



# THE "GRAND INSEP", A NATIONAL NETWORK FOR ATHLETES AND COACHES

## NETWORK ACTIVITY

The grand INSEP (GI) is a national training center network dedicated to athletic performance covering the entire French territory. The network aims to provide high performance solutions for both athletes, coaches and support staff.



### 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.

## A SHARED AMBITION FOR HIGH PERFORMANCE

### 1 SUPPORTING HP ATHLETES AND THEIR STAFF ON THEIR PATH TO EXCELLENCE

Our certified training centers are dedicated to offering optimal training environnements and educative services to HP athletes as well as their support staff. This is to guarantee an athlete pathway from identification to excellence.

### 2 EFFICIENCY OF PERFORMANCE TOOLS

Our aim : to facilitate exchanges within the network (workshops, seminars, meetings). In order to respond to NSO's needs, we have developed five fields of expertise : mental performance, physical training, research and innovation, medical & paramedical and socio-professional development.

### 3 MAKE THE « FRENCH TOUCH » SPORT EXPERTISE SHINE

Our certified centre's expertises are reknown on the french territory. By positioning themselves to become the France Olympic and Paralympic Training Centres (OPTCs) with Paris 2024 perspective, they undertake to make their training centres and services available to other nations.



**OPTIMIZE  
HEALTH**



**HEALTHY  
LIFESTYLE**



**WELL  
EDUCATED**



**OPTIMAL  
TRAINING**

## TOOLS FOR ATHLETIC PERFORMANCE

The actions carried out within the GI network meet specific objectives, guaranteeing a high performance environnement across the territory. Services and operational tools are articulated around 3 axis:

- **GRAND INSEP LABEL**  
GI Label is a quality brand that meets high performances criteria. This is a promise made to athletes and NSO's while striving for continuous improvement.
- **GRAND INSEP PASS**  
GI Pass grants access to HP athletes and their support staff for network resources. This is an answer to specific and immediate needs.
- **DEVELOPMENT AND DIGITAL PLATEFORMES**  
Digital tools are used to optimize the athlete's tracking. Data collection answers NSO's centers needs.



### FOR ALL ELITE ATHLETES

High performance athletes able or disabled and coaching staff.

### A SERVICE FOR ALL

A qualitative common offer of infrastructure and services. Proximity and accessibility (In/out).

### SPECIFIC FUNCTIONS

Recognized and flexible skills made available to HP athletes.