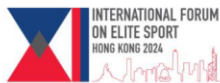


ATHLETE DEVELOPMENT

November 27th 2024



ASPC XII International Forum





Bâbak AMIR-TAHMASSEB .OLY
International & grand INSEP network Director



Fabien CANU
INSEP General Director



Patrice BEHAGUE
CREPS Director



Chantal CUSSET- GAYDU
CREPS Director



Aude REYGADE
CREPS Director



Jean-Marc CLAVIER
CREPS Director



Antoine LE BELLEC
CREPS Director






INSEP

70 Years of history



French Paralympic Committee (CPSF) moved its headquarters to INSEP in 2017



STRIVING FOR EXCELLENCE

"As one of the world's foremost Olympic and Paralympic training centres, INSEP illustrates France's savoir-faire, which blends technical and scientific expertise with a genuine respect for the athletes. We provide the talent of tomorrow and the champions of today with cutting-edge training and preparation methods that associate their coaches and backroom staff."

28

OLYMPICS &
PARALYMPICS
SPORTS

780

ELITE ATHLETES

100%

SUCCESS RATE AT THE
FRENCH BAC EXAM

2

RESEARCH LABS

280

FEDERAL COACHES

300

COLLEAGUES



_____ Contributing to the success of every athlete who passes through its doors is at the heart of the INSEP's objectives.



Since Sydney 2000, INSEP has accounted for more than 50% of French Olympic medals

PERFORMANCE

EXPERTISE

SAFE SPORT

PASSION FOR SPORT



INTERNATIONAL AGREEMENTS AND ARRANGEMENTS





RESEARCH

INSEP is the sponsor of 7 of the 12 priority research projects funded by the French National Research Agency (ANR).

PARAPERF, PERFANALYTICS, HYPOXPERF, DDAY, FULGUR, THPCA2024, REVEA

These projects have the Paris 2024 Olympic and Paralympic Games in their sights



Performance optimisation



Performance epidemiology



Medical research



Injury prevention and athlete health



Life balance for athletes



Digital development & innovation





LABORATORIES – EXEMPLES

FULGUR

Towards **individualized training** load planning adapted to muscle properties to reduce the incidence of sprint injuries for athletics, rugby and ice sports federations.

PARAPERF

Optimizing **Paralympic performance**: from identification to medal winning by Jean-François TOUSSAINT.



HYPOXPERF

Aims at knowing the ideal time to plan a **hypoxia/altitude training method**, its physiological and psychological effects in the short, medium and long term, and individualizing the hypoxic dose to suit each athlete's tolerance.

EMPOW'HER

Aims to maximize the **performance of elite female** athletes by optimizing their responses to training through workloads adapted in synergy with their physiology and **menstrual cycle**.

Sport, Expertise and Performance Laboratory

The laboratory works on the **analysis** and **optimization of high-level sports performance**. Its research program aims to better understand how, on the one hand, to develop athletes' ability to perform while, on the other, preserving their readiness to train and compete.

Works in 5 scientific fields:

- Biomechanics
- Neuroscience
- Physiology
- Psychology
- Sport sociology

And on three research topics:

- Performance Optimization
- Injury prevention
- Life balance





Institute for Biomedical Research and Epidemiology of Sport (IRMES)

Develop a national and international research program focusing on **four priority areas** of investigation:

- physiopathology of sport
- performance epidemiology
- experimental physiology
- prevention through physical activity and sport

It also reinforces the actions carried out by the medical department in terms of prevention and follow-up of Elite athletes.



SCIENTIFIC SUPPORT TO PERFORMANCE

Scientific support to performance is a set of actions based on a scientific approach with the aim of contributing to the improvement of sporting performance.

With this in mind, **the SEP laboratory has been developing a series of applications** designed to accelerate the acquisition, digestion, interpretation, restitution and capitalization of data collected from top-level athletes concerning their athletic and psychological capacities (muscular capacity, cardiorespiratory capacities, exposure to injury risk load quantification, sleep, nutritional habits, psychological habits, psychological traits).

→ INSEP manages **the National Network for Scientific Support to Performance**. This network mainly brings together CREPS, national schools and sports federations scientific referents at the interface between research and training.



In 2021, **INSEP**, the **French National Agency** and the **sports Ministry** launched the **sport data hub**.

INSEP, its laboratories and the digital unit fully participate to the Sport Data Hub through several projects and tools:

- **Athletes management system:** a personalized athlete data
- **Medalability:** began in June 2020, aims first and foremost to assess the chances of French athletes to perform at the highest level on the international stage and the Olympic and Paralympic Games(JOP).
- **Daily Tracking Portal:** from the outset, it has been open to establishments with elite athletes or not, it lists all the athletes listed in France (including “Espoir” category and national groups) as well as all athletes registered in the federations' project performance.



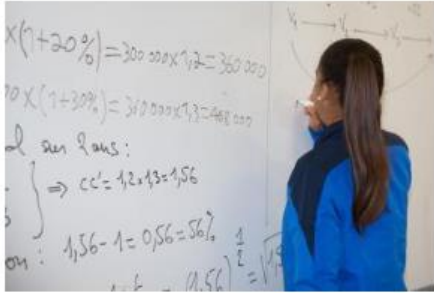


DUAL CAREER

INSEP's elite athletes are entitled to personalized support for:

- school-level,
- university
- and professional training.





Secondary education



Higher education



Professional training



Distance learning

The institute has developed a range of initial and continuous training courses suited to meet the needs and constraints of those involved in elite sport.

→ This includes courses that lead to qualifications, customized programs, vocational training days, conference sessions and professional support.



How INSEP supports future Olympic champions through their 360° project: sports, life and studies?

Young athletes already possess great maturity, team spirit and competition that they put to work in their training program.
→ They develop skills of which they are not necessarily aware.

By accompanying them in their life project, and their professional project from their arrival at INSEP, we also contribute to their sports emergence, because all three are connected



Aide à la scolarisation des sportifs de haut niveau

Double cursus de formation vers l'excellence



TRAINING OF ATHLETES

SCHOOL in INSEP



**French classical general
& technical curriculum**



**100% success rate at the french
baccalaureat graduation**





The training programs, with around 30 pathways currently available at INSEP or in institutions that have signed agreements with INSEP, are adapted to the schedules of elite athletes.

External trainings

INSEP signed partnership MoU with:

- Sorbonne University
- National Conservatory of Arts
- National School of Physical Therapy and Rehabilitation
- University Institute of Technology in Créteil

Nearly 190 athletes took part in external study courses outside the walls of INSEP, with a growing variety of training options (hotel business, IT, banking/insurance, construction and public works, arts and entertainment, etc.).



ON-SITE

INSEP is committed to continuing to offer on-site training:

- ✓ Everything is available at one dedicated location
- ✓ The Sports science university (STAPS) programs are provided on site at INSEP under an agreement with Créteil University.
- ✓ Created in 1987, the SportCom program is offered in partnership with the CFJ school of journalism.
 - Its content and approach are particularly well suited to the needs of the job market and provide the flexibility required to continue training as an elite athlete.
- ✓ INSEP also offers on-site foreign language courses (English, German, Italian, Russian and Spanish), which are very popular with athletes because they are directly applicable for the career expectations of elite athletes.



OFF-SITE

INSEP has developed partnership agreements with a number of institutions (universities, nursing college, physiotherapy school, engineering school, university institute of technology, etc.) throughout France to effectively meet athletes' aspirations.

Timetables are adapted and courses can be tailored to individuals and spread over several years in line with the profiles and constraints of each athlete. Each year, new courses are added to the range of training offered by INSEP.

Today, elite athletes can ask INSEP about any type of training and an adapted response will be looked into and offered.





RETRAINING AND CAREER CHANGE

Preparations for the end of a career start far upstream, at least one year before the planned end date.



INSEP 's Elite Athlete Training and Support unit works closely with INSEP's Psychology unit to offer the opportunity for an end-of-career psychological assessment for each athlete who requests this.

As part of their employment, retraining or career change support measures, current or former elite athletes are given an interview to help them with their professional integration steps.

Developing skills assessments and transition support (coaching, mentoring, self-confidence exercises, etc.).

Athletes are offered work placements, internships or job opportunities when this can help them with their career development plans.



A SHARED AMBITION FOR HIGH PERFORMANCE

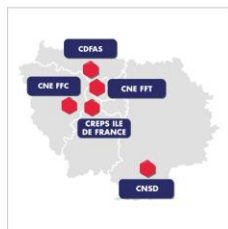


THE GRAND INSEP NETWORK

A national network for athletes and coaches



GRAND INSEP NETWORK



32

centers certified as grand INSEP

3 117

athletes of all categories train annually at an GI center, including 742 at INSEP

882

Elite athletes are attached to an GI center, and 550 to INSEP, out of 5 414 athletes recognized by French sport ministry in 2023/2024.

315

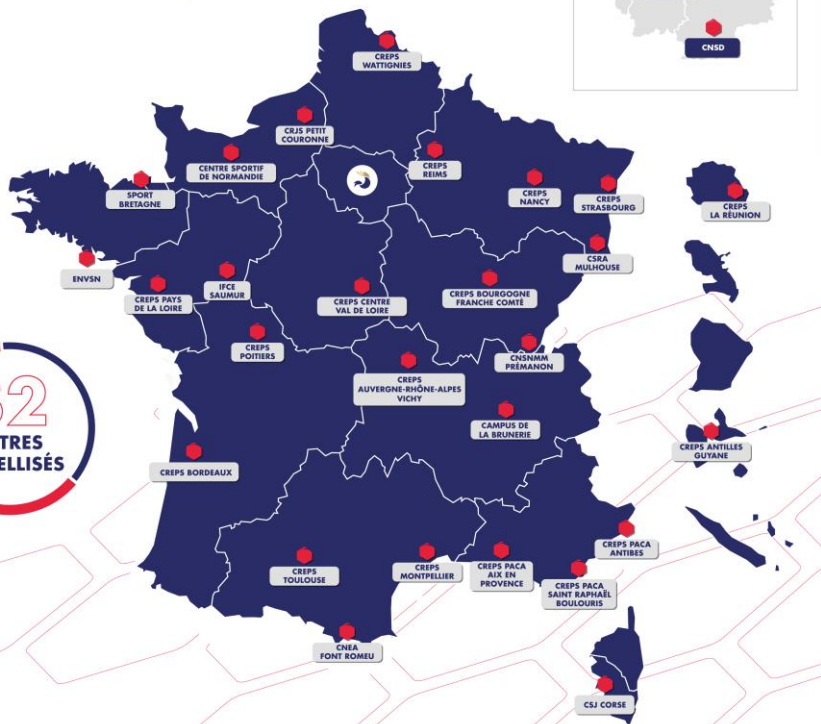
permanent structures of the Performance Project of the sport federation linked to an GI center: 125 "Excellence" and 190 "Pathway."

19

"Excellence" structures linked to INSEP.

32

CENTRES
LABELLISÉS



BRING TOGETHER THE STAKEHOLDERS



360° support



Meeting the expectations of sports federations



Defending a local and national approach



COLLABORATIVE DYNAMIC

To strengthen cooperation amongst the highlevel partners.



SHARE EXPERTISES

Mobilize all ressources to support sport performance.



NETWORKING

Federate and increase network collaboration as well as stimulate the progress of the training center network.



CONTINUOUS IMPROVEMENT

Increase stature and competency to bring added value to the network.

1

Grand INSEP Label **2016-2021**

- — **Infrastructure**-based label
 - Accommodation
 - Catering
 - Sports facilities

2

Grand INSEP Label **2021-2024**

- — Label based on **infrastructure** and **performance services**
 - Accommodation, catering, sports facilities
 - Performance optimisation services
 - Physical dimension, mental dimension, medical-paramedical dimension, etc.

GRAND INSEP LABEL

2025-2028

- — Promise to support centers of sport excellence and French teams

« Being a reference center, close to and at the service of elite athletes and their coaches »

- — For public sports policy centers only

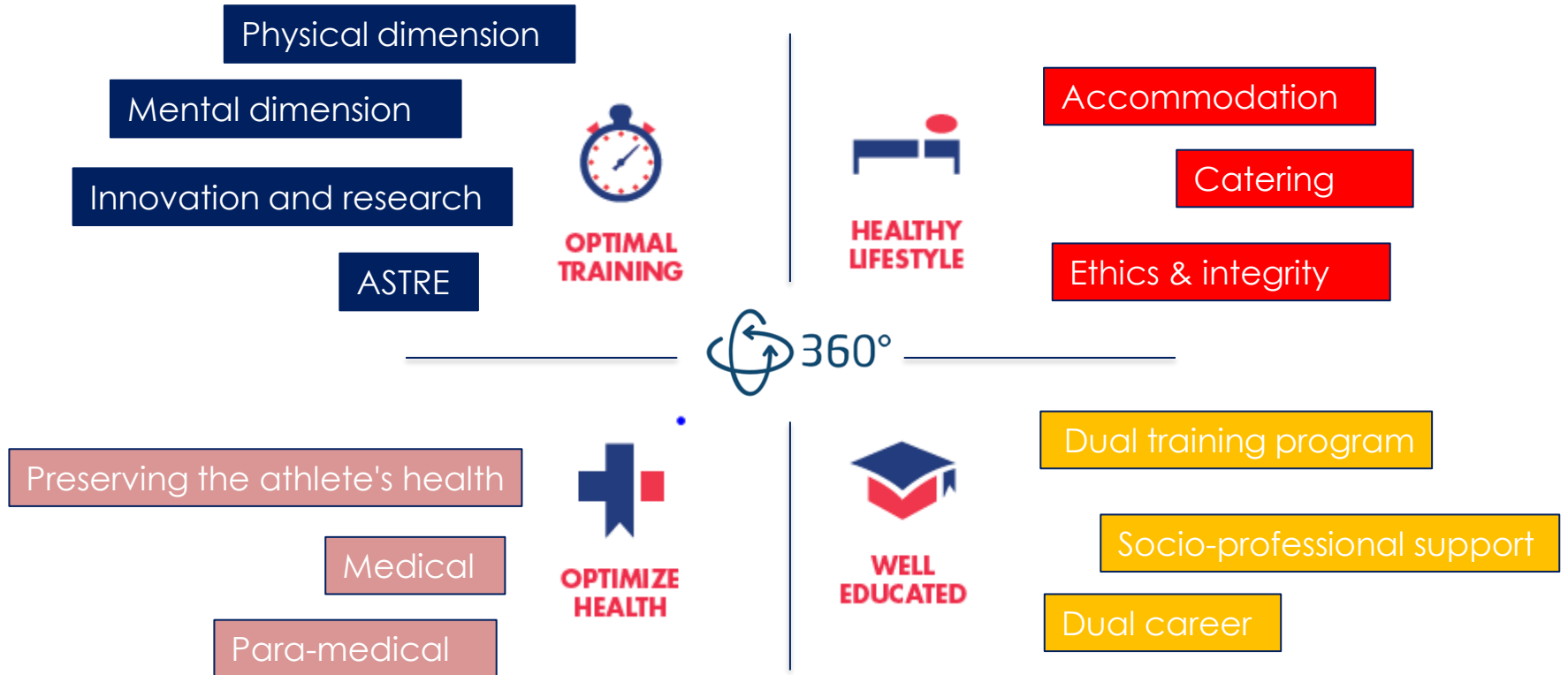
1 INCREASING THE SKILLS OF OUR STAFF

2 MARKET SERVICES TO PERFORMANCE

4 PILARS



THE NETWORK



RÉPUBLIQUE FRANÇAISE
 Comité National Olympique et Sportif Français

**RECOMMANDATIONS
 SUR LES STRATÉGIES
 DE SUPPLÉMENTATION EN FER
 LORS D'UN STAGE EN ALTITUDE
 CHEZ L'ATHLÈTE**

SYMPOSIUM
 Performance et stress
 environnemental

De Tokyo à Paris 2024
 21-22 octobre 2021

CREPS CNEA FONT-ROMEU
 performance360@cneafontromeu.fr
 Tel : 04 68 30 86 60

MINISTÈRE DE L'ÉDUCATION
 NATIONALE
 DE LA JEUNESSE
 ET DES SPORTS

SYMPOSIUM
 PERFORMANCE ET STRESS
 ENVIRONNEMENTAL

RETOURS D'EXPERIENCES SUR LES PREPARATIONS DE PARIS 2024
 PAR DES BINOMES ENTRAINEURS / ATHLETES

**Méthodes d'entraînements
 en stress environnemental**

- Hypoxie
- Chaleur
- Humidité

**DU 4 AU 5
 DÉC. 2024**

CNEA FONT-ROMEU
PERFORMANCE360@CNEA-FONT-ROMEU.FR

RÉPUBLIQUE FRANÇAISE
 Comité National Olympique et Sportif Français

A great collaboration with french sport federations



**SÉMINAIRE
PERFORMANCE
ET VARIABILITÉ
DE LA FRÉQUENCE
CARDIAQUE**

23 janvier
2024

INSEP
De 10h à 17h
11, avenue de Tremblay - 75012 Paris



DIFFERENTS COLLABORATIONS

COLLABORATIVES ACTIONS

BUENOS AIRES 2018



JUEGOS OLÍMPICOS DE LA JUVENTUD



LAUSANNE 2020



YOUTH OLYMPIC GAMES



DAKAR 2026



YOUTH OLYMPIC GAMES



NATIONAL & INTERNATIONAL CONFERENCES



JAPAN SPORT COUNCIL

HP SC JAPAN HIGH PERFORMANCE SPORT CENTER

INSEP
INTERNATIONAL CONFERENCE
MENTAL DIMENSION AND COACHING FOR SPORT PERFORMANCE

PROGRAM

- The management of anxiety
- The sport psychologist's role: the environment of Psychology
- The evolution of sport performance tests
- The trainer's approach

25-26 NOVEMBER 2021

INSEP
International Institute for Sport Coaching
100 rue de la Chapelle
92100 Nanterre



PRODUCTIONS

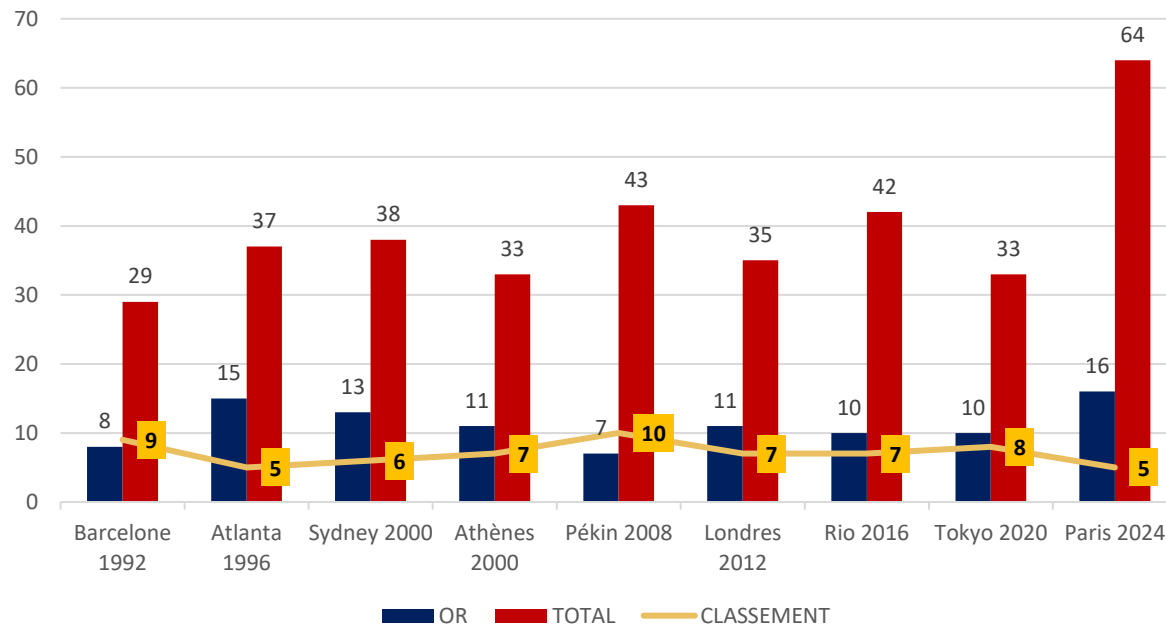


IT TOOLS



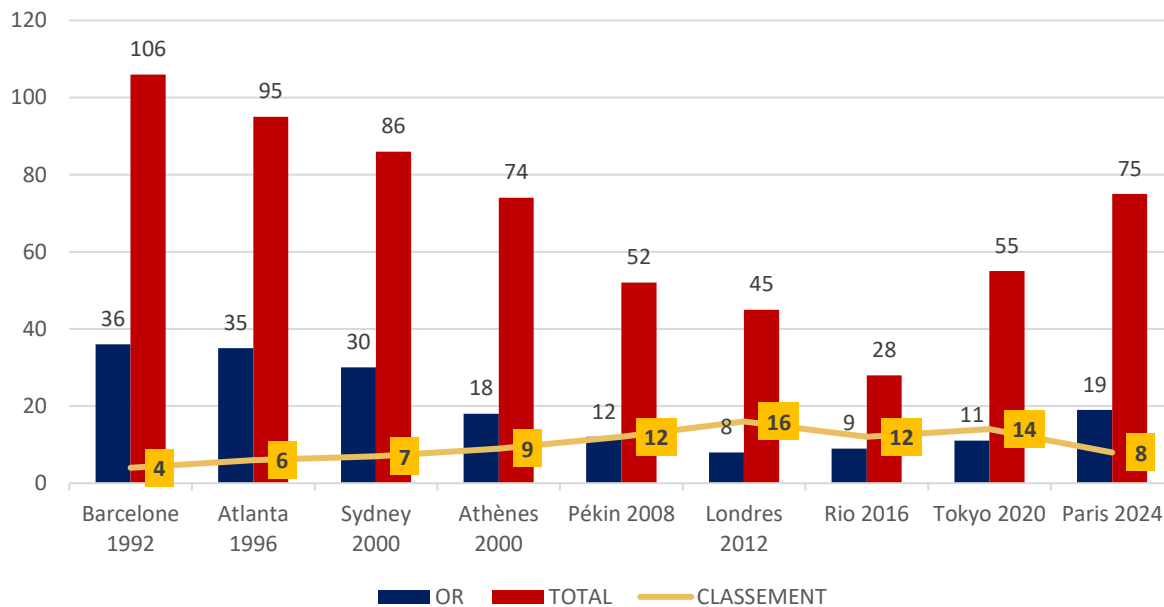
FRANCE AT THE OLYMPIC GAMES

KEY FIGURES



FRANCE AT THE PARALYMPIC GAMES

KEY FIGURES



ACCUEIL 27 CENTRES LABELISÉS CPJ

215 STAGES D'ÉQUIPES NATIONALES DE DÉLÉGATIONS ÉTRANGÈRES ACCUEILLIS (PRÉPARATION TERMINALE)

15 PASSAGES DE LA FLAMME OLYMPIQUE DANS LES CENTRES FRI

50 CADRES ACCRÉDITÉS JOP

44 MÉDAILLES JOP PAR UN CADRE FRI AU COURS DE LA PRÉPARATION

55 MÉDAILLES INSEP PAR JOP

ACCOMPAGNEMENT PAR LES CENTRES FRI DES MÉDAILLES

215 STAGES DE DÉLÉGATIONS FRANÇAISES

2600 SPORTIFS FRANÇAIS EN STAGE

19 PORTS PARALYMPIQUES CARTEO 560

81% DES MÉDAILLES GAGNÉES AU JOP PAR DES SPORTIFS S'ENGAGEANT À L'INSEP DANS UN CENTRE FRI

315 STRUCTURES PPF

12 MÉDAILLES FRI JOP

19 STRUCTURES D'EXCELLENCE

32 CENTRES LABELISÉS GRAND INSEP

317 SPORTIFS S'ENGAGEANT À L'ANNÉE

715/211 DE LA DÉLÉGATION FRANÇAISE

18% DE LA DÉLÉGATION FRANÇAISE

382 SPORTIFS DE HAUT NIVEAU RATTACHÉS GRAND INSEP

742 SPORTIFS RATTACHÉS ADMINISTRATIVEMENT JOP

21% DE LA DÉLÉGATION FRANÇAISE

30% DE LA DÉLÉGATION FRANÇAISE

PLUS DE 335 M€ INVESTIS DANS LES INFRASTRUCTURES

15 CENTRES FRI CONCERNÉS PAR LES MATÉRIELS RÉPLIÉS ET D'ENTRAÎNEMENT JOP

INFRASTRUCTURES ET ÉQUIPEMENTS DEDIES

CREPS

INSEP

550 SPORTIFS DE HAUT NIVEAU RATTACHÉS INSEP

INSEP

317 SPORTIFS S'ENGAGEANT À L'ANNÉE

715/211 DE LA DÉLÉGATION FRANÇAISE

18% DE LA DÉLÉGATION FRANÇAISE

382 SPORTIFS DE HAUT NIVEAU RATTACHÉS GRAND INSEP

742 SPORTIFS RATTACHÉS ADMINISTRATIVEMENT JOP

21% DE LA DÉLÉGATION FRANÇAISE

30% DE LA DÉLÉGATION FRANÇAISE

LE RÉSEAU GRAND INSEP AUX JEUX OLYMPIQUES ET PARALYMPIQUES PARIS 2024

IMPLIQUER ET DEVELOPPER L'ÉCOSYSTÈME LOCAL
BIEN ACCOMPAGNER
BIEN SEJOURNER
S'ENGAGER DANS UNE DYNAMIQUE NATIONALE

LES PERSPECTIVES DU RÉSEAU

ÊTRE UN CENTRE DE RÉFÉRENCE À PROXIMITÉ ET AU SERVICE DES SPORTIFS DE HAUT NIVEAU ET DE LEURS ENCADRANTS

MÉDAILLES JEUX OLYMPIQUES

16 OR 22 ARGENT 26 BRONZE

MÉDAILLES JEUX PARALYMPIQUES

19 OR 28 ARGENT 28 BRONZE

ANIMATION DU RÉSEAU GRAND INSEP

54 MODULES DE FORMATIONS PROFESSIONNELLES ANIMÉS PAR DES CADRES DU FRI

5 CONFÉRENCES INTERNATIONALES

30 WEBINAIRES

17 ATELIERS

18 SEMINAIRES



**INSTITUT NATIONAL DU SPORT,
DE L'EXPERTISE ET DE LA PERFORMANCE**

11, avenue du Tremblay - 75012 PARIS

Tél. : 01 41 74 41 00

www.insep.fr

