



COS OPO Zakopane



COS OPO Wałcz



COS OPO Spała



COS OPO Cetniewo



COS OPO Giżycko



COS OPO Szczyrk

#HereWinnersAreBorn



Ministerstwo  
Kultury  
Dziedzictwa  
Narodowego  
i Sportu

COS



CENTRALNY OŚRODEK SPORTU

Central Sports Center in Warsaw  
ul. Łazienkowska 6a  
00-449 Warsaw  
e-mail: sekretariat@cos.pl  
phone: 22 529 87 20  
fax: 22 628 91 79



CENTRALNY OŚRODEK SPORTU

#HereWinnersAreBorn

f @centralnyosrodeksportuPL  
t @cos\_opo  
i @centralnyosrodeksportu

Centralny Ośrodek Sportu  
cos\_opo



**COS OPO Szczyrk**



**COS OPO Cetniewo**



**COS OPO Spała**

The Central Sports Center was established to create the best conditions for the development of Polish sports. By continuously modernizing the sports infrastructure for training national and Olympic teams, it significantly influences the achievement of the best sports results. The focus of COS is mainly on providing the right conditions for training athletes in the extensive sports base of the Olympic preparation centers. In COS OPO, players are participating in training camps of Polish national teams, preparing for the Olympic Games, Paralympic Games, European and World Championships.

COS together with OPO is a place friendly for Polish Sports Associations, sports clubs but also to other groups active in the field of physical culture, in various sports disciplines. Training in modern facilities contributes to building the best form, which results in medal successes of Polish teams at prestigious world events, including the Olympic Games. The mission of COS perfectly fits the slogan: "Winners are born here."

The Central Sport Center consists of:

- COS OPO Cetniewo in Władysławowo named after Feliks Stamm
- COS OPO in Giżycko
- COS OPO in Spała
- COS OPO in Szczyrk
- COS OPO in Zakopane
- COS OPO in Wałcz
- COS Torwar – sports and entertainment hall in Warsaw
- COS Torwar Skating Rick – a covered sports and recreational skating rink in Warsaw

Each of the COS Olympic preparation centers can be proud of its specific character. In Szczyrk, on the popular Skrzyczne trails, one can successfully practice skiing or mountain hiking.

In Zakopane, at the foot of the Tatra Mountains, modern ski slopes and all-year-round running routes are taking center stage. Giżycko, with the picturesque scenery of the Kisajno Lake, offers a wide range of sporting opportunities. A true mecca for athletics are the facilities located in Spała. In Władysławowo, on the other hand, the seaside climate is very conducive to athletes, and boxing traditions perfectly add prestige to the Center. The rowing and canoeing lanes definitely distinguish Wałcz. In Warsaw, the COS Torwar complex contains two sports and entertainment halls, where prestigious sports and artistic events take place.

We offer guests, among others:

- modern and comfortable accommodation (both rooms and suites)
- professionally equipped sports facilities: interdisciplinary sports halls, swimming pools, tennis courts, gyms, athletics stadiums, multifunctional sports fields, bike, sail and motorboat rentals, ski routes, ski jumps and ski lifts
- biological regeneration rooms, rehabilitation rooms, SPA
- conference and training rooms
- billiard rooms, cafes, restaurants
- playgrounds, guarded parking lots

### COS OPO Wałcz

- **2000 m** rowing lanes, **1000 m** canoeing lanes
- **25-meter** indoor swimming pool **6 lanes** for swimming
- athletics stadium with a **6-lane** track and a field hockey field



### COS OPO Cetniewo

- interdisciplinary hall with the dimensions of **90 x 30 m** dedicated to team games
- athletics stadium with an **8-lane** tartan running track, high jump and long jump stations, and a football stadium with an artificial turf pitch
- Avenue of Sports Stars



### COS Torwar complex in Warsaw

- a **63x33 m** sports and entertainment hall with seating for an audience of **4806** people
- **30x60 m** skating rink
- conference rooms with audiovisual facilities



### COS OPO Szczyrk

- Skrzyczne ski center with a total length **12 km** routes and a modern **4-person** cable car
- **2** multi-functional sports halls for team games
- Beskid Olympics Skalite ski-jumping complex (K-40, K-70, K-95)



### COS OPO Zakopane

- Wielka Krokiew (K-134) and Średnia Krokiew (K-15, K-23, K-35, K-65, K-85) ski jumping
- year-round cross-country skiing and ski-roller routes
- Plato football field with artificial turf located at an altitude of **928** meters above sea level

### COS OPO Giżycko

- yacht port with **60** berths
- canoe, pedal boat, yacht and boat
- rental multi-functional facility for team games with professional gyms and a biological regeneration



### COS OPO Spała

- **200 m** athletics hall with a circular track and a **60 m** straight track, long jump and pole vault runs, a separate throwing sector and gym annexes
- field and hall for beach volleyball
- **400 m** athletics stadium with a circular track with a tartan surface that is fully equipped



**COS OPO Zakopane**



**COS OPO Wałcz**



**COS OPO Giżycko**

