



OLYMPICS AND PARALYMPICS LONDON 2012



« Assessment of the 2012
Olympic/Paralympic Games
and roles of High Performance Centres:
Example of the INSEP, France »

INSEP

An Institute implanted on about **28 hectares**

- 600 athletes: 380 boarders (140 under 18)
- 140 national coaches and technical staffs and 300 occasional staffs depending on federations
- 27 « pôles France » (21 federations) and one « pôle France Sport Adapté »
- 300 persons







French delegation:

343 athletes

(with substitutes)



INSEP:

135 athletes

39,36%

(36,34% in 2008)



- **93 « pôle France » 2012**
- **5 athletes working for the Institute**
- **26 « old athletes » (more than 2 years)**
- **10 « old athletes » (less than 2 years)**
- **1 substitute**

French delegation:

34 medals

INSEP:

19 medals

55,88%

(51,22% in 2008)



French delegation:

45 medals

(Paralympics)

INSEP:

7 medals

15,56%

(15,38% in 2008)



Non qualified sports (from the INSEP):

- Hockey
- Water-polo
- Swimming
- Rythmics





Qualified sports: no olympic medal (since 1992)

- Badminton
- Modern Pentathlon
- Diving
- Synchronised swimming

Qualified sports: no olympic medal in 2012

- Weightlifting (1 in 2008)
- Basket-ball (men, 1 in 2000)
- Table Tennis (1 in 2000)
- Archery (1 in 2008)
- Boxing (3 in 2008)
- Fencing (4 in 2008)



Qualified sports with olympic medal in 2012:

- Athletics: 1 (1 in 2008)
- Basket-ball (women): 1
- Wrestling: 1 (2 in 2008)
- Tennis: 2
- Gymnastics: 1 (2 in 2008)
- Taekwondo: 2 (1 in 2008)
- Shooting: 1
- Canoë-kayak: 1
- Cycling: 2 (1 in 2008)
- Judo: 7 (4 in 2008)

An example: JUDO

- Same conditions of training and the same environment: why 7 medals in Judo and 0 medal in fencing?
- Presentation of the French Federation of Judo :
 - 615 000 athletes
 - 70 technical staffs (payed by the French Ministry of Sport)
 - 82 technical staffs (payed by the Federation of Judo: 1 250 K€)
- « Parcours d'Excellence Sportive » (PES)
 - 26 « pôles espoirs » (1 200 athletes)
 - 4 « pôles France Jeunes »
Strasbourg, Bordeaux, Orléans, Marseille
 - Institut of Judo (Paris)
 - INSEP (Paris)





« Pôle France Judo »

- 65 athletes and 30 sparring-partners in 2012
- 28 boarders
- Important staff:
 - *Manager of the « Pôle France »*
 - *Assistant*
 - *12 national coaches (full time mission)*
 - *8 occasional coaches*
 - *2 physical preparators*
- Medical staff:
 - *2 physiotherapists (full time)*
 - *3 occasional physiotherapists*
 - *3 occasional doctors*

Preparation of the Olympics

- International camps (Japan, Brasil , Korea, Mongolia,...) : confrontation and « new judo »
- Good preparation in France (INSEP, Bugeat, Touquet, Bourges): physically ready
- Collaborative work with clubs (2/3 trainings a week) and presence of the coaches of clubs (INSEP and camps)
- International competitions (World Cups) for the ranking: FFJDA and/or clubs
- Very good World Championship in Paris (2011): 2 gold medals in team event
- 2 qualified in each categories
- Professionnal athletes : 32 « CIP », subventions from clubs and/or FFJDA and/or « regions » (no « student-judoka »)
- No problem for reconversion (« judo's family »)



During the Olympics

- Olympic village: same floor than swimming!
- Important logistic:
 - Tickets for family and friends (« french arena »)
 - Representatives and technical staff invited
 - Accommodation at the Queen Mary (University): 50 places
- 9 sparring-partners
- Staffs during all the day (warming up): accreditations
- Coaches of clubs in the Excel center



Assessment

- 7 medals (14 maximum)
- 2 gold medals: leaders who win
- 5 medalists under 23
- 5 bronze medals (nobody lost the match for the bronze medal)
- Defeat before the podium: only against the future Olympic Champion!



Rio 2016?

- New facilities at the INSEP:
 - 1 400 m²
 - Musculation room (550 m²)
 - Rooms for office, meetings, medical, massage, video
 - Balneotherapy and recuperation (hot and cold baths, jacuzzis, hammam, sauna, relaxation room)
- Change of the staff, new organization (new head of high level performance, new manager for men) but « slow » transition
- 80 athletes (45 men and 35 women)
- 50 sparring-partners (opening to the clubs)
 - (Men: judo in the morning, musculation/physical work or recuperation in the afternoon and work with clubs or INJ in the evening)
- Find of the adversity in various countries (Russia)
- Keep the « fear of the French ladies »
- Reflexion about the preparation for Rio

Rio 2016?

Do not fall asleep!

