



# World-Class Facilities Sport and Performance

**creps**  
Hauts-de-France



# The only centre **FOR PERFORMANCE** north of Paris,

located in the heart of the Lille european metropolis, the CREPS\* Hauts-de-France is a sports preparation and improvement centre for high level and young talents. As part of the Grand INSEP\*\* network and positioned as an Olympic and Paralympic training centre, CREPS offers a comprehensive range of sport and technical facilities. A centre of excellence made up of 8 high-level facilities and a team of 120 to help people improve their sports performance !

\* Centre for Resources, Expertise and Performance in Sport

\*\* National Institute of Sport, Expertise and Performance



**Patrice  
GERGÈS**

General Manager CREPS Hauts-de-France  
Paralympic Track & Field Champion  
and 4x paralympics medalist 1992' and 1996'  
games



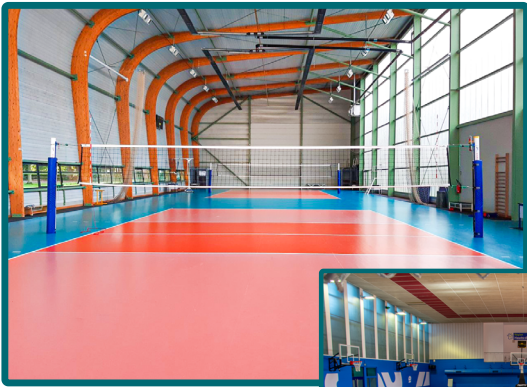
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## 15 disciplines

### 6 indoor & 3 outdoor facilities



- Athletics and Para athletics
- Basketball and wheelchair basketball
- Fencing and wheelchair fencing
- Goalball
- Hockey
- Rugby
- Shooting and para shooting
- Table tennis and para table tennis
- Volleyball
- Wrestling

## Accommodation residences & catering

### Etienne Becart Residence

- Single rooms and double rooms
- Shower room (8 with disabled access)



### Alice Milliat Residence

- 32 bedrooms with 4 disabled access rooms
- Individual bathrooms and dryers
- 1 connected conference room
- 1 living room





# Performance support services

- Whole-body cryotherapy (-110°C)
- Rehabilitation room
- Multidisciplinary medical centre
- Recovery unit with cold bath
- Sauna
- 2 weights rooms
- Weightlifting set
- The self restaurant with 180 place settings and menus approved by our nutritionist





# Our team, our house of performance

More than 120 experts at your service  
profiling • data analysis • physical preparation • mental preparation •  
rehabilitation and recovery • nutrition • health monitoring...

## Contacts

DEPUTY DIRECTOR OF CREPS AND HEAD OF HIGH PERFORMANCE

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INTERNATIONAL RELATIONS

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## More informations



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