



RÉSEAU GRAND INSEP

INSEP and the Grand INSEP network in Dakar

From 21 to 24 September, representatives of INSEP and the Grand INSEP network visited Senegal as part of the tripartite agreement between the French Development Agency (AFD), the Senegalese National Olympic and Sports Committee (CNOSS) and INSEP. For four days, they trained Senegalese managers and coaches in order to help them develop a performance strategy for the Youth Olympic Games (YOG) in Dakar in 2026.

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Signed on 17 September 2020, the partnership between AFD, the CNOSS and INSEP, which aims to restructure the sports sector in the run-up to the Dakar 2026 YOG, has three dimensions:

- > expertise,
- > education,
- > training

It is within the framework of this last aspect that Vincent Le Croller, FPC project manager for training and performance at INSEP, Valérie Audet, high level and high performance advisor at the CREPS of Font-Romeu and Mounir Barbouchi, former DTN of the Royal Moroccan Boxing Federation, were mobilised.

This training session on the theme of detection welcomed around thirty managers and coaches from the federations of the sports disciplines on the YOG programme. The aim was to help them develop their performance model according to their discipline. To do this, the trainers mixed a theoretical approach with a practical approach and demonstrated physical exercises. This training course is the first of many: the CNOSS wishes to continue the training courses, in particular so that a large number of Senegalese managers and coaches benefit from it.

The multi-year agreement also includes other training courses organised by INSEP which will take place once a year until

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