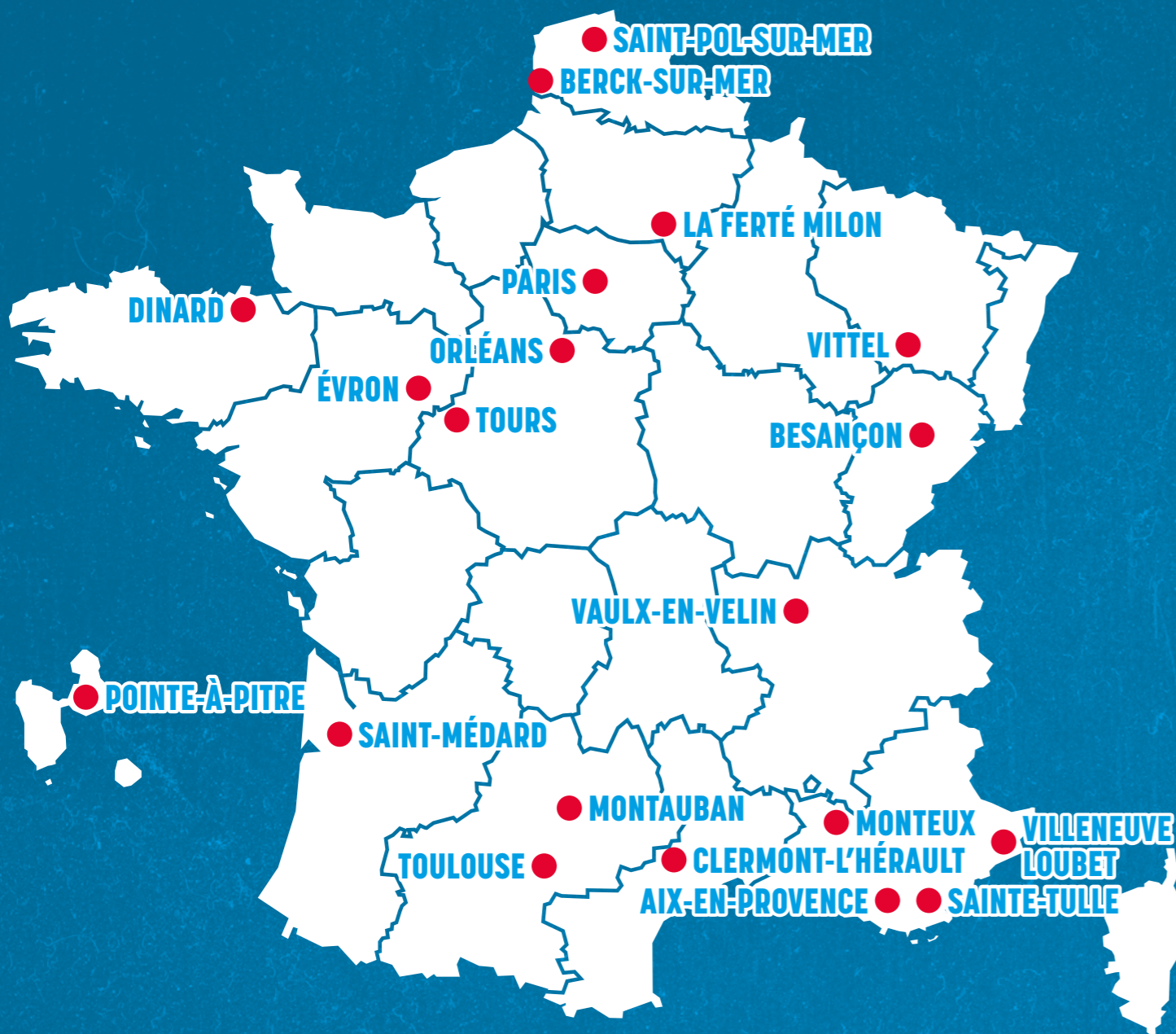




# ON THE WAY TO PARIS

GUIDE OF THE PREPARATION CENTERS FOR  
THE OLYMPIC GAMES





You will find below 8 other Olympic Preparation Centers. They did not wish to send us the information we requested. However, we had to present you a complete list of all the GPCs.

- **BOURGOGNE FRANCHE COMTÉ** in Côte-d'Or - CREPS of Bourgogne-Franche-Comté
- **MÉTROPOLE EUROPÉENNE DE LILLE** in the Nord - Sports complex Pierre de Coubertin
- **RÉGION OCCITANIE** in Pyrénées-Orientales - CREPS Occitanie - site of Font-Romeu
- **CROUS DE PARIS** in Paris - Centre Sportif Universitaire in Crous of Paris
- **NANTERRE** in Hauts-de-Seine - University of Nanterre
- **COMMUNAUTÉ D'AGGLOMÉRATION DE CERGY-PONTOISE** in Val-d'Oise - Maradas sports complex
- **LE MONT DORE** in Nouvelle-Calédonie - Oceanian Weightlifting Institute

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## « Terre de Jeux 2024 » is the label of our territories !



On the eve of the Olympic and Paralympic Games in Paris 2024, sport and more particularly weightlifting, must occupy a central central place in our territory.

With the agreement of the Paris 2024 OCOG, this FFHM catalogue is intended for the national weightlifting teams who wish to prepare in France for the Olympic and Paralympic Games of Paris 2024.

In collaboration with Jean-Paul Bulgaridhes, 1st Vice-President of the FFHM, in charge of the federal coordination of Paris 2024, all the members of the of the Steering Committee and the Technical Direction of the FFHM, I wished to present you this guide which should create a local synergy around this global planetary event.

It is also accessible to all on the OCOG Paris 2024 website.

This tool demonstrates our ability to welcome athletes from all over the world to our national territory by providing them with the best possible facilities through our sports clubs, our local authorities and our national structures.

It will also allow you to discover our geographical and tourist areas.

### WELCOME EN FRANCE !

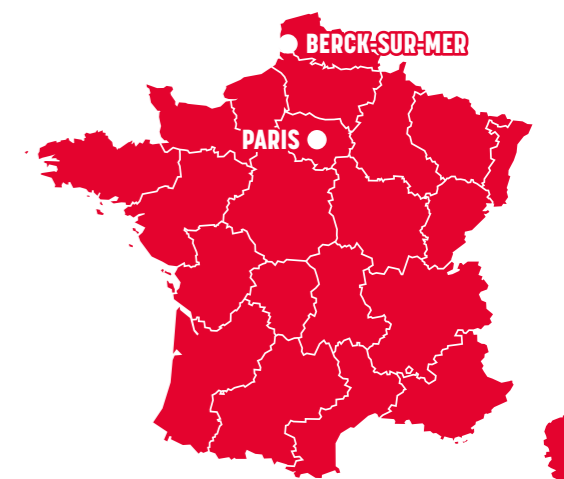
Michel Raynaud  
President of the French Weightlifting Federation



# BERCK-SUR-MER

Located in the North of France and 250 km from Paris, Berck is a small town of 15,000 inhabitants whose strength lies in its 13 km long beach. The local weightlifting club welcomes you in a room of 600 m<sup>2</sup> dedicated to weightlifting and muscle training. The club is accessible to people with disabilities and has 16 competition plateaus, 10 Olympic sets to IWF standards as well as a weight room and two saunas.

The club has a long-term partnership with the Hopale Foundation and the Calvé Institute, which specialized in the care of athletes.



## BERCK-SUR-MER

Pas-de-Calais

### INFORMATION

#### Club President :

M. : Jean-Claude Lapostolle

☎ : +33 (0) 6 37 46 94 98

@ : jean-claude.lapostolle@wanadoo.fr

f : @cahcberck62

#### City hall :

☎ : +33 (0) 3 21 89 9000

🌐 : berck.fr

### ACCOMMODATION AND CATERING

Lodging is not included on site, however, hotel capacities are available in the vicinity.

### PRICE

22€/hour.

### ACCESS

Berck-sur-mer > Paris

🚆 TGV... 1h10

🚗 Route... 250 km

More information on the Paris2024 website by flashing this QR code



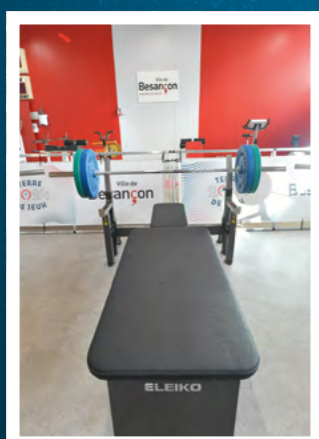
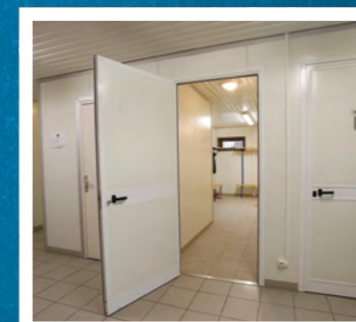
# BESANÇON

The weightlifting room is divided into 3 specific areas, completed by a type C gym (40 m x 20 m) and a multipurpose room that can be used for briefing, massage or mental preparation.

The equipment and material are of a very high quality and perfectly adapted to the needs of today's athletes.

The plateaus are divided into specialized zones, specifically designed to offer athletes an optimized training path: strength zone, cardio zone dynamic zone.

To complete this offer, the Besançon weightlifting training center does not forget recovery equipment, which is essential for sports preparation. Athletes will have free access to a sauna as well as cold tubs.



## BESANÇON

Doubs

### INFORMATION

Sports Department of the city of Besançon :

M. Mohamed Bouchikhi

☎ : +33 (0) 6 09 98 00 24

☎ : +33 (0) 3 81 41 53 96

@ : mohamed.bouchikhi@besancon.fr

📧 : terredechampions.besancon.fr

### ACCOMMODATION AND CATERING

Accommodation is not included on site, however 10 partner hotels in the vicinity, can accommodate teams, which you can find on the the Terre de Champions website.

### PRICE

To be discussed between the delegation and the community.

### ACCESS

Besançon > Paris

🚆 TGV... 2h40

🚗 Route... 420 km

More information on the Paris2024 website by flashing this QR code

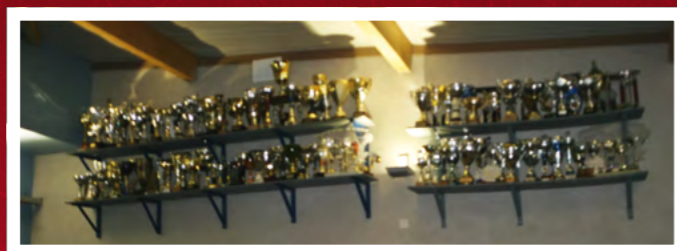


# CLERMONT-L'HÉRAULT

Located in the heart of the Hérault near the Salagou Lake in the Occitanie region, near the Spanish border, rich of its landscape and architectural heritage ; This center is composed of high level sports equipments facilities offering optimal training conditions.

- 2 weightlifting rooms (200 m2 and 100 m2), 1 weight room (200 m2) which are all equipped with air conditioning
- Recovery unit : 1 sauna of 20 m2 with a capacity of 12 persons and 1 cold tub for one person.
- Medical area with a physiotherapy area.
- Adjacent weight room
- Other facilities nearby: 1 athletics track, 1 sports field, aquatic center with swimming pool 25 meters.

The hall is adjacent to a 1000 m2 gymnasium and a second gymnasium is less than 50 m away. You can practice all types of activities (volleyball, handball, etc.)



## CLERMONT-L'HÉRAULT

Hérault

### INFORMATION

#### Club President :

M. Bernard Soto

☎ : +33 (0) 6 31 35 64 39

@ : bernard.soto@orange.fr

#### Sports Department of the city of Clermont-l'Hérault :

M. Laurent Pedreno

☎ : +33 (0) 4 67 96 05 23

@ : laurent.pedreno@ville-clermont-herault.fr

### ACCOMMODATION AND CATERING

Lodging is not included on site, however, hotel capacities are hotel capacities are available in the vicinity.

### PRICE

To be discussed between the delegation and the community.

### ACCESS

#### Clermont-L'Hérault > Paris

🚆 TGV... 5h45

🚗 Route... 720 km

More information on the Paris2024 website by flashing this QR code



# DINARD

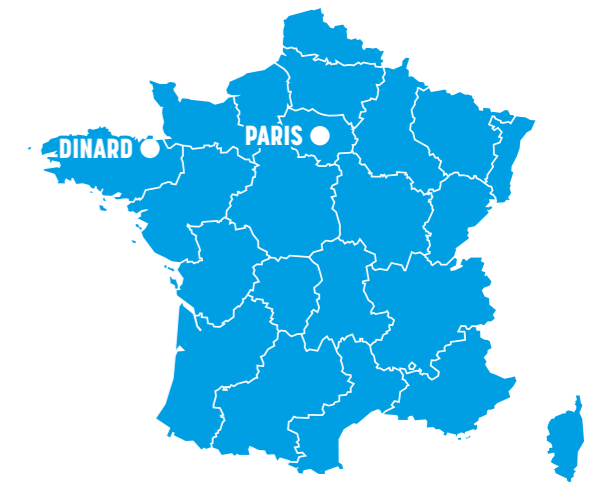
SPORT BRETAGNE is located in the heart of the city of Dinard, 200m from the beaches.  
Near shops, restaurants, cinema...

## Sports side :

- 1 recovery area
- Doctor/physiotherapy area
- Weight room - 6 tracks

## Other complementary sports facilities:

- 2 sports halls, one with parquet flooring and one with Taraflex
- 2 dance and fitness rooms
- 1 boxing room (2 rings + punching bags)
- 1 dojo (judo mats)
- 1 gymnastics room with apparatus (600 m2)
- 1 gymnastics floor and a pit
- 1 outdoor multisport platform
- 2 beach volleyball courts



## DINARD

Ille-et-Vilaine

### INFORMATION

#### Sport Bretagne - In charge of reception :

M<sup>me</sup> Marie-Pierre Bosse

✉ : marie-pierre.bosse@sportbretagne.bzh

#### Sport Bretagne - Head of performance mission :

M<sup>me</sup> Émilie Brindejonc

✉ : emilie.brindejonc@sportbretagne.bzh

#### Sport Bretagne

🌐 : sportbretagne.bzh

### ACCOMMODATION AND CATERING

The on-site accommodation offers a capacity of 150 beds. More information on their website : [sportbretagne.bzh/accueil/hebergement/](http://sportbretagne.bzh/accueil/hebergement/)

### PRICE

Full board (night / breakfast / lunch / dinner) : 52 € per person per day.

### ACCESS

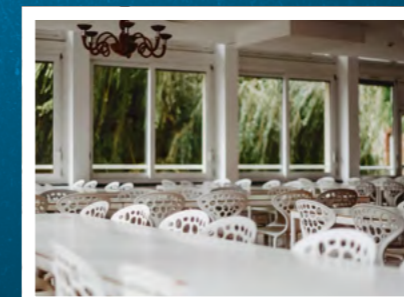
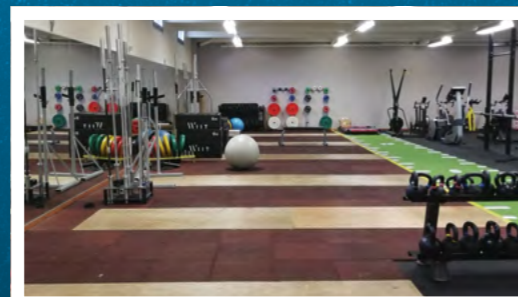
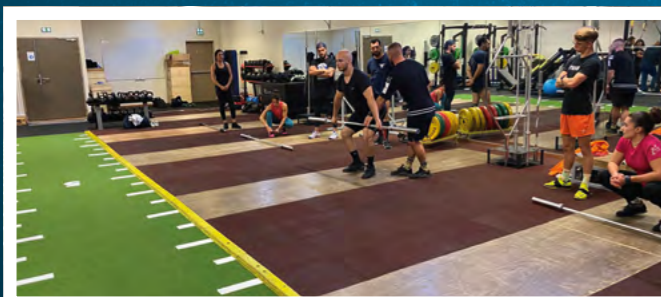
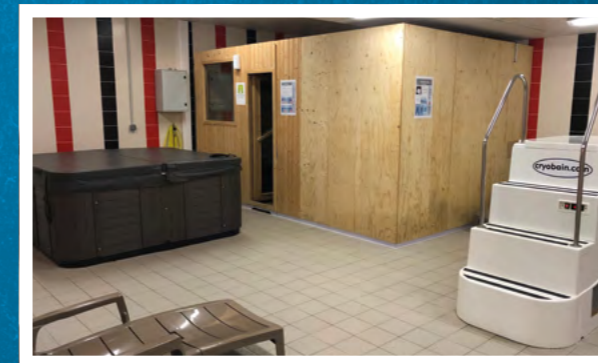
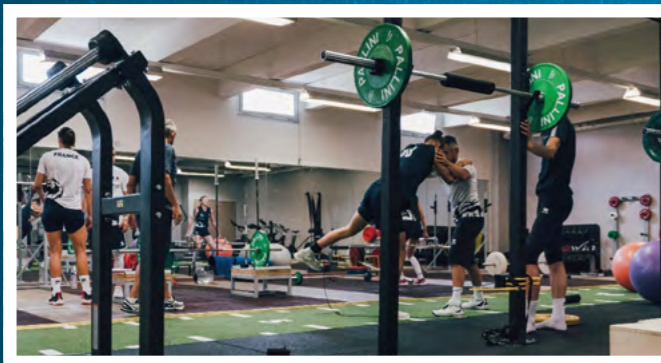
#### Dinard > Paris

🚆 Train... 2h30

🚗 Route... 400 km



More information on the Paris2024 website by flashing this QR code



# ÉVRON

A quality equipment :

- A 450 m2 building with a 150 m2 fitness area with parquet flooring.
- A 300 m2 weightlifting/musculation zone with 14 training stations and a competition area of 4m x 4m with wooden floor and shock-absorbing slabs in adequacy with the practice of this sport.
- 2 shower rooms (men and women)
- A sauna
- An office

This hall will be used by the weightlifting-musculation club, which has 130 members, a men's team that competes in the National 2 category, and finalists who participate in the French championships every year. But also an athlete who participated in the Olympic Games of Seoul in 1988 and Barcelona in 1992 and an athlete who participated in the Olympic Games in London in 2012. The schools will also use this sports equipment. This hall will allow us to offer diversified physical and sports activities adapted to any public.

It will also allow us to continue the promotion of Sport Health "Well-being" by pursuing the actions already implemented by the Departmental Olympic and Sports Committee. This equipment will be accessible to people with disabilities.

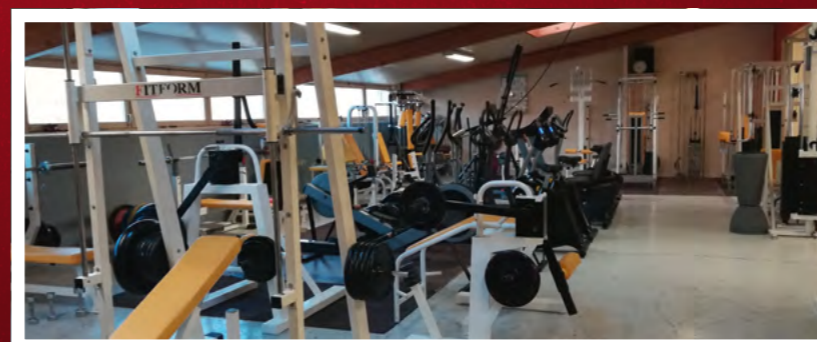
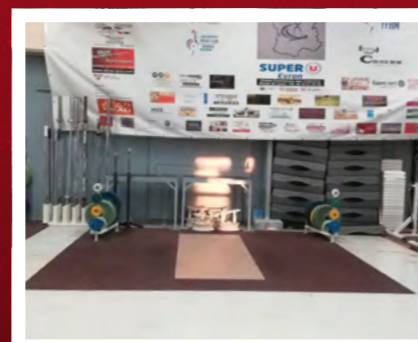
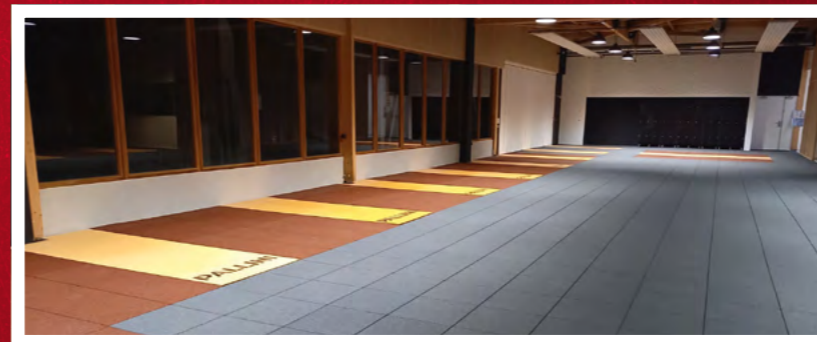
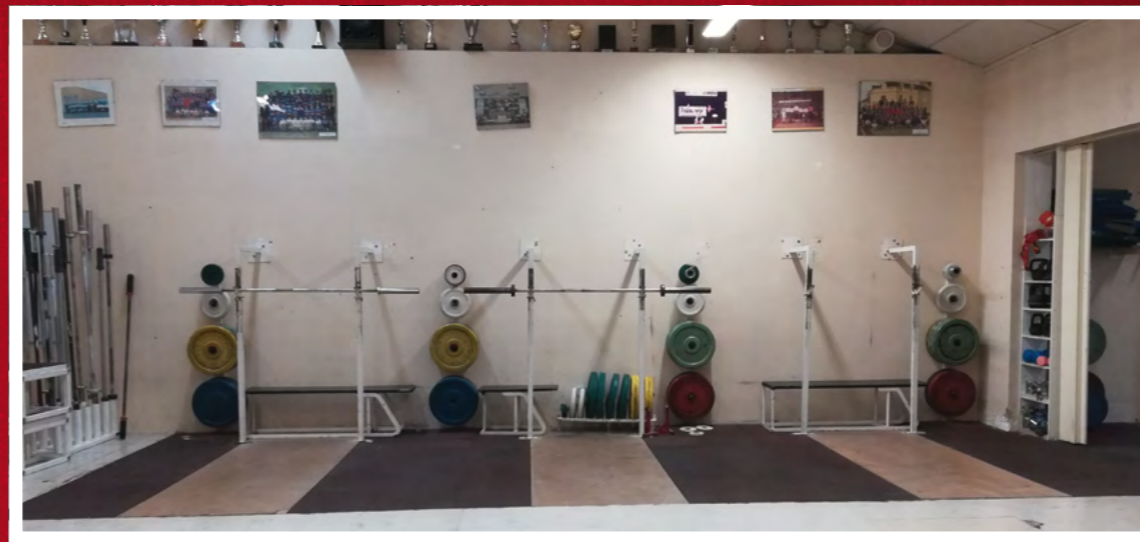
The town of Évron has obtained the "Terre de Jeux" label and has been selected as a Preparation Center for the Olympic and Paralympic Games in weightlifting.

The commune is strong with its sports facilities, its associative fabric with 2,500 members, 2,500 schoolchildren and its sports activities. This label highlights the community's sports players.

Since the Beijing Olympic Games, the Commune has been hosting foreign sports delegations in weightlifting. This new building also allows to receive training courses of the French team.

This construction will also contribute to the reputation of the territory Coëvrons in the field of the organization of high level sporting events and in particular to receive training courses or regional and national level competitions.

This is an opportunity to build international relationships through and to promote its practice beyond the borders of the Pays de la Loire.



## ÉVRON

Mayenne

### INFORMATION

**Club President :**

M. Patrick Lechat

☎ : +33 (0) 6 13 04 41 29

@ : patrick.lechat@orange.fr

**Head of the sports department of the city of Evron :**

M. Laurent Fombertasse

☎ : +33 (0) 6 70 54 68 47

@ : laurent.fombertasse@evron.fr

### ACCOMMODATION AND CATERING

Lodging is not included on site, however a hotel (relais du Guède-Selle) is nearby.

More informations at +33 (0) 2 43 91 20 00

ou on their website : relais-du-gue-de-selle.com

### PRICE

To be discussed between the delegation and the community.

### ACCESS

Évron > Paris

🚆 Train... 2h30

🚗 Route... 260 km

More information on the Paris2024 website by flashing this QR code

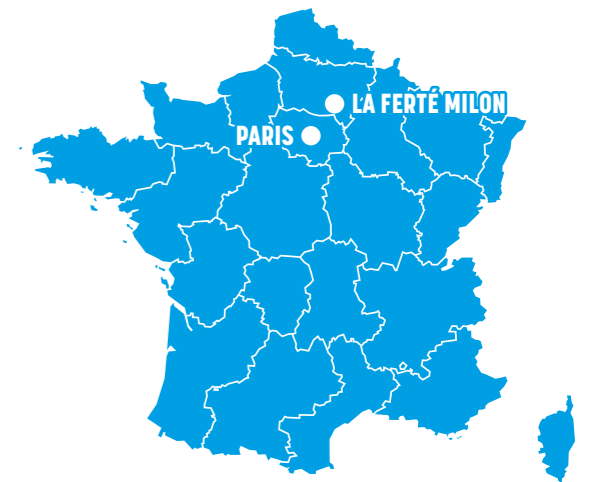
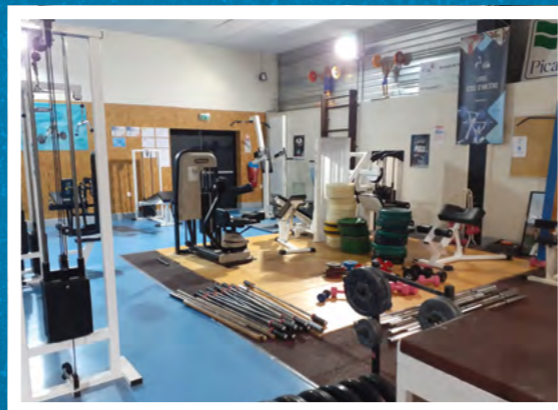
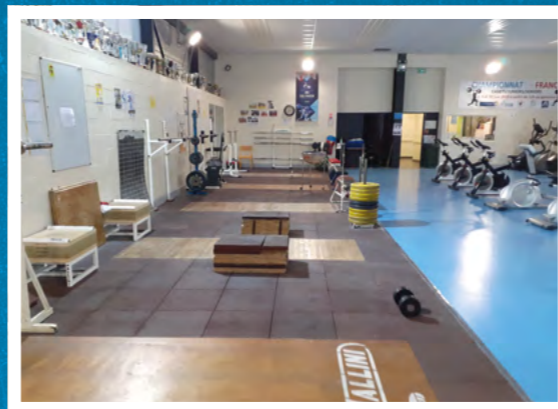


# LA FERTÉ MILON

Sports facilities : 300 m2 hall with 8 weightlifting platforms, each equipped with a bar for male athletes and a bar for female athletes and can accommodate up to 220 kg of weight.

Weight training, cardio and recovery equipment including five squat machines.

Sauna, catering room, rest room and multi activity room in the immediate vicinity.



## LA FERTÉ MILON

Aisne

### INFORMATION

#### Club President :

M. Marc Andrieux

☎ : +33 (0) 6 47 24 55 92

@ : andrieux.picard@wanadoo.fr

#### La Ferté Milon City hall

☎ : +33 (0) 3 23 96 70 45

### ACCOMMODATION AND CATERING

Lodging is not included on site, however, hotel capacities are hotel capacities are available in the vicinity.

### PRICE

To be discussed between the delegation and the community.

### ACCESS

#### La Ferté Milon > Paris

🚆 Train... 1h

🚗 Route... 100 km



More information on the Paris2024 website by flashing this QR code



# MONTAUBAN

The Palais des sports Jacques Chirac is an innovative sports facility that meets environmental constraints and accessibility standards, inaugurated at the end of 2019. Dedicated to high-level practice, it has all the necessary tools for the promotion and development of sport: quality sports facilities grouped into 4 poles (acrobatic, weightlifting, duel and collective sports).

The weightlifting room is located in the "weight-fitness" pole of the Palais des sports Jacques Chirac Sports Center, which consists of the weight room (212 m<sup>2</sup>), the cardio (136 m<sup>2</sup>), the fitness room (260 m<sup>2</sup>) and the weightlifting room (206 m<sup>2</sup>).

In total:

- 4 weightlifting platforms of 3m x 3m
- 4 weightlifting platforms of 2m x 3m

The equipment available, to IWF standards of ELEIKO and PALLINI:

- IWF approved female bar
- Men's bar approved by IWF
- Pair of blocks
- Minimum number of weights required
- Weighing platform

The surface is entirely covered with shock absorbing tiles.

For additional preparation exercises, all the tools of the center will be available, including assistance machines and lumbar benches.

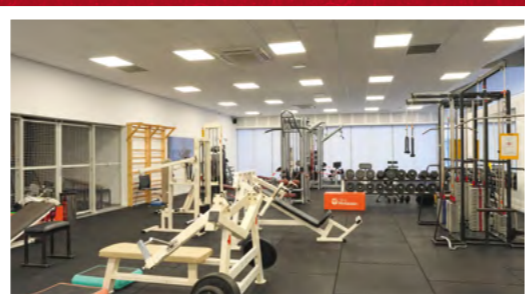
The whole weightlifting and fitness center is equipped with an autonomous sound system and an internet connection.

Other facilities available in the Palais des Sports :

- Sick bay / treatment room
- Meeting rooms / press room
- Reception room
- Secure parking

The resident club, the « Haltérophilie Club Montalbanais » is the 4th largest club in Occitanie.

A "wellness" area is accessible at 300m away, within the aquatic complex INGREGO. This space is composed of a sauna, a hammam, a jacuzzi...



## MONTAUBAN

Tarn-et-Garonne

### INFORMATION

Club President :

M<sup>me</sup> Catherine Basques

✉ : catherinebasques@gmail.com

✉ : hcmontalbanais@sfr.fr

Sports Department of the city of Montauban :

M. Xavier Xiberras

✉ : xxiberras@ville-montauban.fr

### ACCOMMODATION AND CATERING

Accommodation is not included on site, however hotel capacities are available in town of Montauban.

### PRICE

To be studied according to the nature of the services.

### ACCESS

Montauban > Paris

🚆 TGV... 4h

🚗 Route... 630 km



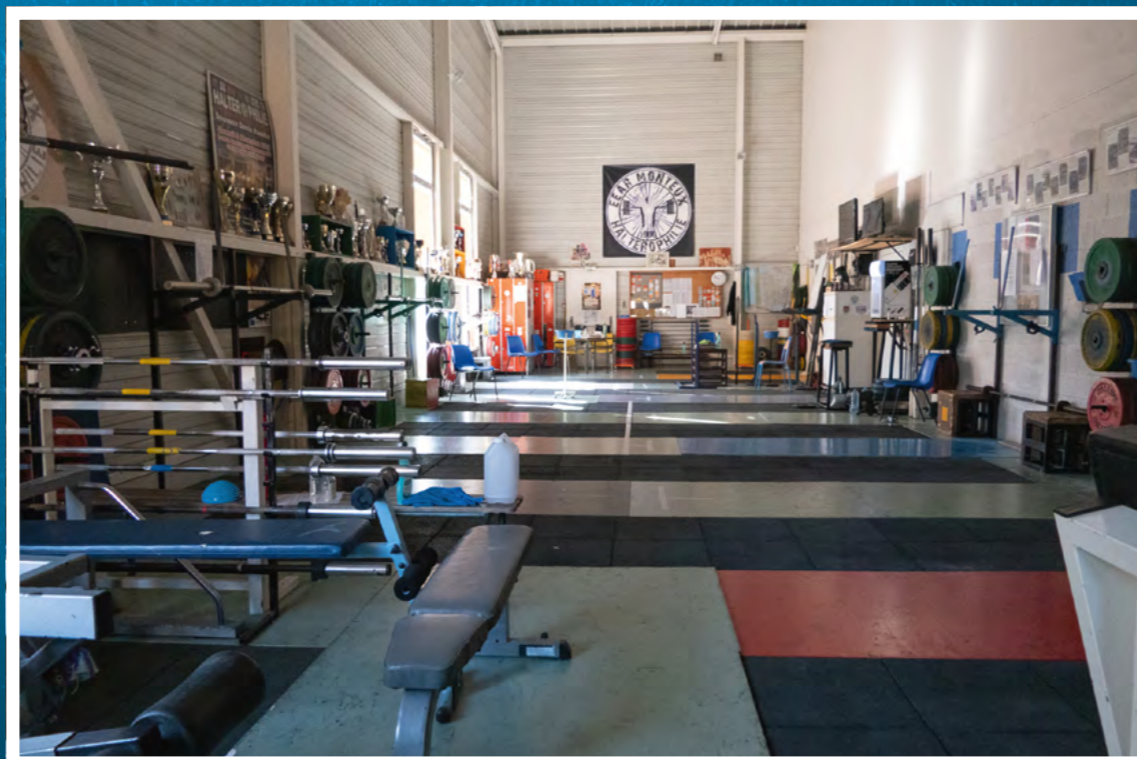
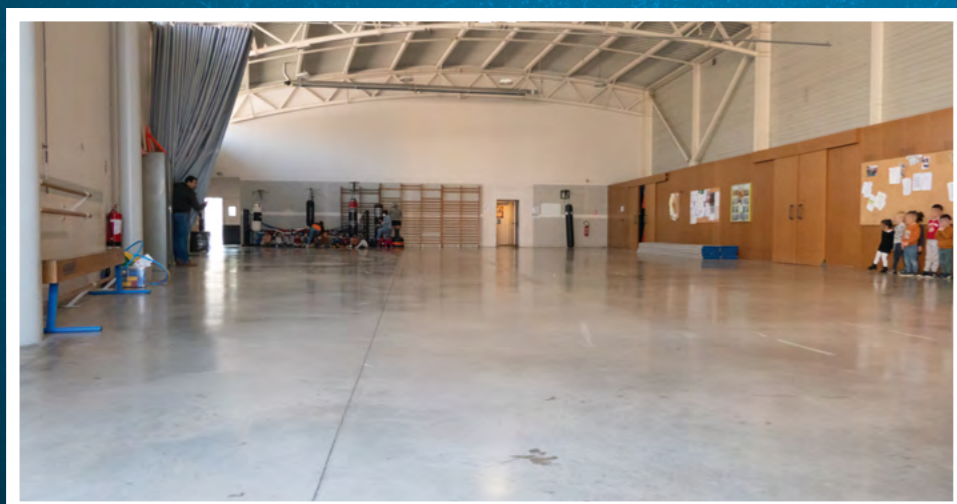
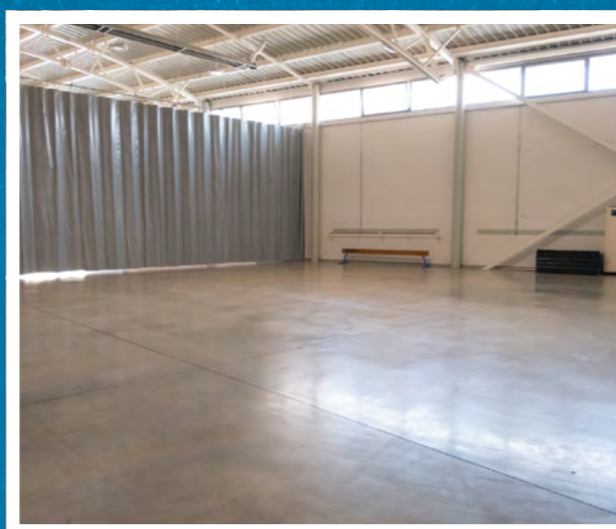
More information on the Paris2024 website by flashing this QR code

# MONTEUX

The Sports Hall is located in the center of Monteux and allows the practice of many disciplines.

It has the advantage of having 2 distinct rooms which can allow 2 training areas for weightlifting, including a space of 450 m<sup>2</sup>. This last one can allow a different configuration since thanks to a removable curtain, it can be divided into two parts.

The structure allows the implementation and the use of 7 platforms of evolution simultaneously. These will be made available and configured according to the needs expressed by the delegations.



## MONTEUX

Vaucluse

### INFORMATION

#### City hall :

M. Franck Bernard

[franck.bernard@monteux.fr](mailto:franck.bernard@monteux.fr)

### ACCOMMODATION AND CATERING

Lodging is not included on site, however hotel capacities are available nearby (5 to 15 minutes by car).

### PRICE

Free.

### ACCESS

#### Monteux > Paris

 TGV... 3h40

 Route... 700 km

More information on the Paris2024 website by flashing this QR code



# ORLÉANS

- 1 weightlifting hall certified as an Olympic preparation center by the Organizing Committee of the Olympic Games Paris 2024
- 1 weight training area with numerous machines for the physical preparation of the athletes
- 1 sauna area



## ORLÉANS

Loiret

### INFORMATION

#### Club President :

M. Philippe Moquart

☎ : +33 (0) 6 71 72 75 74

@ : cmo.halterophilie@free.fr

#### Head of weightlifting at the club :

M. Erjon Halili

☎ : +33 (0) 6 41 40 24 94

#### Club Administrative Manager

M<sup>me</sup> Véronique Menon

☎ : +33 (0) 9 54 69 51 20

### ACCOMMODATION AND CATERING

Accommodation is not included but there are hotels nearby in a neighboring town, Saint-Jean de Braye at 10 minutes.

### PRICE

To be discussed between the delegation and the community.

### ACCESS

Orléans > Paris

 TGV... 1h10

 Route... 130 km

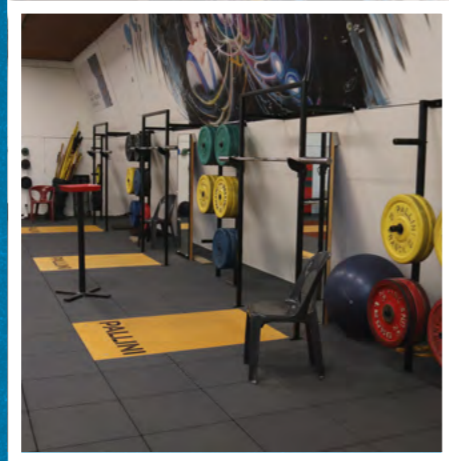
More information on the Paris2024 website by flashing this QR code



# SAINT-MÉDARD

The weightlifting hall of Saint-Médard-en-Jalles is an equipment welcoming the high level sports and performance. It is a training facility for athletes selected for the Olympic Games or in the French Team. This 390 m2 space is configured to prepare athletes for major competitions, including those with disabilities. The weightlifting room is divided into two parts: a weightlifting part (9 platforms) and a weight training part with changing rooms, showers and sauna.

The weightlifting room is located in the Robert Monseau sports complex, which has many sports facilities, dojo, nature trail, 8-lane athletics track, tennis courts, gym and basketball room... which can complete the sports offer of the delegations.



## SAINT-MÉDARD-EN-JALLES

Gironde

### INFORMATION

#### Club President :

M<sup>me</sup> Dahbia Rigaud

✉ : rigauddahbia@gmail.com

#### Elected to the sport of the city of Saint-Médard-en-Jalles :

M<sup>me</sup> Karine Guerin

☎ : +33 (0) 5 56 57 40 40

✉ : k.guerin@saint-medard-en-jalles.fr

### ACCOMMODATION AND CATERING

Lodging is not included on site, however hotel capacities are hotel capacities are available nearby (2 to 20 minutes by car).

### PRICE

Free.

### ACCESS

#### Saint-Médard > Paris

🚆 TGV... 2h30

🚗 Route... 600 km



More information on the Paris2024 website by flashing this QR code

# SAINT-POL-SUR-MER

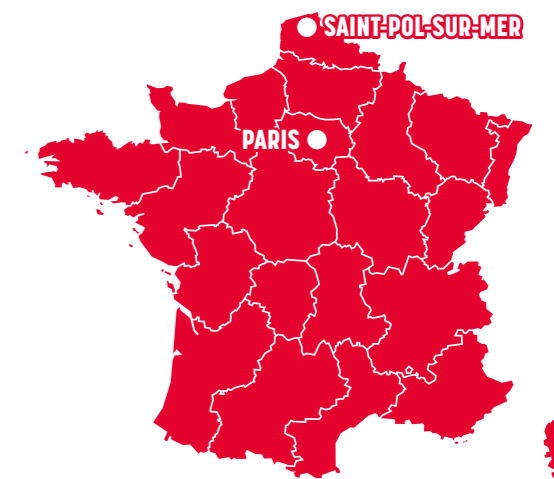
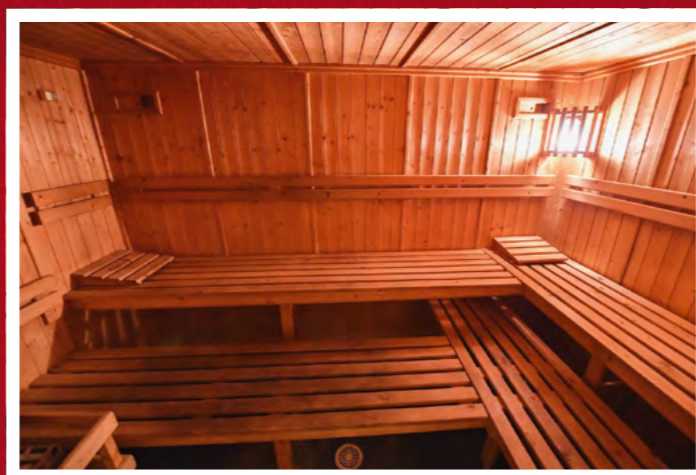
The city of Saint-Pol-sur-Mer provides athletes or delegations with a free independent weightlifting room of 200 m2 composed of nine platforms. 9 Olympic bars for men and 9 Olympic bars for women. All equipped with competition color discs. To welcome the Paralympics, we have three Olympic benches.

In addition, a weight room of 200 m2 is equipped "Panatta" with about 42 apparatus to complete the preparation of the able-bodied and disabled athletes.

To facilitate the recovery of athletes, a sauna is available as well as a rest room. A meeting room and a reception room are available according to the needs of the delegations.

An 8-seater minibus that can also accommodate people with disabilities type "TPMR" (transport for reduced mobility) is made available to the delegations during the stay.

Finally, the city of Saint-Pol-sur-Mer benefits from a rich experience in this field. Indeed, the preparation center of the Games during the 2012 Olympic Games saw the preparation of the Canadian Christine Gérard, who became Olympic champion and of the French weightlifting team. For its renewal in the device for the olympics Games 2024 the preparation of the French Paralympic team has made a training course in 2022.



## SAINT-POL-SUR-MER

Nord

### INFORMATION

#### Club President :

M. Jean-Louis Franchois  
 ☎ : +33 (0) 7 82 76 56 15  
 @ : franchois.jlv@free.fr

#### Sports Department of the city of Saint-Pol-sur-Mer :

M. Christophe Hélène  
 ☎ : +33 (0) 3 28 29 66 76  
 @ : christophe.helene@ville-saintpolsurmer.fr

### ACCOMMODATION AND CATERING

Accommodation is not included on site, however a hotel is located 3 km away. A partnership with the establishments of the territory is available depending on the needs.

### PRICE

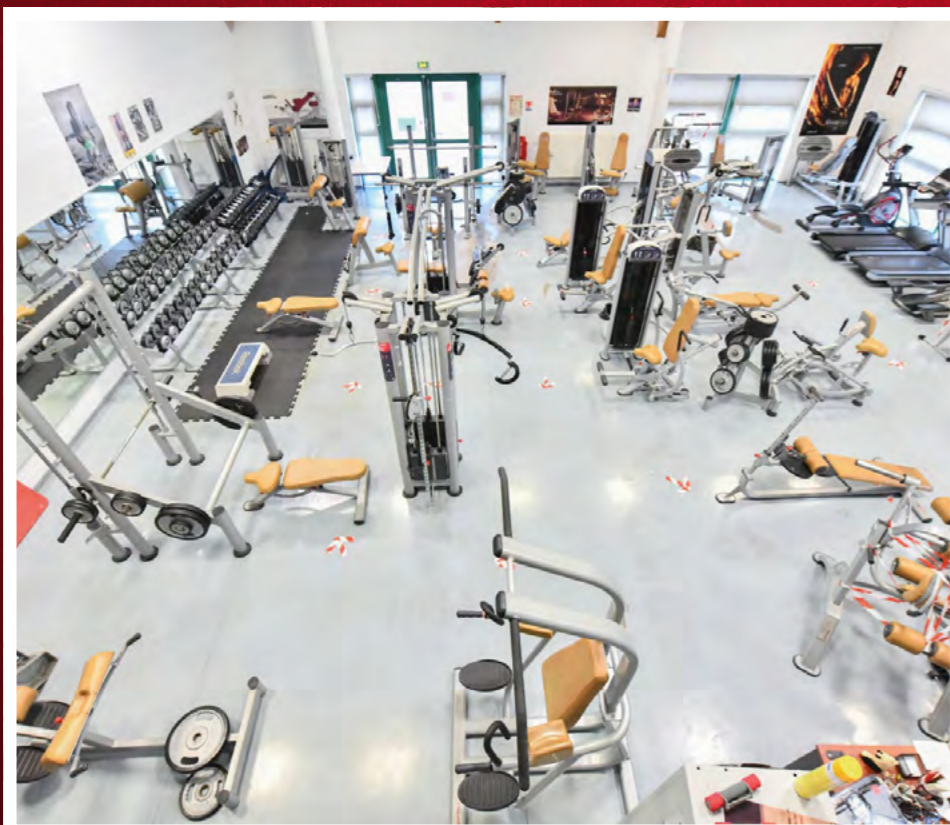
Free.

### ACCESS

#### Saint-Pol-sur-mer > Paris

- Train... 2h30
- Route... 300 km
- Avion... 1h (à 80 km de Saint-Pol-sur-mer)

More information on the Paris2024 website by flashing this QR code



# SAINTE-TULLE

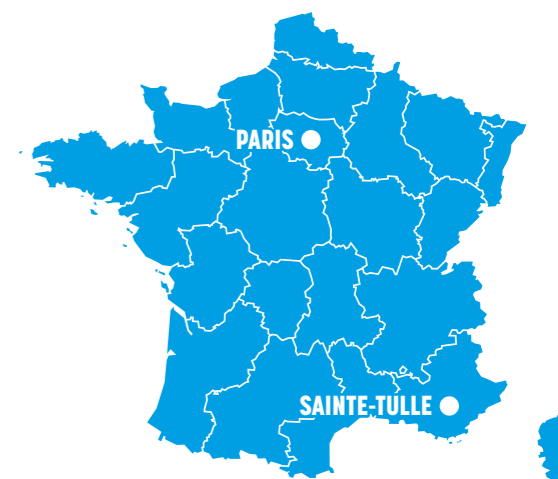
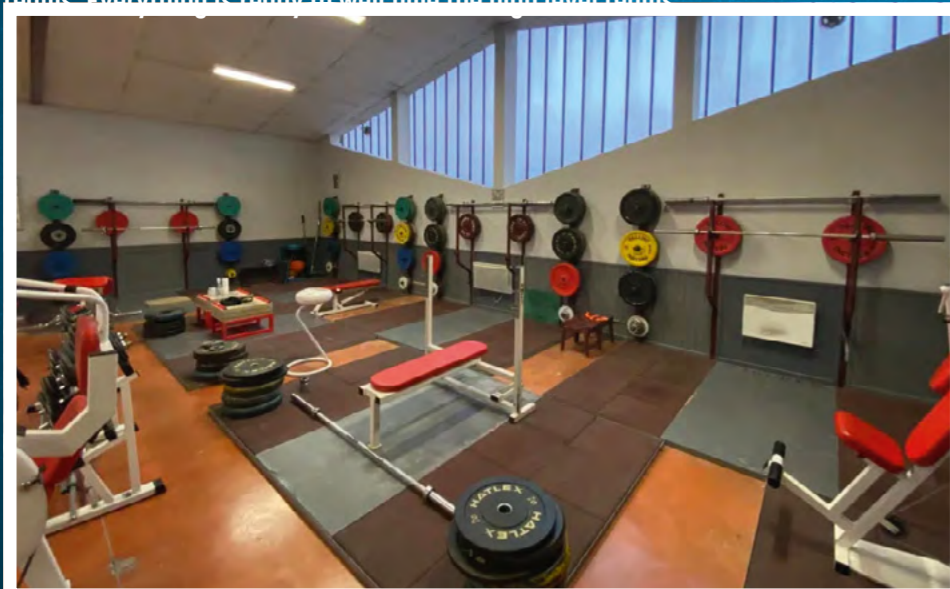
The Regain hotel and sports complex is located in a 16-hectare park in Haute-Provence, at the foot of the hills and opposite the entrance to the Verdon Gorges. Not far from the lavender fields of the Valensole plateau, bathed by the sun 300 days a year, this campus will meet your sporting and tourist expectations. Equipped with a 1,000m2 gymnasium where 500m2 of tatamis will be placed, an athletics track of 400m2, a weight training room, a dojo of 170m2, a gym and a fitness center. Each athlete will find the necessary equipment to finalize his preparation before going to Paris Olympic Games.

The municipal swimming pool at the foot of the campus open from June 1st, will facilitate the athletes' recovery. Equipped with 500 beds and 5 levels of comfort, several dining rooms, the municipality, the hotel and sports complex and the DLVA agglomeration community have decided to apply a reasonable price, especially for teams with a moderate budget.

Parking lots will be available for buses and cars inside the campus fully fenced campus. Everything is done on this functional, sunny site to accommodate you and to facilitate the final adjustments of your preparation by privileging the performance and well-being.

The "PLUS" of this center...

Everything is on the site, strong with its 30 years of experience which is 1 hour from the international airport Marseille Provence international airport and 40 minutes from the Aix en Provence TGV station. The numerous facilities allow to diversify the training supports (400m athletics track, physical preparation room, dojo, sauna, ice bath, tennis, tennis, swimming pool in June at the foot of the site). This site between the Luberon, the Verdon and the Durance river will allow the athletes to finalize the last training sessions without any disruptive elements disturbing the peace of the teams. Everything is ready to welcome the high level teams.



## SAINTE-TULLE

Alpes-de-Haute-Provence

INFORMATION

ACCOMMODATION AND CATERING

With 500 beds and 5 levels of comfort, several dining rooms, the municipality, the hotel, sports complex and the DLVA agglomeration community have decided to apply a reasonable rates, especially for teams with a moderate budget.

PRICE

To be discussed between the delegation and the community.

ACCESS

Sainte-Tulle > Paris

TGV... 5h

Route... 800 km



More information on the Paris2024 website by flashing this QR code

# TOURS

The Gérard Galland Hall is a X-type and 5th category facility with a capacity of 150 people.

The installation is equipped with:

- 1 weightlifting room
- 1 weight room
- 1 activity room

The site was the subject of a restructuring project to develop a sports surface to accommodate more specifically weightlifting competitions. This new facility was delivered in the first quarter of 2022. The site hosts the club of Union Sportif Tours Haltérophilie, which competes at the national level 2. The hall is located near the city center, an asset for the delegations. The Tonnellé stadium which includes a field of big game, adjoins the weightlifting room.



## TOURS

Centre-Val de Loire

### INFORMATION

**Director of Sports for the city of Tours :**

M. Ludovic Barré (assistante M<sup>me</sup> Mickaëlla Sicault)

☎ : +33 (0) 2 47 70 86 75

@ : sport@ville-tours.fr

**Manager of the Sports Facilities Department :**

M. Meziani Belkacem

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☎ : +33 (0) 6 11 14 80 46

@ : b.meziani@ville-tours.fr

### ACCOMMODATION AND CATERING

Lodging is not included on site, however hotel capacities are within a 3 km radius or 3 to 8 minutes from the site. À étudier entre la délégation et la collectivité.

### ACCESS

**Tours > Paris**

 TGV... 1h10

 Route... 250 km

More information on the Paris2024 website by flashing this QR code



# VAULX-EN-VELIN

The weightlifting room is located in the Vaulx-en-Velin sports center in the city center.

With a surface area of 201m<sup>2</sup>, the hall has 12 training platforms. There are 20 recent quality men's and women's Olympic bars. The club invested at the end of 2022 by purchasing all the necessary PALLINI weights to allow the simultaneous use of all the training platforms by a complete Olympic delegation. Height-adjustable throwing blocks and squat racks will complete this equipment to allow a complete weightlifting training plan.

In addition to the weightlifting room, the sports hall is equipped with a 221m<sup>2</sup> taekwondo room with tatami accessible directly from the weightlifting room for stretching sessions.

There is also a complete gymnastics room of 760m<sup>2</sup> to complete the physical preparation. If needed, a meeting room equipped with table and chairs, away from the training rooms, can be made available for the work of the technical staff. The club can also provide three large televisions and the necessary computer equipment to study the movements of the players.



## VAULX-EN-VELIN

Rhône

### INFORMATION

#### Club President :

M. Farès Zitouni  
 ☎ : +33 (0) 6 52 21 99 57  
 @ : fareshaltero@yahoo.fr

#### Contact in english :

M. Jérôme Barbier  
 ☎ : +33 (0) 7 60 20 73 26  
 @ : jbarbierportable@gmail.com

### ACCOMMODATION AND CATERING

The club is close to the Grand Stade de Lyon and near the metropolis of Lyon, part of which is classified as a UNESCO heritage site. The offer of accommodation is therefore very varied, from hotels to bed and breakfasts or apartments for rent and for all budgets. If necessary, the club can negotiate accommodation rates according to the needs of the delegation

### PRICE

Free.

### ACCESS

#### Vaulx-en-Velin > Paris

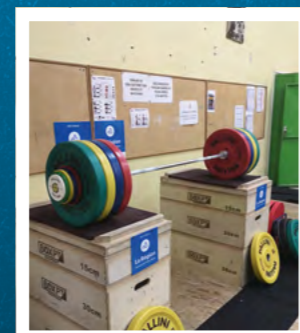
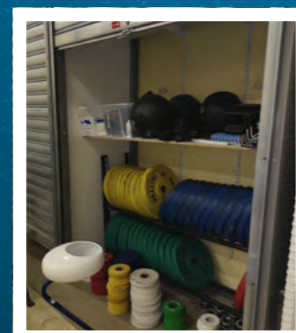
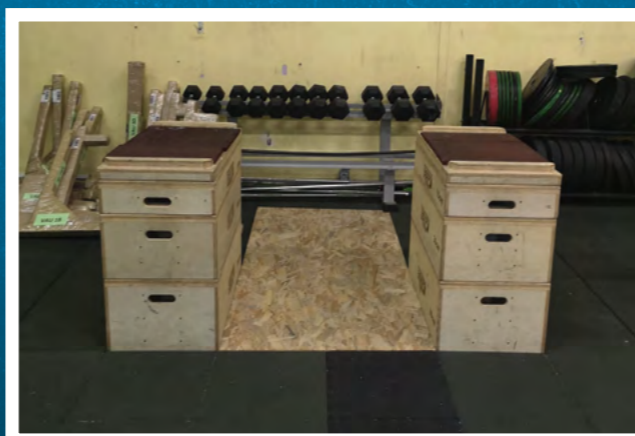
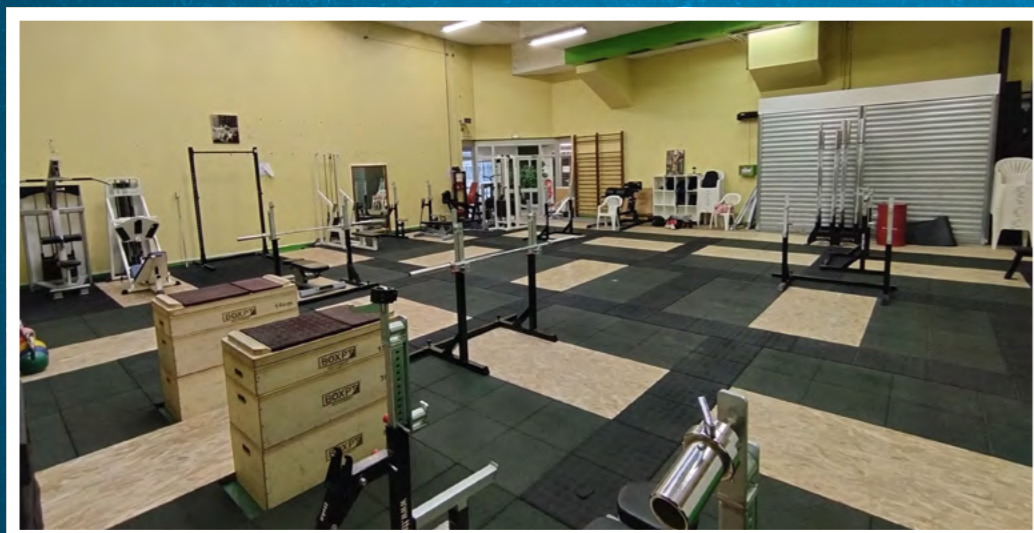
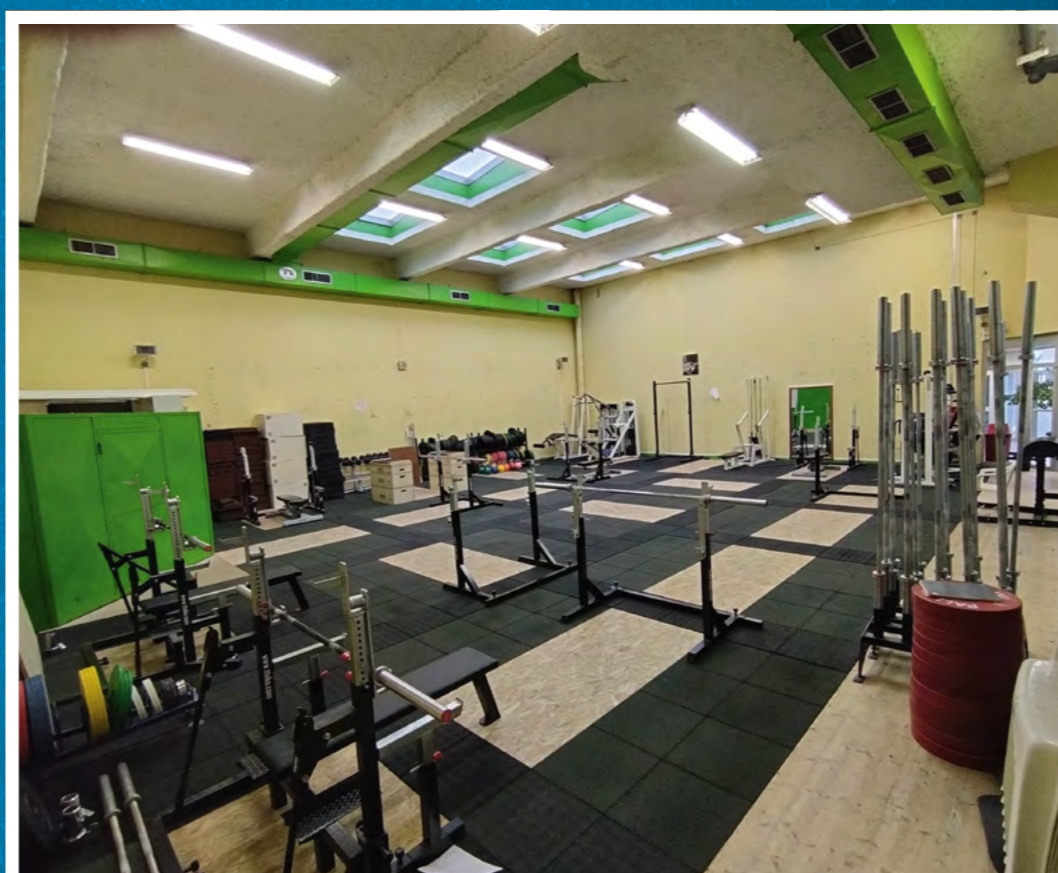
TGV... 2h

Route... 480 km

Avion... 1h15 (à 30 minutes du club)



More information on the Paris2024 website by flashing this QR code





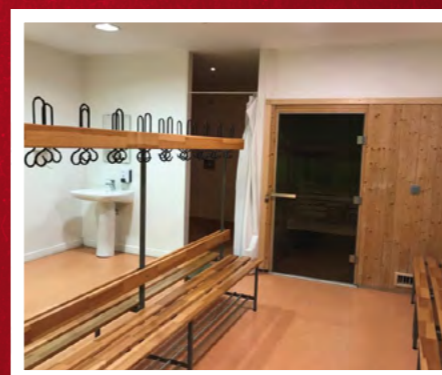
# VILLENEUVE-LOUBET

Inaugurated in 2011 by David Douillet (as Minister of Sports), the hall is recognized today as an sports center. The labels obtained for the hall testify to this: "Departmental regional weightlifting center" and "International center of the French-speaking world of weightlifting". It has also made its premises available in 2019 to the Wales rugby team and is currently home to 3 high-level weightlifters.

- More than 1000m2 including a weightlifting room with 17 platforms
- A weight room for physical preparation
- An evolution room
- A massage room, as well as a medical unit will be available to welcome the athletes and ensure their preparation..

## Features

- IWF approved women's bar
- Men's bar approved by IWF
- Floor protection on technical surface
- Minimum number of weights required
- Squat rack / Pair of blocks
- Strength and fitness area
- Equipment available for private use
- Secure storage space



## VILLENEUVE-LOUBET

Alpes-Maritimes

### INFORMATION

#### Club President :

M<sup>me</sup> Sylvie Marchand

☎ : +33 (0) 6 14 34 35 39

@ : esvl-muscu-gym@hotmail.fr

#### Club Technical Advisor :

M. Jean-Paul Bulgaridhès

☎ : +33 (0) 6 60 90 30 28

@ : jpbulga@hotmail.fr

### ACCOMMODATION AND CATERING

In order to meet the needs of high-level athletes, the gym is located close to the many accommodations available in the city as well as the Centre de Ressources, d'Expertise et de Performance Performance of Antibes.

### PRICE

Free.

### ACCESS

Villeneuve-Loubet > Paris

🚌 TGV... 5h40

🚗 Route... 687 km

More information on the Paris2024 website by flashing this QR code



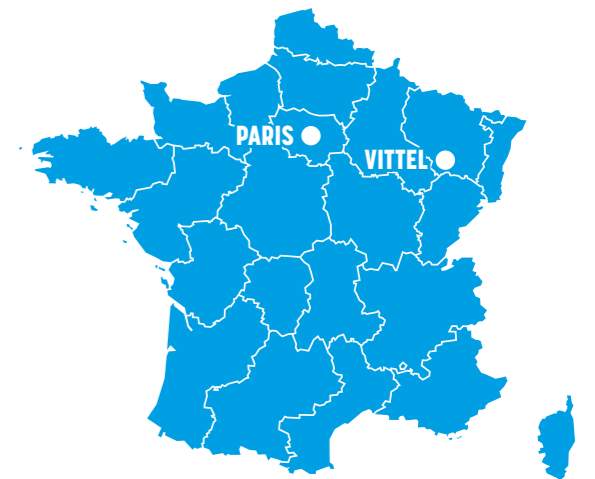
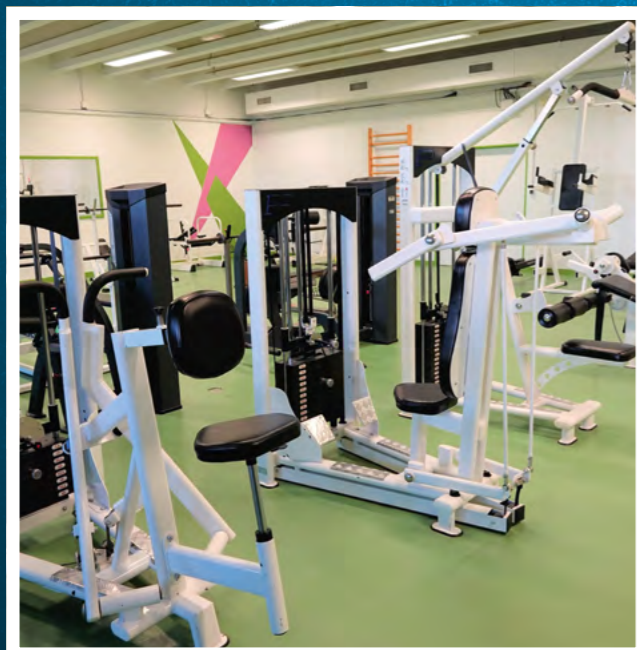
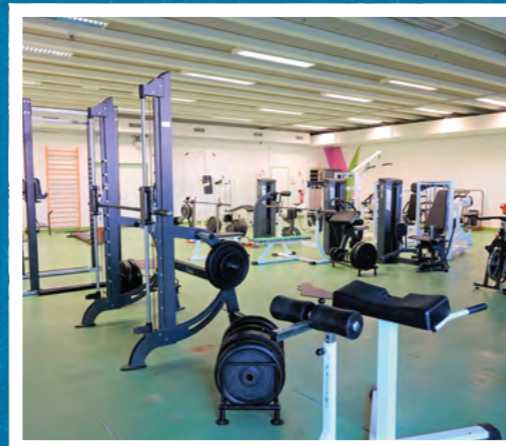
# VITTEL

The Omnisports Preparation Center is a sports village dedicated to the success of athletes in a privileged environment. The unity of the place, the privileged access to all the sports equipments, to the sports medical service and to the Vittel SPA thermal establishment make the OPC an ideal preparation site for the Olympic Games. It should also be noted that all athletes are provided with Vittel mineral water for training and that an experienced, friendly team with a passion for sports is at your disposal to enable athletes and staff to focus primarily on performance.

To resume, the quest for perfection, adaptability, availability and professionalism are as much part of the vocabulary of sportsmen and women as they are of the OPC of Vittel!

Since 1972, the OPC has been the venue for Olympic preparation courses (more than 150 delegations), for the preparation of soccer world cups (3 including Croatia in 1998 and Senegal in 2018) and each year the site welcomes more than 4,000 athletes and national teams (FF archery, FF basketball, FF table tennis, FF triathlon, etc). It should be noted that more than 60 medallists have come to train in the sports facilities of the OPC. As for competitions, the OPC regularly organizes national championships (archery, judo, athletics), international championships (European archery archery) and has hosted a stage of the Tour de France 4 times.

Located in the heart of the Pierre de Coubertin sports complex, the weightlifting room is adjacent to the weight room and is surrounded by several complementary training areas (aquatic complex, team sports area, indoor athletics track, dojo) and a sports medical center with hypoxia and air conditioning rooms (installation in 2021).



## VITTEL

Centre-Val-de-Loire

### INFORMATION

Director of the Centre de Préparation Omnisports de Vittel :

M. Christophe Morin

☎ : +33 (0) 6 03 39 54 12

☎ : +33 (0) 3 29 08 39 40

@ : direction-sports@ville-vittel.fr

### ACCOMMODATION AND CATERING

Possibility to stay at the OPC accommodation center in Vittel or in a traditional hotel located near the sports facilities

### PRICE

76 € per day and per person including full board and access to the sports facilities

### ACCESS

Vittel > Paris

🚆 TGV... 4h

🚗 Route... 350 km



More information on the Paris2024 website by flashing this QR code

# AIX-EN-PROVENCE



## AIX-EN-PROVENCE

Bouches-du-Rhône

### INFORMATION

Deputy Director of CREPS PACA

Head of the Aix-en-Provence site :

M. Loïc Gourdon

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🌐 : creps-paca.fr

### ACCOMMODATION AND CATERING

During school periods: 70 beds (58 rooms) and during school holidays school vacations: 140 beds (75 rooms). Sanitary facilities in the rooms. For the restoration, capacity of 120 people within the CREPS.

### PRICE

To be studied between the delegation and the CREPS PACA.

### ACCESS

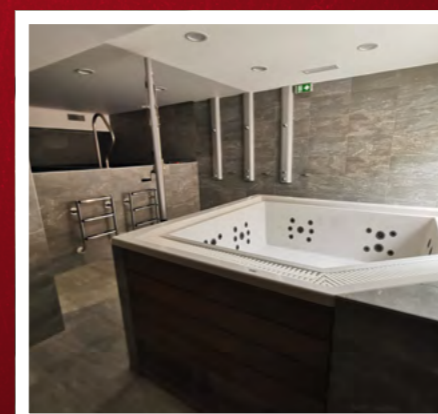
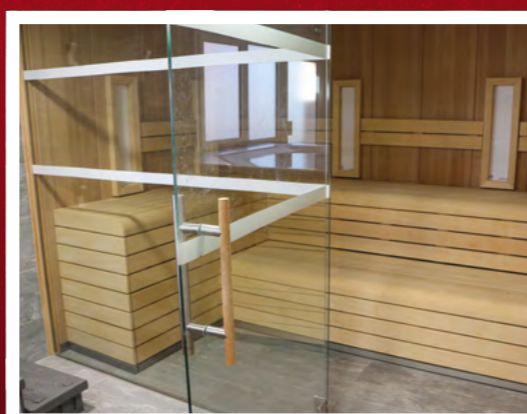
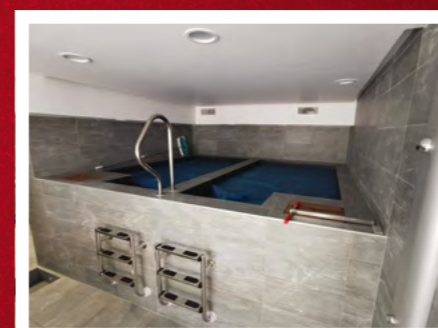
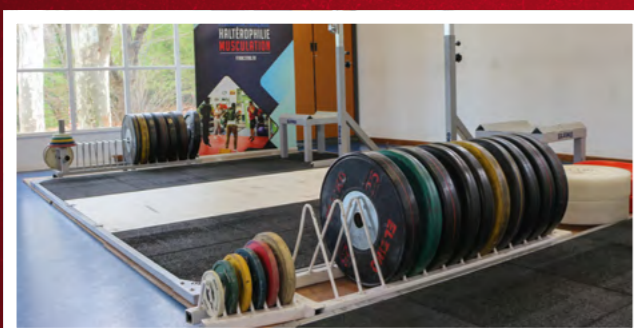
Aix-en-Provence > Paris

🚆 TGV... 4h20

🚗 Route... 780 km



More information on the Paris2024 website by flashing this QR code



# POINTE-À-PITRE

Located in the Caribbean, 7000km from Paris or 4 hours from Canada and the United States, Guadeloupe offers an optimum preparation framework, given its climate and training in a tropical environment. There is a 5 to 6 hour time difference with the mainland depending on the period. Apart from the sports part, Guadeloupe offers a great tourist attraction with the seaside and the mountainous part. It also offers a very large number of accommodation (hotels, gites, apartments).

The Pointe-à-Pitre Sports Expertise and Performance Resource Center plays a leading role in the implementation of France's sports policy objectives.

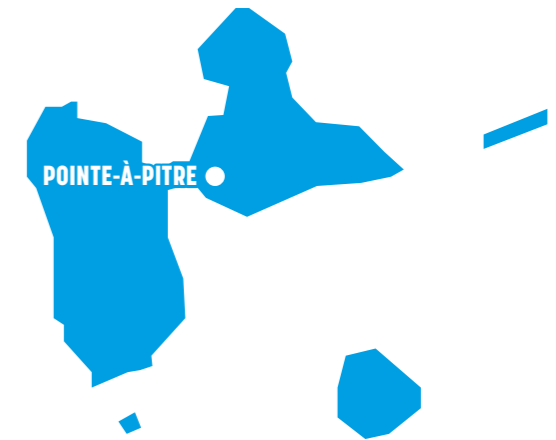
As a local public institution for training in the fields of youth, sports and popular education, the establishment is the only one to implement, on behalf of the French State, the policies of sport and youth in the French departments of America: Guadeloupe, Guyana, Martinique.

One of the main assets of the CREPS Pointe-à-Pitre is linked to the exceptional geographical situation of Guadeloupe, in the heart of the American continent. Its central position in the Caribbean within the Caribbean arc makes it a privileged crossroads for the reception of athletes from the Caribbean region.

Strong with its 15 sports poles, including weightlifting and muscular training,

## Weightlifting :

- 12 training platforms of 2m x 3m
- 2 pairs of throwing blocks
- 4 pairs of poles for suspension work
- 7 Olympic bars of 20 kg
- 7 Olympic bars of 15 kg
- Number of weights required 25 kg - 20 kg - 15 kg - 10 kg - 5 kg - 2,5 kg - 2 kg - 1,5 kg - 1kg - 500gr
- Tightening rings
- Weight room, swimming pool, gym, athletics track, fencing room, rugby and soccer fields...
- Medical center integrated to the CREPS of Guadeloupe, doctors, podiatrist, osteopath, physiotherapist... Center of physical preparation, bicycles, rowing machines...



## POINTE-À-PITRE

Guadeloupe

### INFORMATION

#### CREPS de Guadeloupe

✉ : [direction@creps-pap.sports.gouv.fr](mailto:direction@creps-pap.sports.gouv.fr)  
 🌐 : [creps-antilles-guyane.fr](http://creps-antilles-guyane.fr)

#### Club President :

M. Jean-Claude Collinot	M. Jacky Noc
☎ : 00 590 6 90 54 02 66	☎ : 00 590 6 90 35 57 18
✉ : <a href="mailto:jean-claude.collinot@orange.fr">jean-claude.collinot@orange.fr</a>	✉ : <a href="mailto:jacky.noc@gmail.com">jacky.noc@gmail.com</a>

### ACCOMMODATION AND CATERING

Information at the CREPS of Guadeloupe.

### PRICE

To be studied between the delegation and the CREPS Guadeloupe.

### ACCESS

#### Pointe-à-Pitre > Paris

✈ Avion... 8h10



More information on the Paris2024 website by flashing this QR code

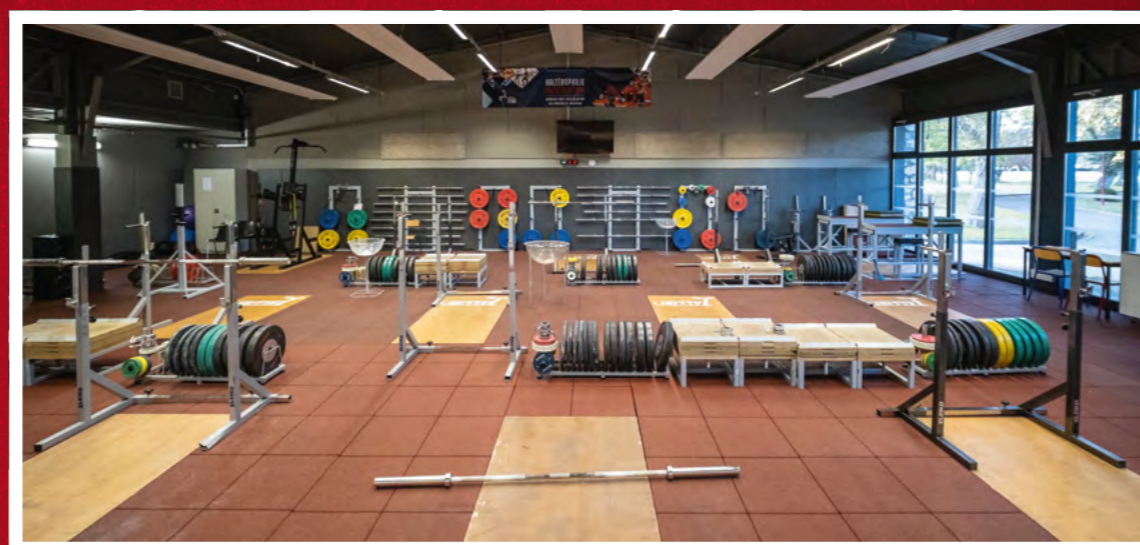
# TOULOUSE

Located in the Occitanie region, the CREPS of Toulouse is a sports complex of 23 hectares, 17 of which are green spaces. It includes 90,000m<sup>2</sup> of sports facilities, a medical service, a catering service, 240 beds, an amphitheater and 24 connected rooms. It is a training establishment under the dual supervision of the Ministry of Sports and the Occitanie region. It is located in the heart of the Toulouse metropolis, close to highways (A61, A620), Toulouse-Blagnac airport (16 km) and Matabiau train and bus station (6 km).

With 30 sports facilities adapted to international performance, the CREPS of Toulouse offers numerous possibilities for physical and sports activities: team sports (volleyball, rugby, football sports, soccer, beach volleyball, base ball...), individual sports (athletics, climbing, weightlifting...), racket sports (tennis, table tennis, badminton...), combat sports (judo, boxing...).

## Weightlifting :

- 14 platforms including 2 throwing platforms
- 5 pairs of poles
- 18 bars with Olympic label
- Floor: Solid concrete
- Specific equipment available: IWF approved female bar, IWF approved male bar, squat rack bar, squat rack, pair of blocks, minimum number of required, weigh-in platform



## TOULOUSE

Haute-Garonne

### INFORMATION

#### Head of the Reception and Services Centre :

M<sup>me</sup> Shannon O'Zoux

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### ACCOMMODATION AND CATERING

On site, 3 residences including one dating from 2020, for a capacity of 272 people (PMR rooms available).

### PRICE

To be studied between the delegation and the CREPS of Toulouse (between 45€ and 70€ per person per day for accommodation). Contact us to find out our complete rates.

### ACCESS

#### Toulouse > Paris

🚆 TGV... 4h45

🚗 Route... 680 km



More information on the Paris2024 website by flashing this QR code

