



**CÔTE D'OR**  
NATIONAL SPORTS COMPLEX

# EVENTS

## HIGHLIGHTS

**JAN - MAR 2023**

THE HOME OF MAURITIAN OF SPORTS AND ENTERTAINMENT



AMBRE APOLLON

YRENA LIMBRAZA

JULIE GOPAL

BROOKLYN JHEEMLA

EVA PIERROT

# RISING STARS

# SNEAK PEEK

## BY THE NUMBERS (JAN TO MAR 2023)

  
PRESS  
CONFERENCES

2

  
POOL LANES  
RENTED

689

  
RENTED  
VIP LOUNGES

8

  
PEOPLE HOSTED  
FOR EVENTS

59,875

  
FOOTBALL  
MATCHES

1

  
HOURS  
OF EVENTS

195

  
EVENTS IN THE  
MAIN HALL

7

  
NEW EVENT  
INQUIRIES

30

  
SWIMMING  
COMPETITIONS

4

  
VISITS TO THE  
HPC GYM & POOL

8,380

## BEHIND THE SCENES

### MEET THE RISING STARS OF THE ACADEMY



**HISTORY MADE!** 6 female players of the Academy made it to the senior woman's Mauritius selection squad! They participated in the Women's International Friendly Tournament Saudi Arabia 2023 which took place from 11 to 19 January and they competed played against Pakistan, Comoros, and Saudi Arabia. The 6 players made a significant impact on the tournament and they helped to secure the first-ever overseas national team win for Mauritius!

PHOTO 1 (from left to right): Ambre Apollon, Yrena Limbiraza, Julie Gopal, Brooklyn Jheemla and Eva Pierrot  
PHOTO 2: Elodie Aliphon

### JULIE GOPAL

First ever mauritian female player to play overseas

LFCIA



Exciting times ahead for Julie!. Trials have been arranged to showcase her talents at clubs in France, at Stade Brestois 29 and at En Avant Guingamp.

### INDUCTION FOR NEWBIES!





HIGH INTENSITY INTERVAL TRAINING

# MOVE FOR PERFORMANCE

A FIRST IN MAURITIUS!

# HIIT PARTY

Can you feel the energy of the HPC performance movement at Cote d'Or? With 100 participants, the HIIT Party Fund-Raiser pumped up the action with a Live DJ, party lights and our energetic S&C specialists, who led the 3 HIIT sessions from 6pm to 9pm.

THE NEXT HIIT PARTY IS ON TUESDAY 28 APRIL 2023!

FREE FOR GYM MEMBERS  
RS 200 PER PERSON FOR OUTSIDERS

SCAN ME!

WATCH WHAT YOU MISSED OUT!



# SPOTLIGHT ON THE HIGH PERFORMANCE CENTRE MAURITIUS

## PERFORMANCE PROGRAMME

**TEAM WORK IS DREAM WORK!** Ahead of her trials at Stade Brestois 29 and at En Avant Guingamp, Julie Gopal was on a 2-month tailormade performance programme at the HPC Mauritius under the close supervision of strength and conditioning specialist, Audrey Grancourt.



## NEW CLASS FOR 50+ PEOPLE - PENA LAZ

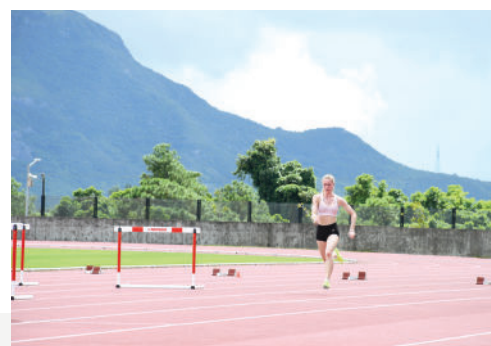
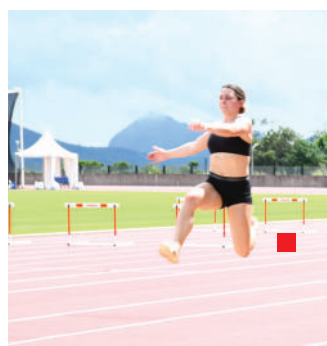


HPC Mauritius is thrilled to launch a new strength class for people aged 50 or above. The new strength class is scheduled for Wednesdays from 10.30 am to 11.30 am in the Outdoor HIIT Stadium. Led by our Senior Strength & Conditioning Specialist, Gulshan Choytooa, the class will assist seniors to boost their energy and improve their physical limits.



## UK ELITE ATHLETES TRAINING CAMP

HPC Mauritius is currently hosting UK athletes for an intense one-month training camp to prepare for the PARIS 2024 Olympic Games. The multi-disciplinary team is training at Cote d'Or in the High Performance Centre, at the certified World Athletics Class One Athletics Track & Field and the Outdoor HIIT Stadium.



# MAJOR EVENTS

## SALON DE L'AGRICULTURE



## LAUNCH OF ICOPE\* STRATEGIC AND ACTION PLAN 2022-2026

\*Integrated Care for Older People



## BOLLYWOOD CONCERT



Credit: Major Studio



## CHINATOWN FOUNDATION GALA DINNER



The year of rabbit was celebrated in a magical way and it surprised more than one!

# 1000

INVITEES



## LIST OF HOSTED EVENTS LAST 3 MONTHS

National FiveAside Tournament



MYESR - Press Conference and Souvenir Magazine for CJSOI



Home Wonders Expo



**Sunday, January 08, 2023**  
National FiveAside Tournament

**Wednesday, January 11, 2023**  
MYESR - Youth Exchange Programme - Press Conference and presentation of participants

**Monday, January 16, 2023**  
LFCIA Induction  
MYESR - Press Conference and Souvenir Magazine for CJSOI

**Tuesday, January 17, 2023**  
LFCIA Induction

**Wednesday, January 18, 2023**  
LFCIA Induction

**Sunday, January 22 - 30, 2023**  
Rajasthan Works Ltd - Home Wonders Expo

**Tuesday, January 31, 2023**  
MYESR - Jo Horizon Paris 2024

**Friday, February 03, 2023**  
Chinatown Foundation Gala Dinner

**Friday, February 10, 2023**  
NYC - Minister Meeting / Accapella Coaches

**Monday, February 13, 2023**  
MSC/ Active Mauritius - Meeting / Natation Scolaire Program

**Thursday, February 16, 2023**  
MYESR - Functions with youth ambassadors

**Sunday, March 05, 2023**  
Bollywood concert - Kumar Sanu

**Monday, March 13, 2023**  
HIIT Party Fund-Raiser with LoveBridge

**Thursday, March 16 - 20, 2023**  
Ministry of Agro-Industry & Food Security - Salon de l'Agriculture

**Monday, March 20, 2023**  
MYESR - Meeting regarding Indian Ocean Islands Games 2023

**Thursday, March 23, 2023**  
Ministry of Health and Wellness - Official Launching of the National Integrated Care for Older People (ICOPE) Strategic and Action Plan 2022-2026  
MYESR - Presentation of certificate ceremony - Youth Farming Project

**Saturday, March 25, 2023**  
Mauritius Judo Federation - Conference (Say No to Alcohol & Cigarettes)  
Mauritius Swimming Federation - GP Competition 2023

**Monday, March 27, 2023**  
Clavis International Primary School - Swimming Gala

**Wednesday, March 29, 2023**  
Clavis International Primary School - Demonstration Day/ Teach me Day

**Thursday, March 30, 2023**  
Le Bocage International School - Swimming Gala

## LIST OF UPCOMING EVENTS NEXT 3 MONTHS

**Sunday, April 02, 2023**  
JKA Mauritius Cup

**Saturday, April 15, 2023**  
The Zumba Experience 2023

**Sunday, April 15 - 16, 2023**  
Mauritius Swimming Federation - Swimming competition

**Wednesday, April 19 - 20, 2023**  
Exposition des Trophees

**Friday, April 28, 2023**  
MYESR - Sports Award Ceremony

**Tuesday, May 02, 2023**  
Model Glider Competition

**Saturday, May 06, 2023**  
MYESR - Award Ceremony for 250 Bronze & Silver Award participants

**Friday, May 12 - 14, 2023**  
L'Univers du Mariage

**Thursday, May 18 - 22, 2023**  
Rhythmic Gymnastics (RG) African Championships 2023

**Wednesday, May 24 - 28, 2023**  
Mauritius Swimming Federation - National Winter Championship

**Thursday, June 01, 2023**  
Phoenix SSS - Sports Day

**Friday, June 02 - 03, 2023**  
Jui-Jitsu National Championships 2023

**Tuesday, June 06 - 08, 2023**  
Science Quest 2023

**Saturday, June 10, 2023**  
MYESR - Finals Accapella Competition

**Wednesday, June 14 - 15, 2023**  
MYESR - Zeness Monter To Talan - Les Metiers

**Saturday, June 17, 2023**  
Eame-Fska Open Karate Championship  
Petanque Competition



**55<sup>TH</sup> ANNIVERSARY OF  
THE INDEPENDENCE DAY  
OF MAURITIUS**

55 AN LARMONI DAN NOU REPIBLIK  
NU FIER NU MORIS!

**Mauritius Multisports Infrastructure Limited**  
Côte d'Or National Sports Complex  
Motorway M3, Côte D'Or, St Pierre, Mauritius  
T: +230 460 0418  
E: admin@cotedorsports.mu

[cotedorsports.mu](http://cotedorsports.mu)

#CoteDorMauritius

