



**OLYMPIC AND PARALYMPIC
TRAINING CENTRE**

19 RESIDENT SQUADS

- ATHLETICS
- ROWING
- BADMINTON
- BASKET-BALL
- BOXING
- CANOEING AND KAYAKING
- FENCING
- FOOTBALL
- GYMNASTICS
- WEIGHTLIFTING
- HANDISPORT
- JUDO
- WRESTLING
- SWIMMING
- PARALYMPIC
- MODERN PENTATHLON
- TAEKWONDO
- TABLE TENNIS
- SHOOTING
- ARCHERY

L'INSEP EN CHIFFRES

28

OLYMPIC AND PARALYMPIC SPORTS

800

ELITE ATHLETES

of whom 560 taken on for the year

356

INTERNS

including 128 between the ages of 14 and 18

150

NATIONAL COACHES

FROM 19 FRENCH SPORTS FEDERATIONS

300

EMPLOYEES

28

HECTARE CAMPUS

100%

SUCCESS RATE AT THE FRENCH BAC EXAM

for the class of 2019 2020

38

MILLION BUDGET

2

LABORATORIES

85

HEALTH CARE WORKERS



www.insep.fr

Established in 1975, France's National Institute of Sport, Expertise, and Performance (INSEP) is both a benchmark Olympic and Paralympic training centre internationally as well as a powerful voice in elite sport policy in France.

Through its unique, modern infrastructure located within an exceptional 28 hectare campus in the heart of the Bois de Vincennes in Paris, INSEP supports outstanding sporting performance in all its forms for elite athletes competing in all sports and their support teams. The institute offers innovative support and individually tailored training programmes, medical care, research and psychological support as well as training and professional reorientation.

INSEP has helped over 90% of French Olympic medallists prepare for their events.

Any professional clubs in France and abroad, regional leagues and international federations seeking to take advantage of INSEP's expertise are also able to benefit from its infrastructure and individually tailored skills.



RESEARCH AND DEVELOPMENT

Capitalising on the resources of its two laboratories – Sport, Expertise and Performance (SEP) and the Institute of Biomedical and Epidemiological Research in Sport (IRMES) – which work closely with INSEP's national divisions and the French teams, INSEP provides scientific performance support to meet the needs of the athletes and their support teams:

- **Performance optimisation**
- **Life balance for athletes**
- **Performance epidemiology**
- **Injury prevention and athlete health**
- **Optimising the return from injury**

INSEP also actively contributes to medical research: it created the French speaking sports medicine research network (ReFORM), which is made up of five medical centres from five French-speaking countries (France, Switzerland, Luxembourg, Belgium and Canada). These centres are renowned for their scientific and medical expertise in injury prevention and health protection for athletes.

ReFORM was accredited as an IOC research centre in December 2018. Backed by this recognition, INSEP has launched innovative long-term research programmes on illness and injury prevention.

HOSPITALITY

INSEP is also an ideal location in which to organise events and seminars. The institute has a large number of meeting rooms, sports equipment, and renovated modular hotel accommodation, making it the ideal location to host national and international sports courses, institutional or corporate seminars, professional events and a variety of other occasions.



**WELL
RECOVER**



**WELL
LIVE**



**WELL
LEARN**



**WELL
TRAIN**

NUTRITION

The nutritional support strategy put in place by INSEP makes it possible to meet athletes' demands and raise their awareness, as well as that of trainers and conditioning coaches, of the importance of a diet tailored to their specific needs so they can perform at their highest level.

At the training sites, during competitions and on social media, as well as directly at INSEP's cafeteria, INSEP's various departments, starting off with the Performance Division's nutrition unit, are committed to providing advice and support for the athletes.

Through individual appointments or collective initiatives at the training sites, these regular exchanges with the athletes and their support teams make it possible to create specific nutritional protocols in line with the requirements of each sport, while taking into account each athlete's physical profile and dietary tastes.

At INSEP's cafeteria, athletes living on site are offered a wide variety of dishes with revamped cooking methods, seasoning and side dishes. Liaising with INSEP's catering partner, R2C, the recipes are tailored to their needs during training and competition periods.



KNOWLEDGE AND DOCUMENTATION

The institute has worked out a method of formatting knowledge and professional systems that help coaches rise to the specific challenges they face, such as the Coaches' Letter. INSEP has also initiated a highly innovative project that uses artificial intelligence to share high-performance training tips.

The INSEP image library and document resource centre form a substantial source of documents on sports science and sporting performance. INSEP's documentation is regularly used by researchers and coaches the world over.

"INSEP Éditions" has to date published over 200 titles and its catalogue lists 40 books.



TRAINING AND QUALIFICATIONS

FOR ELITE ATHLETES

As part of its efforts to support performance projects, INSEP provides various training programmes for elite athletes:

- Secondary school curricula for 14- to 18-year olds in INSEP's dedicated school which, under an agreement with Académie de Créteil, provides on-site learning for pupils.
- Around 30 higher education pathways on site (sports science, SportCom and foreign languages) or in partnership with universities, schools or other training organisations
- Vocational training for professions within sport: these courses enable elite athletes to gain the skills needed for their integration into the professional sports sector at various levels

FOR HIGH-LEVEL SPORTS PROFESSIONALS

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

INSEP designs and develops a range of initial professional training programmes (DESJEPS) and university-level courses (master's)

INSEP awards postgraduate professional qualifications: Executive Master's (EM) programmes and specific certificates (CCS)

DISTANCE LEARNING

Since 2004, INSEP has been committed to opening up access to training programmes for elite athletes and senior sports managers any time of the day, week or year, and anywhere in the world. An open distance learning platform has thus been set up.

Rich in multimedia educational content, it comes in addition to traditional training programs and is an innovation in the daily life of elite athletes. It is also very user-friendly and helps ensure success for sports management staff, whose day-to-day schedules are very busy.

MEDICAL

The Medical Division offers elite athletes consultations across a dozen different specialities provided by the numerous specialists working in the establishment, including orthopaedic surgeons, rheumatologists, gynaecologists, cardiologists, radiologists, endocrinologists, psychiatrists, paediatricians, emergency physicians, physiotherapists, psychologists and podiatrists.

The cutting-edge expertise developed within the Medical Division enables INSEP to host doctors from France and around the world and offer support in their specialisation of sports medicine. In addition, student nurses and physiotherapists are able to complete their end-of-course internships at INSEP.

To offer the best medical care and ensure our elite athletes stay in good health, the Medical Division operates a number of interdependent services:

- **preventive measures**
- **a drop-in medical service**
- **a health care and dental treatment centre**
- **a physiotherapy unit**
- **a rehabilitation service**
(a whole body cryotherapy chamber with the option of three temperature levels: -10°, -60° and -110°C)
- **medical imaging services:**
the INSEP medical imaging EIG, an essential tool to treat sports injuries, is managed by a group of radiologists renowned in sports medicine. The centre is currently equipped to provide four kinds of diagnostic imaging – radiography, MRI scans, ultrasound and bone densitometry (dual-energy x-ray absorptiometry).



26

TRAINING CENTRES AWARDED THE GI LABEL EN FRANCE

CENTRES WITH THE SILVER GI LABEL

- Bordeaux Sports Resources, Expertise and Performance Centre (CREPS)
- Centre-Val de Loire CREPS
- Montpellier CREPS - Font-Romeu National Altitude Training Centre (CNEA)
- Greater Paris region CREPS
- Montpellier CREPS
- Nancy CREPS
- Strasbourg CREPS
- Toulouse CREPS
- National Centre for Nordic and Low Mountain Skiing (CNSNMM) in Prémanon
- French Institute of Horses and Horse Riding (IFCE)

CENTRES WITH THE BRONZE GI LABEL

- Brittany sport campus
- National Military Sports Centre (CNSD)
- Vichy – Auvergne-Rhône-Alpes CREPS
- Bourgogne – Franche-Comté CREPS
- Provence-Alpes-Côte d'Azur region CREPS, Boulouris
- Provence-Alpes-Côte d'Azur region CREPS, Aix-en-Provence
- Provence-Alpes-Côte d'Azur region CREPS, Antibes
- Pays-de-la-Loire CREPS
- French West Indies and French Guiana CREPS
- Poitiers CREPS
- Reims CREPS
- Reunion Island CREPS
- Wattignies Hauts-de-France CREPS
- Petit-Couronne Regional Youth and Sports Centre (CRJS)
- National Sailing and Water Sports School (ENVSN)
- Voiron sports training hub (TSF)

NETWORKING

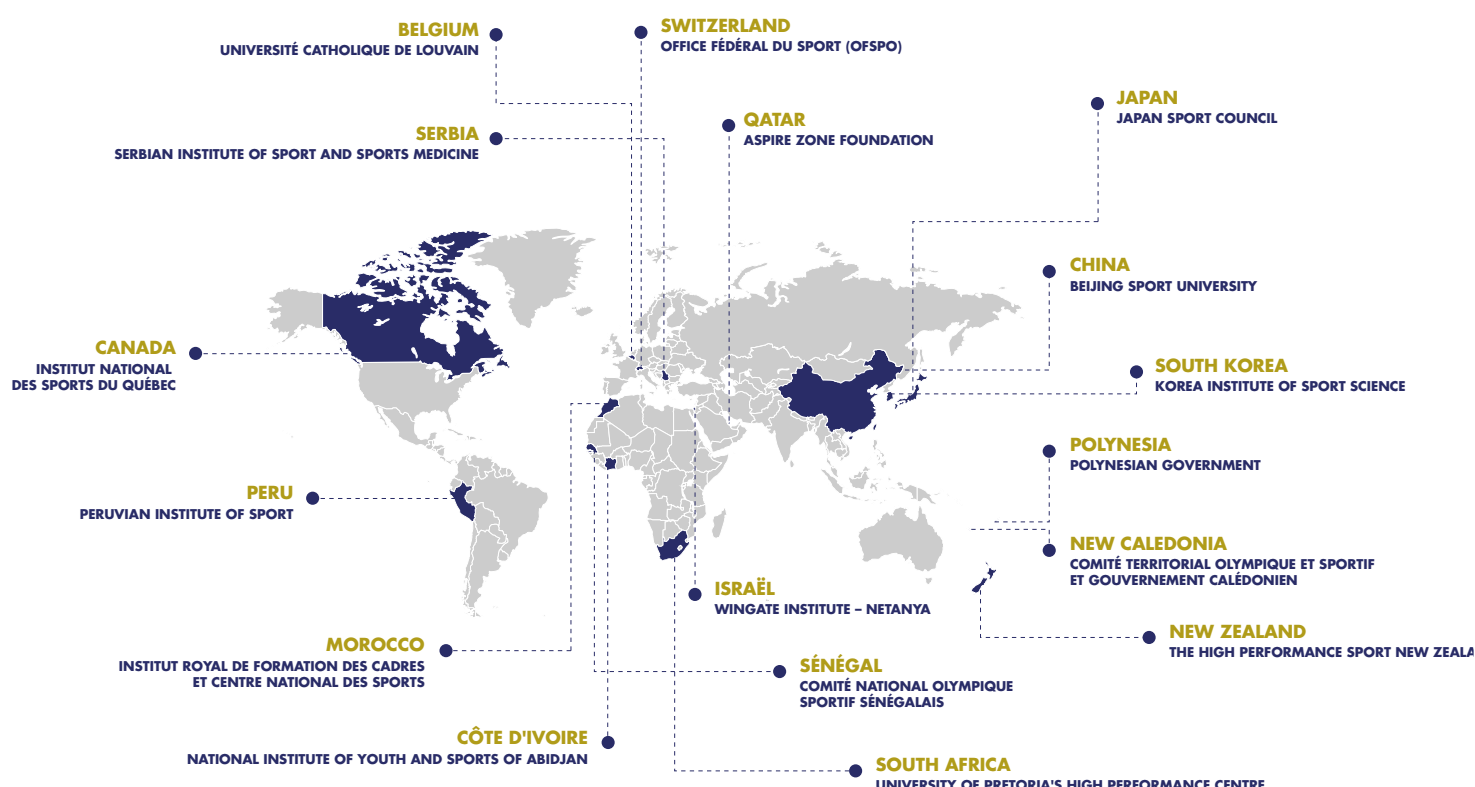
INSEP aims to unite, mobilise and work with a group of networks to boost the French Olympic and Paralympic teams' performance.

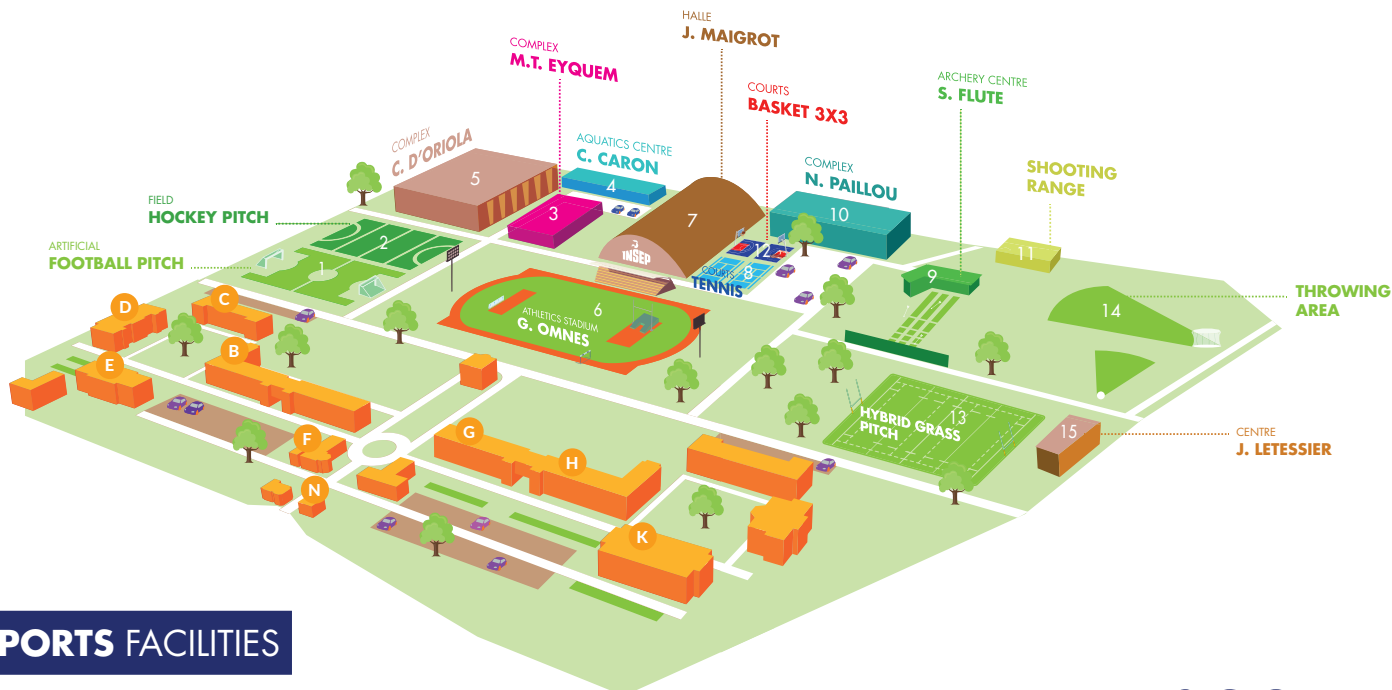
The grand INSEP (GI) is a national training centre network dedicated to athletic performance covering the entire French territory. It pools expertise to support athletes and their support teams. GI Label is a quality brand that meets high performance criteria. INSEP's commitment is to offer to all elite athletes a vast range of support services «wherever they live, practise and prepare to achieve medal performances».

The institute enters into agreements and collaboration arrangements with similar services from institutions in other countries which also promote excellence (sports centres, universities and companies). As part of these collaborations to promote sports performance, INSEP fulfils international and representation duties and hosts foreign delegations

17

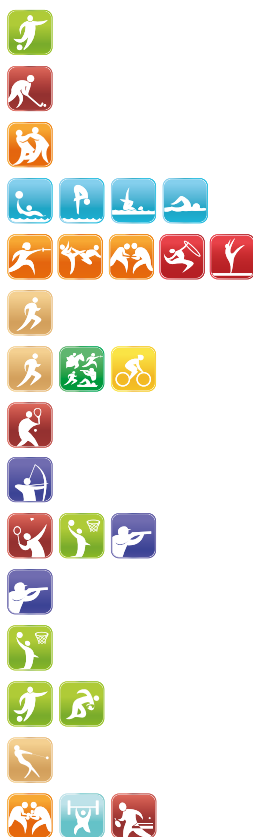
INTERNATIONAL AGREEMENTS AND ARRANGEMENTS





SPORTS FACILITIES

- 1 - ARTIFICIAL FOOTBALL PITCH
- 2 - FIELD HOCKEY PITCH (ASTROTURF)
- 3 - MARIE-THÉRÈSE EYQUEM COMPLEX
- 4 - CHRISTINE CARON AQUATICS CENTRE
- 5 - CHRISTIAN D'ORIOLA COMPLEX
- 6 - GILBERT OMNÈS ATHLETICS STADIUM
- 7 - HALLE JOSEPH MAIGROT
- 8 - TENNIS COURTS (green set)
- 9 - SÉBASTIEN FLUTE ARCHERY CENTRE
- 10 - NELSON PAILLOU COMPLEX
- 11 - SHOOTING RANGE
- 12 - 3X3 BASKETBALL COURTS
- 13 - HYBRID GRASS PITCH
- 14 - THROWING AREA
- 15 - JEAN LETESSIER CENTRE



DISCOVER THE CAMPUS

PERFORMANCE SUPPORT

- B - MEDIA CENTRE - IRMES LABORATORY
- C - SEP LABORATORY - LECTURE HALL - RESEARCH
- D - EDUCATION
- E - AUDIOVISUAL - IMAGE LIBRARY - TRAINING
- F - WELCOME / HOSPITALITY
- G - PHYSIOTHERAPY
- H - MEDICAL - MEDICAL IMAGING
- K - CAFETERIA & BRASSERIE
- N - STORE