

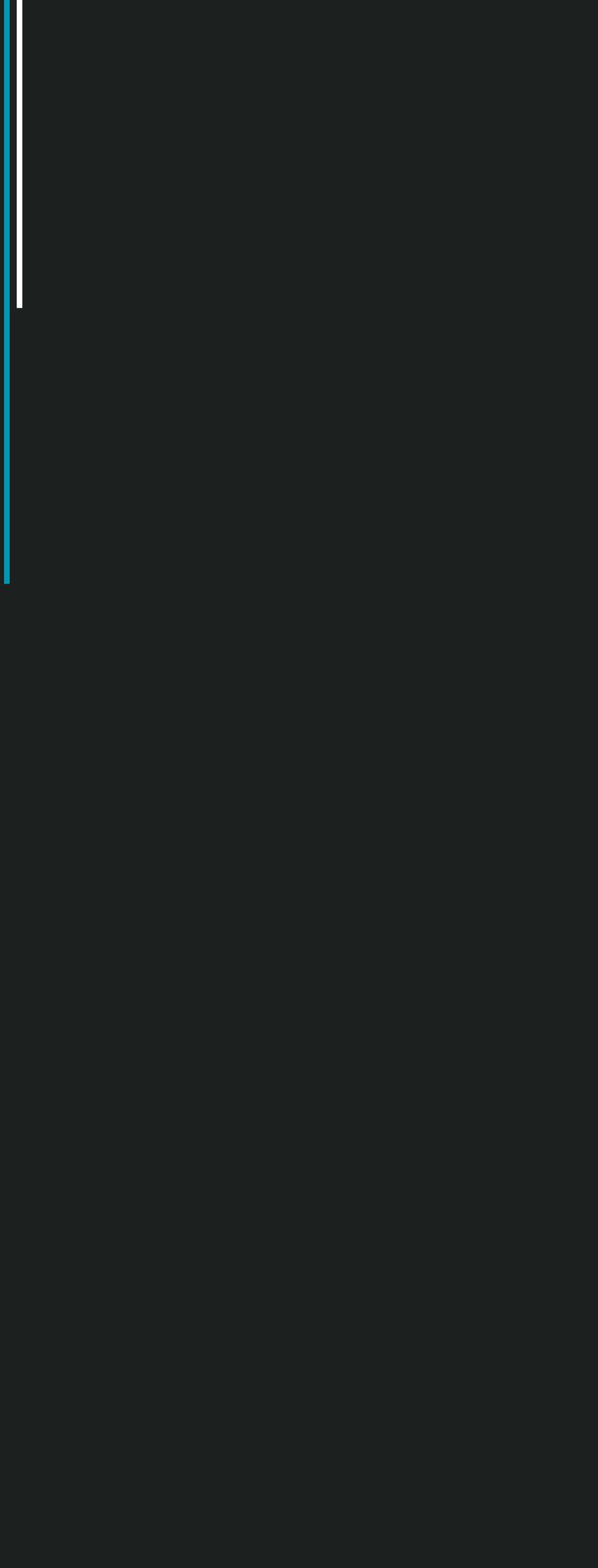


CREPS

Auvergne-Rhône-Alpes
— Vichy



Let's build your
PERFORMANCE PROJECT TOGETHER



Letter of intent

For the attention of executives in charge of supporting high-level sport

Dear colleagues,

A new Olympiad is now opening and new collaborations are on the horizon to the benefit of the sport performance.

In support of the skills acquired during the past few years, and fitted with the latest infrastructures and equipment, the CREPS Auvergne-Rhône-Alpes of Vichy offers you to enable you ambitions and performance project of your Federation.

The Performance Sport Department and Sports Medical Department teams wish to work with you to build together each step of your project, in the optics of the best possible support for the youngest as well as that of performance. Our expertise allow us to support you on eight themes at the service of both able-bodied athletes and athletes with disabilities:

- 1.Prevention and treatment of injuries
- 2.Field or lab evaluation | Metabolic exploration, Neuromuscular
- 3.Regulatory Medical Surveillance
- 4.Help with classification in para-sport | Test and file creation
- 5.Physical and cognitive recovery
- 6.Environmental stress | Training, heat acclimatisation, hypoxic residence
- 7.Physical and/or mental fitness support
- 8.Scientific research

In these fields, we can intervene to enhance existing support, but also to suggest innovating and complementary strategies, to monitor your athletes' progress and their multi-annual sports preparation.

By pooling our respective expertise and resources together, we can optimise the achievement of your goals.

Hence, Mélanie Rance, Head of the Sports Medical Department and Eric Le Ny, Head of the Performance Department, invite you to join them for a discussion, remotely or in person, in order to share with you the opportunity of such a collaboration for your ambitions.

Together, we will go further for French sport,
Best sportive regards,

Thomas SENN
Directeur du CREPS
Auvergne-Rhône-Alpes
de Vichy

Prevention and management of injuries

Specific injury risk assessments.

Personalised preventive support.

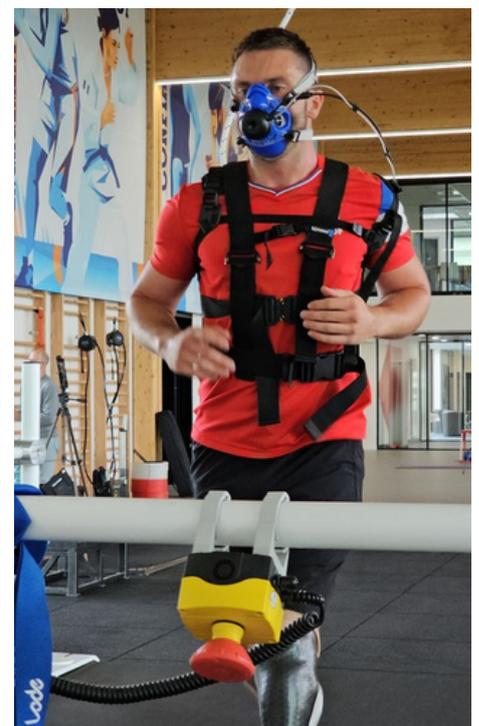
Treatment of injuries, from diagnosis to return to training, thanks to the health centre specialising in sports medicine.



Field or laboratory assessment

Metabolic and neuromuscular investigation

Proposing and implementing suitable protocols adapted to the evaluation of performance determinants thanks to state-of-the-art equipment and the expertise of our teams.





Regulated Medical Surveillance

On-site examinations for the common core medical surveillance as required by law, as well as specific examinations by mobilising professionals within the region who are network partners.



Help with para-sport classification

Assessments and preparation of files

Implementing appropriate assessment protocols for the collection of objective data required for the creation of classification files.





Physical and cognitive recovery

Based around specific training sequences design of recovery protocols appropriate in both physical and mental terms.

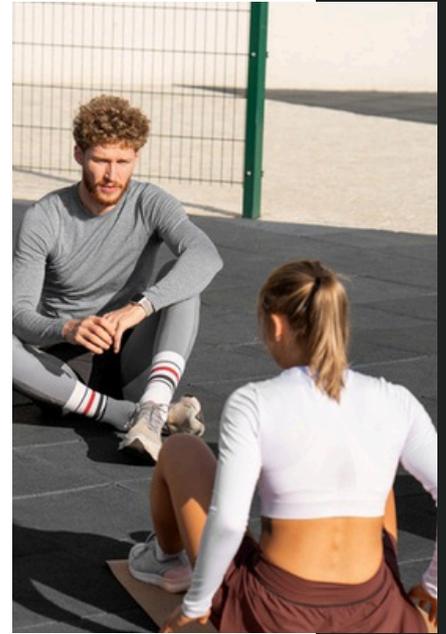


Environmental stress Training Heat acclimatisation Hypoxic residence

Simulated high altitude residence, scheduled sequences as well as daily physiological monitoring, to benefit the health and optimize the athlete's training.

Training regiments, under controlled environmental conditions in a climate controlled room, aimed at preparing for competitive objectives and/or acclimatising to a particular environment encountered in competition.





Physical and/or mental fitness support

Analysis of requirements and proposals for activity-specific physical and/or mental preparation contents and longitudinal fatigue monitoring.

Scientific Research

Research unit in touch with what's happening in the field, problematising, exhaustive study of scientific literature and possibility of developing research projects as a promoter and investigator, with universities' support.



Contacts :
Mélanie Rance, responsable du Pôle Médical Sportif
04 70 59 53 39 | melanie.rance@creps-vichy.sports.gouv.fr

Eric Le Ny, responsable du département sport de haut-niveau
04 70 59 52 85 | eric.leny@creps-vichy.sports.gouv.fr

A new-generation CREPS !



At the heart of 500 hectares dedicated
to sports activities



Health and Performance Department

At the heart of the CREPS activity development project

A 250m² technical platform

Respiratory and metabolic exploration room and functional analysis room



A 400m² recovery area

3 pools (hot/cold/temperate), sauna and steam room
2 multi-sensory stimulation rooms
Dedicated to rehabilitation and recovery
Accessible to disabled athletes



A 100m² controlled environment room

Temperature | hygrometry | normoxia/hypoxia
Allowing training in simulated climatic conditions
Installation of hypoxic rooms (30 beds)



800m² physical training area

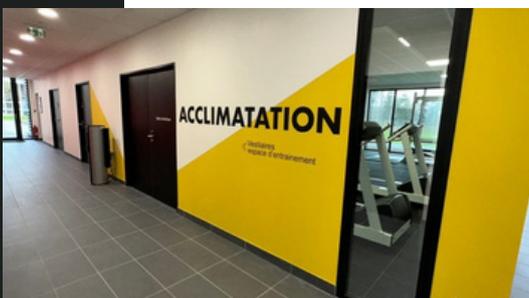
Versatile and multi-surface
Dedicated to physical preparation, re-athletisation, motor profiling

Sports Medical Centre - Health Centre

With a multi-disciplinary team for medical monitoring and internships

Spaces dedicated to group staff

Meeting rooms





Double gym

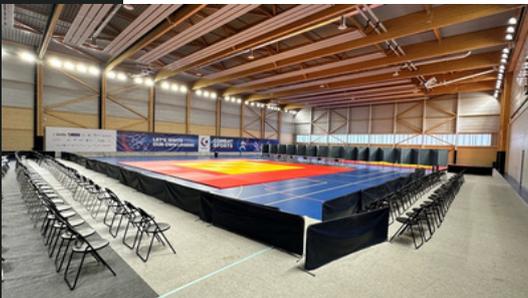
Air-conditioned - 2,500m² of state-of-the-art play space

Training for High-level athletes

Indoor team sports and combat disciplines

Olympic Distance Archery

Integrated video recording, retractable sound barrier between the two rooms



Gym 1

Indoor team sports and combat disciplines

250-person grandstand - accessibility for disabled people

44mx 26m | 12.5m high

Gym 2

44mx35m | 9.1m high

4 changing rooms, 2 referees' changing rooms and a meeting room



Team sports gym

Hall dedicated to disabled and non-disabled high-level practice

Modular space with dividing curtain, allowing different disciplines to be practised simultaneously, training of two work groups in group sessions and in conditions consistent with the national standard of play

44m-long elevated technical gallery for observation and diving shots

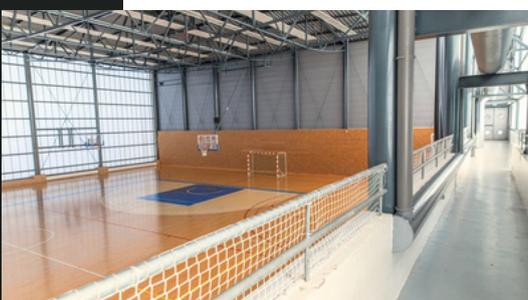
3 basketball courts

4 volleyball courts

1 handball court

44mx32m | 1408m² of parquet | 11m high

2 changing rooms





All-sports gym

Modular and multidisciplinary space

5 badminton surfaces
3 volleyball surfaces
1 handball surface
1 basketball surface
(+ 4 training areas)

44m x 24m | 1056m² sports floor | 9m high

2 changing rooms



Weightlifting room

46 workstations divided into 3 areas

Athletic strength and weightlifting area

Possibility of installing 4 free weightlifting platforms with suitable floors

Weightlifting area with 14 guided machines

Cardio-training area with 8 ergometers (wattbike, stepper, treadmill, ergometers, concept II rowing machine and kayak)

15m x 24m | 408 m² of sports flooring
5.6 m high

2 changing rooms



Dance room

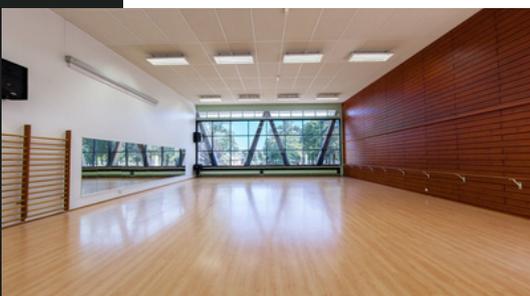
Multidisciplinary space

Adjoining the weight room, with direct access, it can be used alongside or in addition to work in the weightlifting room, circuit training, cross fit, recovery sessions (stretching) or even a specific sports bodybuilding equipment (home trainer: cycling | paddling machine : kayak | rowing machine)

15m x 12m | 180m² sports floor
5.6m high

Sound system

2 changing rooms



In the immediate vicinity...

The CREPS of Vichy may request access to the sports facilities of the “Parc Omnisport” of the Vichy Communauté agglomeration according to the current rates.



Aquatic stadium

600m away

50m Olympic outdoor pool with 8 lanes

25m indoor pool with 8 lanes

Weight and fitness rooms

Relaxation area



Athletics centre

200m away

Outdoor stadium and indoor athletics hall



10 large playing fields

50m away

9 grass pitches | 1 synthetic pitch

South changing rooms: 12 changing rooms

'Pro' changing rooms: 2 changing rooms | video and meeting room | recovery and physical preparation area



Allier Lake

800m away

Length 2.5km, maximum width 170m, surface area 100 ha, located on the edge of the parks and the heart of the town | 3 km upstream practice area

Competition pool for rowing, in-line canoeing and triathlon



Padel and tennis centre

2km away

Indoor: 3 tennis courts and 6 padel courts

16 outdoor courts: 2 central 40x20m clay courts | 2 resin courts | 6 clay courts | 6 padel courts

Opening in summer 2025



Catering division

Flexible space for groups 230 covers in the dining rooms
70 covers on the outdoor terrace

Ground-level areas

Private room for high-level groups

Fast casual area

Bar | Games room

VIP catering areas & VIP office

All-user room

In the immediate vicinity of accommodations

Menus available on request



Accommodation

57 comfort plus air-conditioned rooms
2 3* plus buildings | PRM Accessible

Bourbonnais

28 rooms | 50 beds
Espace France dedicated to groups
Relaxation room

Velay

29 rooms | 68 beds

Facilities

IPTV | Italian shower | Fridge | Safe

Lifts

Equipment storage space in buildings

15 meeting rooms Amphitheatre

From 10 to 130 seats

130-seat amphitheatre

Fully equipped with video-projection and sound system

Espace France

Modular room offering several areas for relaxation or work sessions | for 60 people

Video conferencing room | 10 seats

14 meeting rooms seating | from 10 to 60 people



They prepared for the Paris 2024 Games at the CREPS !

Preparation of the French OLYMPICS teams



Preparation of the French PARALYMPICS teams



Preparation of foreign teams





CREPS

Auvergne-Rhône-Alpes
— Vichy

CREPS Auvergne-Rhône-Alpes / Vichy

2 route de Charmeil - CS 40013

03321 BELLERIVE-SUR-ALLIER Cedex

04 70 59 85 60 | direction@creps-vichy.sports.gouv.fr | www.creps-vichy.sports.gouv.fr

