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RÉSEAUX, RÉSEAU GRAND INSEP

2nd "Assises du réseau Grand INSEP"

On May 17th and 18th, 2022, the 2nd "Assises du Réseau GRAND INSEP" (RGI) was held in the presence of 250 experts from the sports and institutional world (ANS, CNOSF, CPSF, Paris City Hall, Ministry of Sports, Paris 2024, etc.).

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The aim of this meeting was to take stock of the RGI's actions and achievements since 2017, made possible by the dynamics of mutualisation and collaboration between the thirty centres in metropolitan and overseas territories.

The aim was also to identify the major actions to be carried out with a view in a permanent perspective of performance optimisation. The two days were structured around presentations by experts, feedback and round tables involving athletes (Tiffany Huot-Marchand, Maxime Thomas, Méline Robert-Michon, Sara Balzer), coaches (Hugues Obry, Christophe Guénot), institutional players and resource persons in the various fields of performance optimisation.

During the first day, the structure of the Grand INSEP network, its organisation at the service of high performance, the construction of the different thematic networks, and the multiple productions intended for high performance athletes and their managers were presented. Several working groups were formed during the second day, devoted to a reflection on the major actions to be carried out to respond to the problems identified by the various players in the field, with a constant concern for optimising performance.

The Grand INSEP network thus demonstrated that it was working on a daily basis to prepare for the Olympic and Paralympic Games in Paris 2024, Milan Cortina 2026 and Los Angeles 2028. All of this is part of a collaborative dynamic based on a common foundation and four pillars (training well, living well, training well, caring well) around which its actions are built.

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