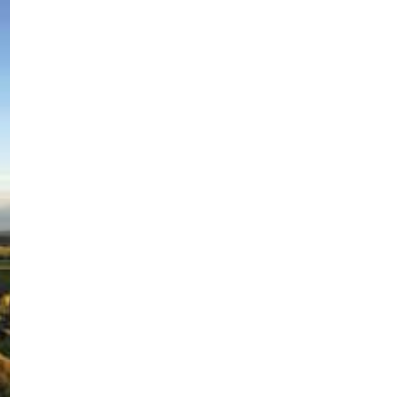
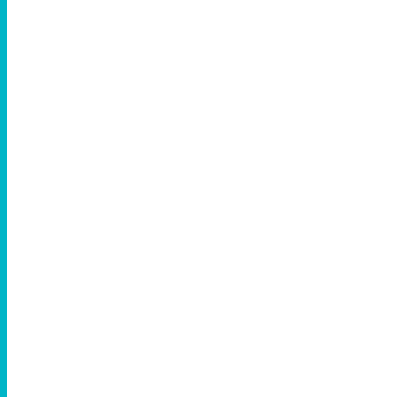




championing
the east midlands

Introductory guide to Paralympic Training Camps in England's East Midlands



Training in the East Midlands

The East Midlands is the ideal place to come and prepare for the London 2012 Olympic Games and Paralympic Games. As England's fourth largest region it is positioned right in the middle of the country. The counties of Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire and Rutland make up the East Midlands and all six are truly committed to supporting the 2012 Games.

The East Midlands has a proud tradition of supporting and preparing elite athletes and can already claim to be the home of elite sport in Britain. Loughborough University in Leicestershire is recognised as world class in terms of facilities and sports science and the Queen's Medical Centre in Nottingham is a world leader in sports medicine. More support hours are provided to athletes in the East Midlands by the English Institute of Sport than any other region. In 2004-5 14,005 hours were provided with London in second on 8847 hours. Over one hundred world class coaches and twenty two of England's National Governing Bodies of Sport are based in the region.

Our venues are able to cater for teams of all sizes and are looking forward to working with you to ensure your preparations for the 2012 Games are as successful as possible. Venues will work closely with you to ensure all your needs are met. In addition to world class facilities we can provide a full range of accommodation, bespoke catering solutions and integrated transport between facilities and also to the Olympic Park.

Major roads, including the M1 motorway and A1, run through the heart of the region ensuring all counties are extremely well connected to the capital by road. Northamptonshire is the most southerly county in the region and traveling to London takes one hour by train. Leicestershire is only one hour and fifteen minutes away by direct train, whilst trains from Derbyshire, Nottinghamshire and Lincolnshire regularly take less than one hour fifty and minutes.

About the East Midlands

Familiar Places

Some of the treasures of the East Midlands may already be familiar to you, possibly without you realising. Chatsworth, the historic Derbyshire home of the Duke and Duchess of Devonshire, for example, featured as Pemberley in the recent movie of *Pride and Prejudice* starring Keira Knightley and Matthew Macfadyen. Althorp House in Northamptonshire holds a special place in many people's hearts as the ancestral home of Diana, Princess of Wales and the place where she is laid to rest. Lincoln Cathedral, one of Europe's finest medieval buildings, dating from 1072.

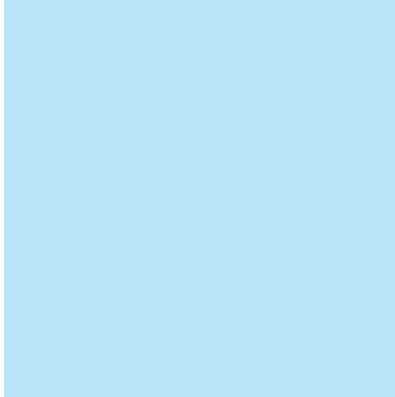
Famous Names

Robin Hood earned his place in history as the outlaw who outwitted the evil Sheriff of Nottingham. Visit the places enshrined in legend and feel the spirit of Robin Hood still strong in his native Nottinghamshire. Through the ages, famous figures have left their imprint on this part of England. King John, Charles I, Bess of Hardwick and Queen Elizabeth I – you will encounter places associated with all of them on your travels around the region and you may even find yourself sleeping in the room they slept in or drinking in the inn where mead was downed on the eve of battle. Back in the

present day, names like Silverstone and Donington Park will strike a chord with motor sports enthusiasts the world over.

Inspiring Landscapes

If you have ever marvelled at images of England's vast open spaces, dramatic rocky outcrops and sweeping green hills, the chances are you were looking at the Peak District National Park in Derbyshire. Along with some of the finest scenery in the UK, it has historic towns and villages and a strong cultural identity. Some of our less well known landscapes are no less exciting. At Ashby de la Zouch Castle in Leicestershire, for example, you can gaze over the same lush countryside as the ill-fated Mary Queen of Scots would have done during her time in captivity here in the mid 16th century before her execution. Some people come to the East Midlands to shop for Christmas gifts in Lincoln's famous Christmas Market set in the grounds of a medieval castle and overlooked by an 11th century cathedral. Some people love to walk in the gardens of Belvoir Castle with its fresh water springs. Some head for Creswell Crags to marvel at Ice Age rock art hidden for 1300 years. All of them experience England at its very best.



East Midlands Paralympic Pre-Games Training Camp Guide

Braunstone Leisure Centre	Paralympic Judo, Paralympic Table Tennis, Wheelchair Basketball, Wheelchair Rugby
City of Nottingham Tennis Centre	Wheelchair Tennis
Corby East Midlands International Swimming Pool	Paralympic Swimming
Kettering Leisure Village	Boccia, Paralympic Table Tennis, Volleyball (sitting), Wheelchair Tennis
Loughborough University	Paralympic Athletics, Boccia, Paralympic Cycling - Road, Football Five-a-side, Football Seven-a-side, Goalball, Paralympic Judo, Paralympic Powerlifting, Paralympic Swimming, Paralympic Table Tennis, Volleyball (sitting), Wheelchair Basketball, Wheelchair Fencing, Wheelchair Rugby, Wheelchair Tennis
Moulton College	Boccia, Paralympic Equestrian, Goalball
National Water Sports Centre	Paralympic Rowing
Nottingham Trent University	Boccia, Paralympic Equestrian, Goalball, Paralympic Table Tennis, Volleyball (sitting), Wheelchair Basketball, Wheelchair Fencing, Wheelchair Rugby
Nottingham Wildcats Arena	Wheelchair Basketball
Princess Royal Sports Arena	Paralympic Athletics, Wheelchair Fencing, Wheelchair Rugby
The Defence Animal Centre, Melton Mowbray	Paralympic Cycling - Road, Paralympic Equestrian
Trent Bridge	Paralympic Archery

Location of the East Midlands



contact us

For more information please contact Tracy Croft at
regionalcoordinator@emd.org.uk or on
+44 (0)115 988 8479

East Midlands Coordinator for the 2012 Games
East Midlands Development Agency
Apex Court
City Link
Nottingham
NG2 4LA

www.emda.org.uk/london2012