



READY, SET... GO!

WITH THE GRAND EST REGION

20
TERRE
DE JEUX
24

La Région
Grand Est



Our Grand Est Region is particularly proud and enthusiastic to receive the “Terre de Jeux 2024” label and count more than 80 Olympic Games Preparation Centres (GPC) in the region. These sports infrastructures make up an offer of high-performance equipment for the Olympic and Paralympic delegations in view of the 2024 Paris Olympic Games. The Grand Est Region is fully committed alongside the Paris 2024 Organising Committee, and also has the ambition to include local authorities and the French sports movement around shared values that are “Celebration” with the aim to have as many people as possible experience the emotions of the Olympic Games, “Commitment” with the wish to include those involved in associations, youths... in this Olympic adventure, and “Heritage” to ensure that sports in the future are enjoyed with more solidarity, sustainability and eco-friendliness.

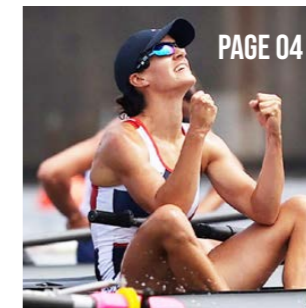
Lying at the heart of Europe and less than two hours from the many Olympic sites, the Grand Est region is ready to welcome all the delegations that wish to prepare for the fourteen days of the Olympics in the best conditions.

It is therefore with great pleasure that I am sending you this document, which presents the hosting options for accommodating your teams in the 87 GPC in the Grand Est, in 28 individual or team disciplines, and in particular the 3 Centres for Resources, Expertise and Sports Performance (CREPS – Centres de Ressources, d’Expertise et de Performance Sportive) in Nancy, Reims and Strasbourg, which are already training our athletes, flag bearers of our commitment to sport.

I welcome the opportunity to show you through these pages all the expertise we have and the wealth of our region for accommodating you and giving you the means to prepare for the next Olympic Games in the best conditions, by our side.

Jean ROTTNER
President of the Grand Est Region

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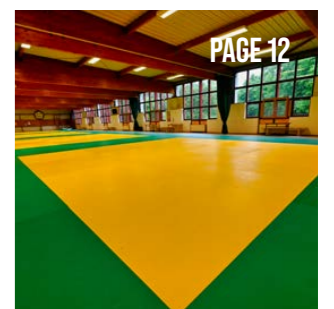
DISCOVER
THE SPORT OFFER



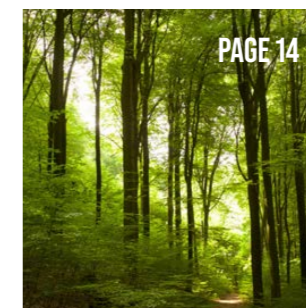
CREPS
IN NANCY



CREPS
IN REIMS



CREPS
IN STRASBOURG



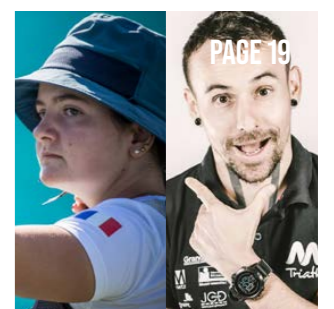
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WHAT THEY
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EXPLORE THE SPORTS OFFER

Having been awarded the “Terre de Jeux 2024” label by the “Paris 2024” Organising Committee for the Olympic And Paralympic Games, the Grand Est Region is giving itself the means to fulfil its sporting ambitions.

87 Olympic Games Preparation Centres have been officially listed and enable foreign sports delegations to be accommodated in the best conditions to prepare for the Olympic Games.

Choosing to come and prepare in the Grand Est means taking advantage of quality sports facilities.

Include the Grand Est in your Olympic adventure!



3 Centres for Resources, Expertise and Sports Performance (CREPS) in Nancy, Reims and Strasbourg.

THE 10 LEADING DISCIPLINES IN THE GRAND EST

The 10 major disciplines in the Grand Est are listed below for their outstanding equipment and the number of certified Olympic Games Preparation Centres.

Examples of certified local authorities or equipment

ATHLETICS	Georges Hébert Stadium Henri Terré de l'Aube Complex in Reims CREPS in Reims Colmar, Épinal, Forbach, Lingolsheim, Mulhouse, Pulversheim, Romilly-sur-Seine, Sarreguemines, Strasbourg, Tomblaine
ROWING	Les Vieilles Forges Site in the Ardennes Metz artificial lake, Nancy Watersports Centre Mulhouse CSRA
BMX, MOUNTAIN BIKING	Rotonde – Strasbourg Stride Parc – Strasbourg La Bresse Troyes
BOCCIA	Gymnasium on the Academos site in Verny Mulhouse Palais des Sports (sports centre) Amnéville, Pont-à-Mousson, Sarralbe, Thionville, Troyes, Village Neuf
BOXING	Maison Département des Sports des Ardennes CREPS in Nancy Mulhouse Reims and Yutz CSRA
CANOEING- KAYAKING	Metz Whitewater Stadium Bassin de Pont-à-Mousson Epinal, Les Mazures, Mathaux, Nancy, Mulhouse, Toul

Examples of certified local authorities or equipment

CLIMBING	CIME Climbing Centre in Troyes Climbing Mulhouse Center in Mulhouse
FENCING	CREPS in Reims Châlons-en-Champagne, Colmar, Epinal, Mulhouse, Pont-à-Mousson, Sarrebourg, Schiltigheim, Strasbourg, Thionville, Troyes, Vittel
HANDBALL	The Arènes de Metz Les Malteries Gymnasium in Strasbourg La Palestra in Chaumont Bogny sur Meuse, Contrexéville, Haguenau, Mulhouse, Plobsheim, Pont-à-Mousson, Reims, Sarralbe, Sarrebourg, Sélestat, Verny, Village Neuf
JUDO	CREPS in Reims and Strasbourg Les Ardennes Maison des Sports (Sports Centre) Amnéville, Contrexéville, Epinal, Haguenau, Metz, Mulhouse, Nogent-sur-Seine, Pont-à-Mousson, Sarrebourg, Thionville, Vittel

OLYMPIC AND PARALYMPIC DISCIPLINES

- Athletics / para
- Fencing / para
- Badminton / para
- Basketball / para
- BMX
- Boccia
- Boxing
- Breakdance
- Canoeing-kayaking / para
- Cycling / para
- Climbing
- Fencing / para
- Football / para
- Goalball
- Golf
- Gymnastics
- Weightlifting / para
- Handball / para
- Hockey
- Judo / para
- Wrestling / para
- Swimming / para
- Modern Pentathlon / para
- Rugby / para
- Skateboarding
- Equestrian sports / para
- Surfing
- Taekwondo / para
- Tennis / para
- Table tennis / para
- Shooting / para
- Archery / para
- Triathlon / para
- Sailing
- Volleyball / para
- VTT
- Waterpolo

Find out more: faitesvosjeux.grandest.fr



STÉPHANE MOLLIIENS



SARA BALZER

CHARLOTTE LEMBACH



CHLOÉ BOUQUET-VALENTINI



STEVEN DA COSTA

CREPS IN NANCY

1 Avenue Foch • 54270 Essey-lès-Nancy
03 83 18 10 20 • www.creps-nancy.fr
cr054@creps-lorraine.sports.gouv.fr



Total surface area: 41,602 m²

- Buildings: 12,872 m²

- Open sports sites: 21,800 m²

SPORTS EQUIPMENT AVAILABLE:

Jeanvoine Gymnasium with FFHB/ FFVB/ FFBB-certified hardwood floor

Track and field site covered in Tartan track

Athletics: net for throwers, site for long jump, high jump and pole vaulting, 3 x 50m sprint corridors

Climbing wall

Weights space

Weights, cardio training and weightlifting rooms (204 m² international standards)

5 platforms for weightlifting, guided weights machines, free bars, multi-jump space

6 cross-training frame and training platforms
Wattbike, powerplate, treadmill, rowers, bikes

Dojo with weights space

MMA Octagon cage, cross-training frame

Alexis Vastine Boxing Gym

3 fixed rings and 3 mobile rings, 16 punching bags on a rail to store away

Indoor and outdoor archery range

Covered and heated range, Olympic distance, 12 posts, controlled by VOGO system PRM access

6 posts at 20 metres and a PRM accessible weights space

Jacques Yoteau Stadium

3 x 333 m athletics corridors, overspeed track and 3 x 100 m corridors

Long and high jump site

Football pitch

Removable goals, tennis training wall and court

Rhythm room (hardwood floor) Recovery space

Jacuzzi, cold bath, sauna and hammam

Medical service

Physiotherapy, electrocardiogram, biometric tests and ultrasound on site Technical bench for physiological tests, possibility of full return to sport programme and less than 24hrs for a medical imaging exam (clinic by the CREPS)

Outdoor Canoeing-Kayaking and Fencing Centres

Equipped with weights rooms, general physical training, cardio-training and indoor rowers

CREPS IN REIMS

Route de Bezannes • 51100 Reims
03 26 86 70 10 • www.creps-reims.fr
cr051@creps-reims.sports.gouv.fr



Total surface area: 120,000 m²
- Buildings: 23,928 m²
- Open sports sites: 19,486 m²

SPORTS EQUIPMENT AVAILABLE:

Dojo (FIJ standards)

6 randori surfaces (32 x 24 m) on hardwood floors

Shooting gallery

12 fully equipped and electrified metallic tracks, 4 outlined training tracks

Indoor athletics hall

200 m track with 5 corridors and 6 central in "Mondosportflex"
Throwing net, shot put site
Long/triple/high jump/pole-vaulting site

Outdoor athletics stadium

400 m Mondo sportflex lit track 6 corridors and 7 straight arrival line corridors 30 m overspeed Tartan track
Long jump space

Weightlifting and weights space

2 squat racks, weights machines, bikes and stepper

Basketball pitch with rubber flooring

2 football pitches

Synthetic turf 45 x 100 m and 40 x 100 m

Tennis complex

4 covered resin courts
3 "green set" outdoor courts

Type C Gymnasium

Multisports practice, rubber accredited flooring with class P3 absorption
Weights space

Type B Gymnasium

Multisports practice 180 m² dance floor

Weights room

Weightlifting space, Olympic bars, weights machines, double MEGA Matrix rack cage, cardio-training space, multi-jump space

Recovery space

Swimming pool (7 x 4 m), counter-current swimming, hammam, infrared sauna, jacuzzi, cold bath, hydrojet massage table, light therapy, physiotherapy and physiotherapy box
Thermo room: individual hypoxia training system at "Sport Science Expertise" in Reims Whole-body cryotherapy – 110 degrees, localised cryotherapy at "CRYOTERA" in Bezannes

CREPS IN STRASBOURG

4 allée du Sommerhof • 67200 Strasbourg
03 88 10 47 67 • www.creps-strasbourg.sports.gouv.fr
CR067@creps-strasbourg.sports.gouv.fr



Total surface area: 15 ha
- Buildings : 25,272 m²
- Open sports sites: 24 912 m²

SPORTS EQUIPMENT AVAILABLE:

Athletics hall
Long jump, high jump and pole vaulting sites
Throwing net
4 50 m speed corridors Weights space

Dojo
4 8 x 8 m combat surfaces Weights space

10 m range and 50 m covered range
10 shooting post on each electronic distance
Physical preparation space

Taekwondo gym
400 m² of FFT standard mats, punching bags

Rhythmic gymnastics hall
1,320 m² of FIG standard mats, dance mirrors

Table tennis hall
8 to 10 tables
Physical preparation space

2 multisport gymnasiums with hardwood and Taraflex floors
Outlined: badminton, volleyball, handball, basketball

Weights spaces
Platforms with guided weights machines, free bars, multi-jump space

Cardio-training space
Rowers, arm rowers, elliptical bikes and indoor bikes

Medical and recovery centre
Physiotherapy, electrocardiogram and ultrasound on site



GYM HALL



WEIGHTS ROOM



TABLE TENNIS



SHOOTING AREA

DISCOVER THE GRAND EST

Let the vast green spaces and cities full of character surprise you, with a wealth of architecture and majestic monuments in the centre of Europe.



PRESERVED NATURE

The attractiveness of the Grand Est stems not only from its historic, architectural, cultural, and gastronomic heritage, but also its energy in terms of culture and sports. The richness and diversity of the preserved natural environments and vast forest spaces in the Grand Est make it a land conducive to nature tourism.

Incomparable access to nature is provided by its mosaic of alternating landscapes, with plains and plateaux, lakes and forests, mountains and vineyards. It is an answer to the vital need to reconnect with nature.



A REGION AT THE CENTER OF EUROPE

The Grand Est shares its borders with 4 European countries to the North and East: Belgium, Luxembourg, Germany and Switzerland, and, to the West, with Paris and Ile-de-France.

Its privileged geographic position, connected with the European megalopolis, opens the Grand Est region internationally.

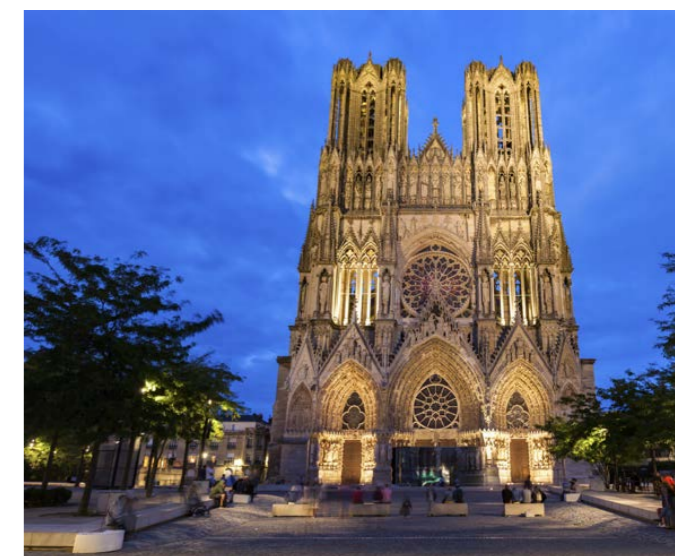
5 DESTINATIONS TO EXPLORE

Alsace, Lorraine, Champagne, Ardennes, the Vosges: with wide natural spaces that are perfect for recharging your batteries and disconnecting, prestigious heritage and cultural sites brimming with history, ancestral skills, gastronomy famous throughout the world... the Grand Est promises you'll completely get away from it all.



WONDERS TO EXPERIENCE

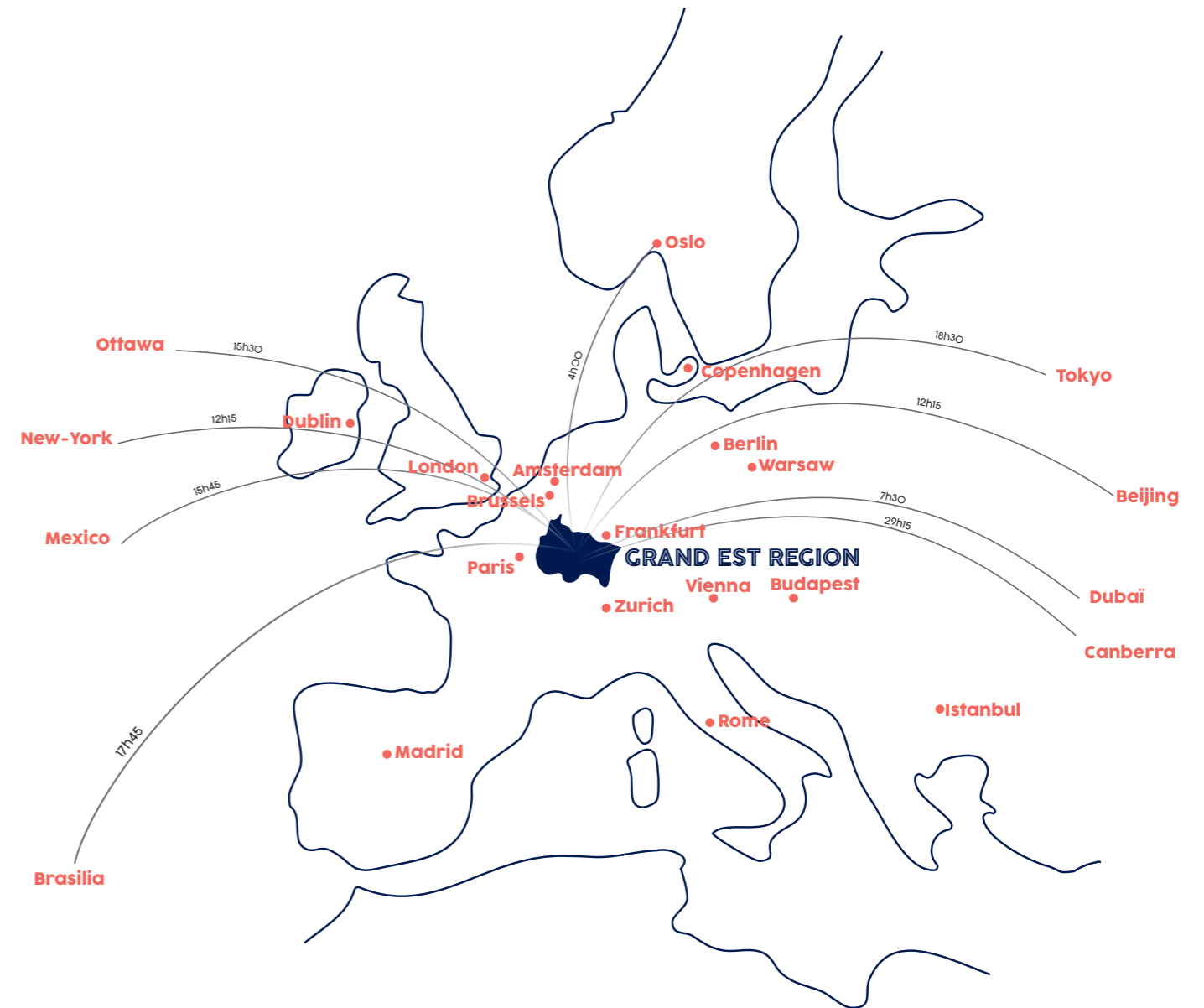
From Strasbourg Cathedral to that of Reims, the Alsace vineyards to the Champagne vineyards, from the Regional Nature Park of the Vosges to the North to that of the Ardennes, via Nancy, Metz or Troyes, all those who love discovering things and authenticity will only have to admire them. The Grand Est promises you'll have a complete escape. The region can be visited on foot, by bike, on the water as well as by car.



HOW TO GET TO THE GRAND EST ?



Paris, Lille, Lyon or Dijon... have a direct link to the Grand Est! Thanks to its 16 TGV train stations, you can get to the Grand Est easily by train or car! The 4 main airports connect the Grand Est with the rest of the world.



Paris is 45 minutes from Reims and 1hr45 from Strasbourg

From Strasbourg

- London at 3hrs25
- Copenhagen at 3hrs20
- Oslo at 4hrs
- Amsterdam at 1hr25
- Dublin at 4hrs45
- Rome at 4hrs
- Berlin at 3hrs15
- Frankfurt at 2hrs05
- Warsaw at 3hrs30
- Budapest at 3hrs05
- Istanbul at 6hrs50
- Vienna at 3hrs
- Brussels at 1hr
- Madrid at 2hrs20
- Zurich at 2hrs35

Apart from a road network made up of motorways and fast roads running all over France TER trains also make travelling between regions easy and have attractive fares.

Organise your public transport on Fluo.eu

WHERE TO STAY ?

Charming hotels, guesthouses, unusual accommodation... the Grand Est is full of gems to welcome you.

See all the accommodation options in the Grand Est on

explore-grandest.com

A HEALTH OFFER SUITED TO ATHLETES

The Grand Est Region stands out for the treatments it offers that are specifically adapted to support top-level athletes (sports physiotherapist, cryotherapy...).

Training in the Grand Est also means benefitting from specialised and tailored support in all the CREPS and health centres in the region.

WHAT THEY HAVE TO SAY ABOUT IT...



CAROLINE LOPEZ 18 years old • Tir à l'Arc • Boarding at the Nancy CREPS for 4 years

During the Junior World Championships in 2021 in classic archery, I became World Champion in Individual and with the women's team, and 3rd with the mixed team. I also finished 3rd in the team Seniors World Championship. I've got past obstacles in the past few months and I'm not planning on stopping now!

I train for 30 hours a week at the Nancy CREPS with equipment adapted for high-performance, which can be used during very broad timeframes, from 7 am to 10:30 pm all week and at the weekend.

This year I'll be concentrating on getting my Baccalaureate diploma and also enrolling at INSEP for the future and I hope to become Olympic Champion at the 2024 Olympic Games in Paris. Even if I don't know which place I'll finish in, today I am relaxed because the services provided by the CREPS are a key asset to my success.



BENJAMIN CHOQUERT 35 years old • Duathlon

I became duathlon World Champion in 2019, European Champion in 2019, 2020 and 2021 and was a replacement at the 2020 Tokyo Olympic games in the marathon. My best performance for now is 2hrs09'29, but I can still improve on that and my aim is to improve on that performance. From 2004, I've really appreciated being at the Nancy CREPS, which provides very high quality medical and sports equipment, as well as qualified personnel (medical staff, staff for specific training and orientation...) for my well-being and which are vital in top-level sports performance. The ambiance at the CREPS is a real bonus, the setting helps me improve even more with selection for the Paris 2024 Olympic Games for the marathon as an aim, while winning major duathlon titles.

20 TERRE DE JEUX 24

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Regional Council Headquarters • 1 place Adrien Zeller
BP 91006 • F 67070 Strasbourg Cedex
Tél. 00 (0)3 88 15 68 67 • Fax 00 (0)3 88 15 68 15

Regional Council Offices • 5 rue de Jéricho
CS 70441 • F 51037 Châlons-en-Champagne Cedex
Tél. 00 (0)3 26 70 31 31 • Fax 00 (0)3 26 70 31 61

Regional Council Offices • place Gabriel Hocquard
CS 81004 • F 57036 Metz Cedex 1
Tél. 00 (0)3 87 33 60 00 • Fax 00 (0)3 87 32 89 33

www.grandest.fr

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