



Coach Clinic
Istanbul / December 2009

INTRODUCTION

What type of organisation for the French Federation and for the national team?

The goal is to create the conditions to reach excellence at olympic level on a long term basis



From Jean BOITEUX to Laure MANAUDOU: 52 years



From Laure MANAUDOU to Alain BERNARD: 4 years



From Alain BERNARD to XXX:

????



I will be judged on my results



Organisation of Federation



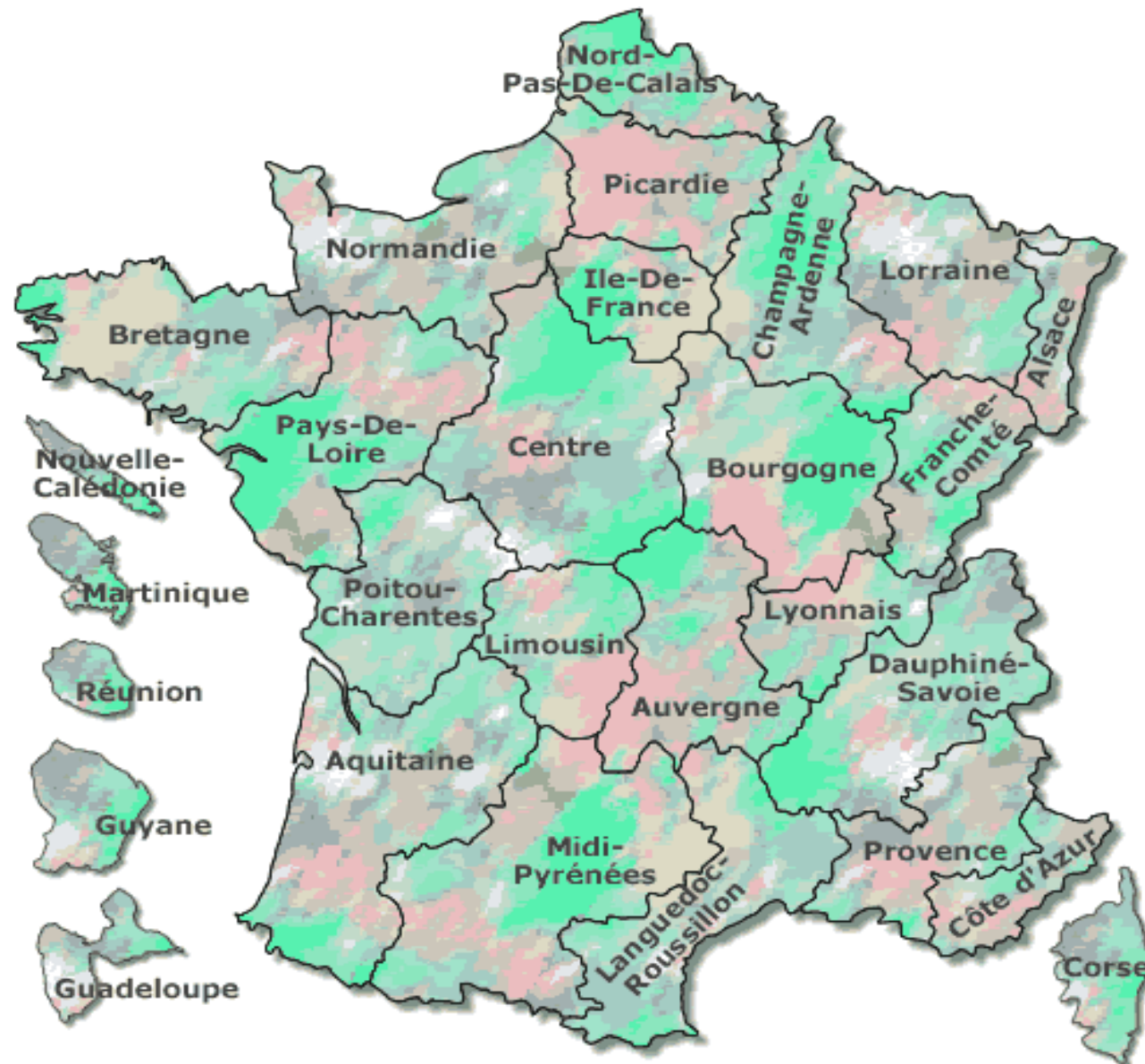
LA FEDERATION FRANCAISE DE NATATION

An organization structured around 4 pillars:

- ❖ Moral authorities
- ❖ Operational people
- ❖ Multiple practices
- ❖ A dedicated structure for high level management



Local authorities



Federation



5 olympic disciplines

High level

2 sectors of activity

Development

28 regional comities

108 local comities

1274 clubs

ORGANISATION



Number of clubs: 1274



Swimming	1242
Synchronized Swimming	287
Diving	30
Water Polo	218
Open Water	219

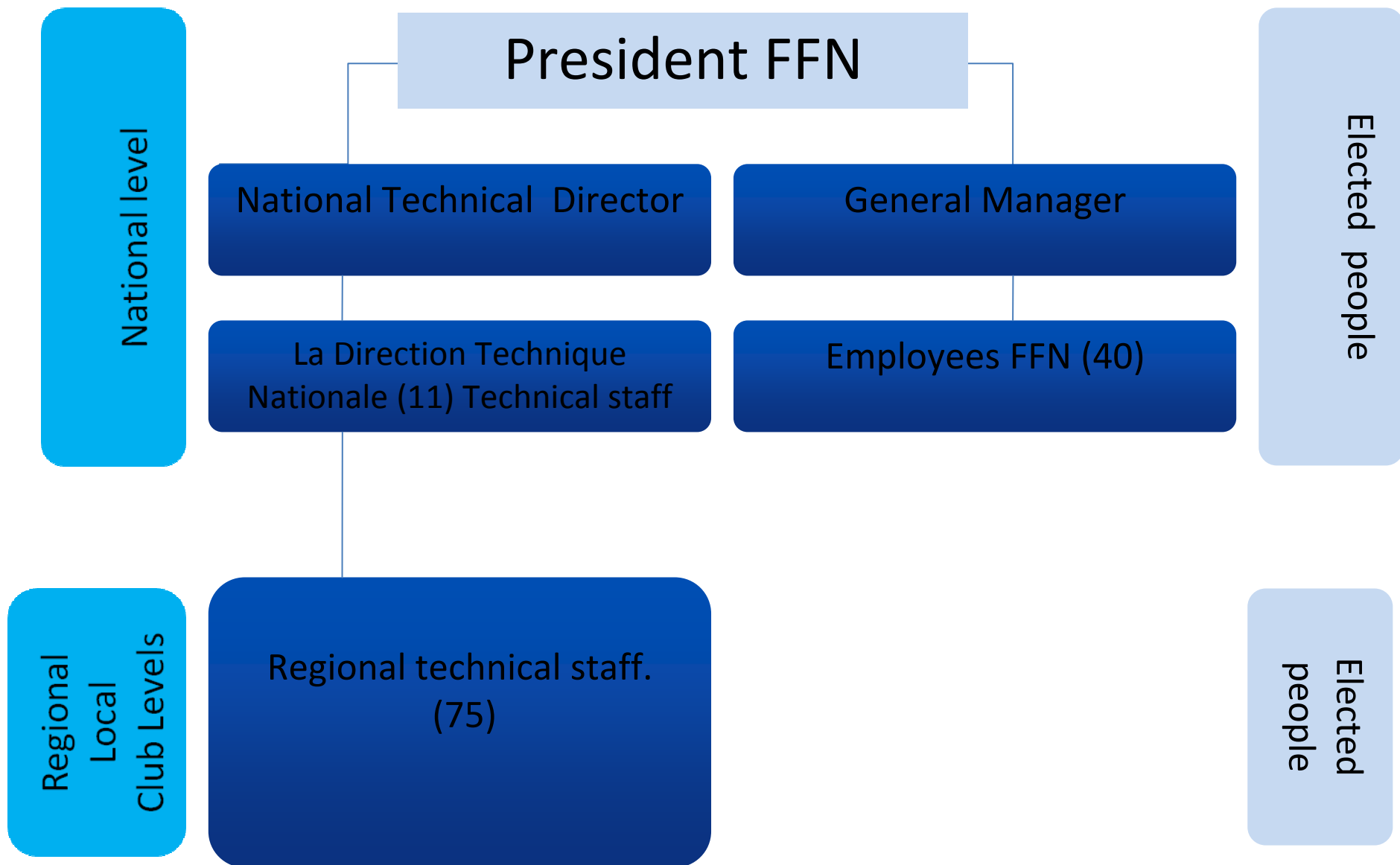


Operational people



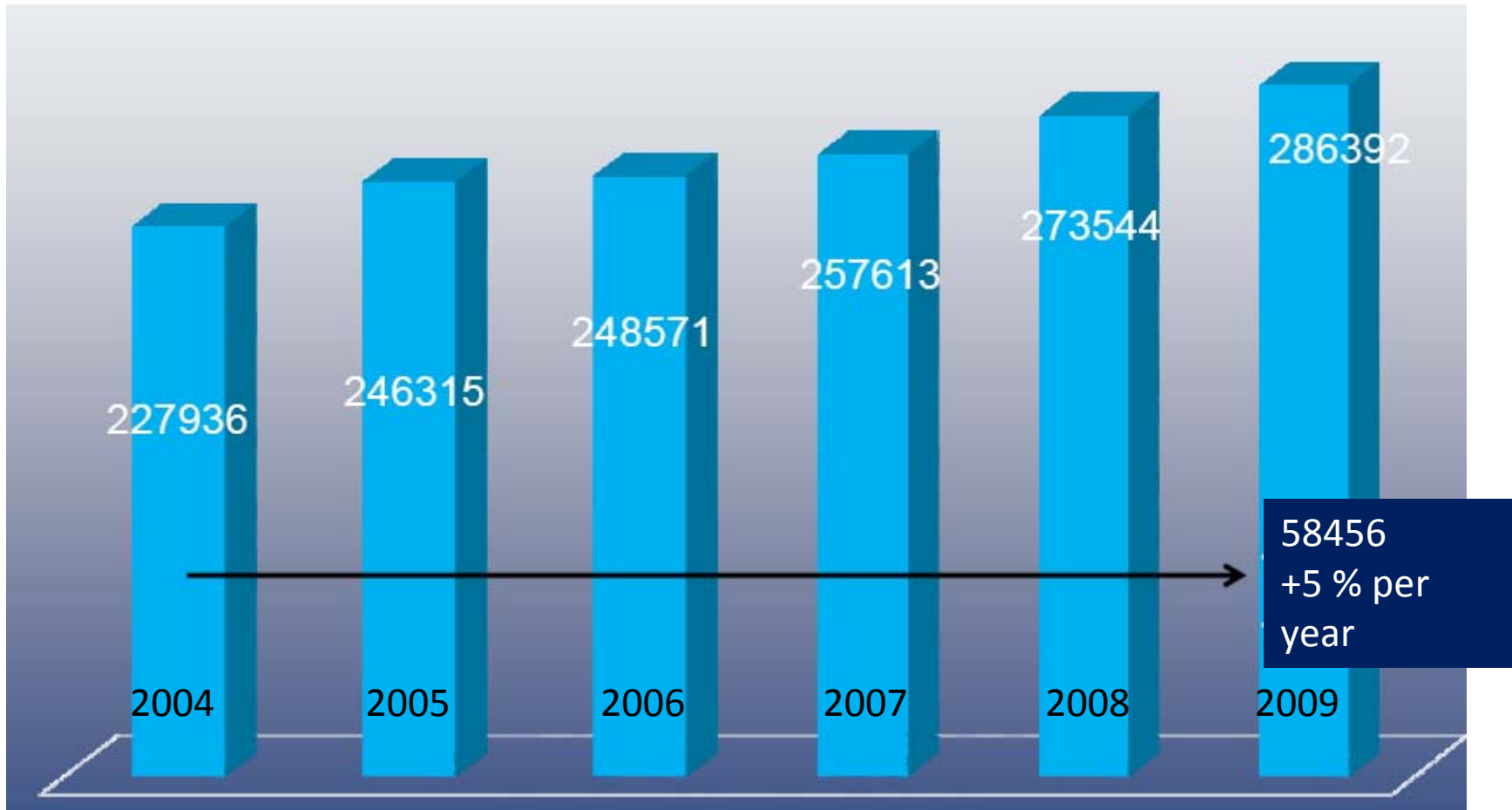
Elected people	The same type of organization at national regional local and club levels
Cadres technique "Technical staff" civil servants employed by the state	87 working at national, regional, local level
Coaches	Employed by clubs
Licencees	286392 in 2009
Practices	Competitions, teaching, leisure activity

FFN Structure





Evolution of the number of licencees

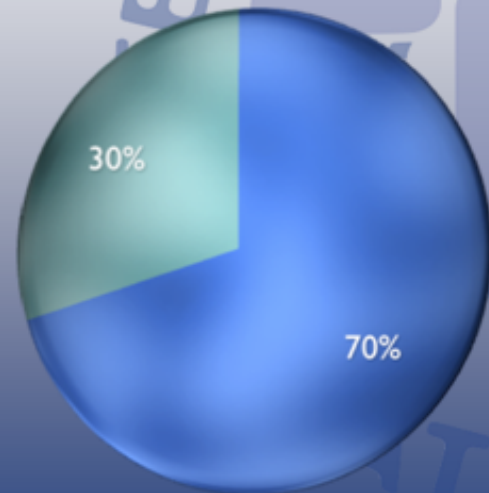




Structure of the number of licencees



0-3 years	4-6 years	7-9 years	10-11 years	12-13 years	14-15 years	16-17 years	18-20 years	21-24 years	25 and more
2123	11017	47953	41943	31710	23227	15400	11410	7073	81698



● less of 25 years
● more of 25 years

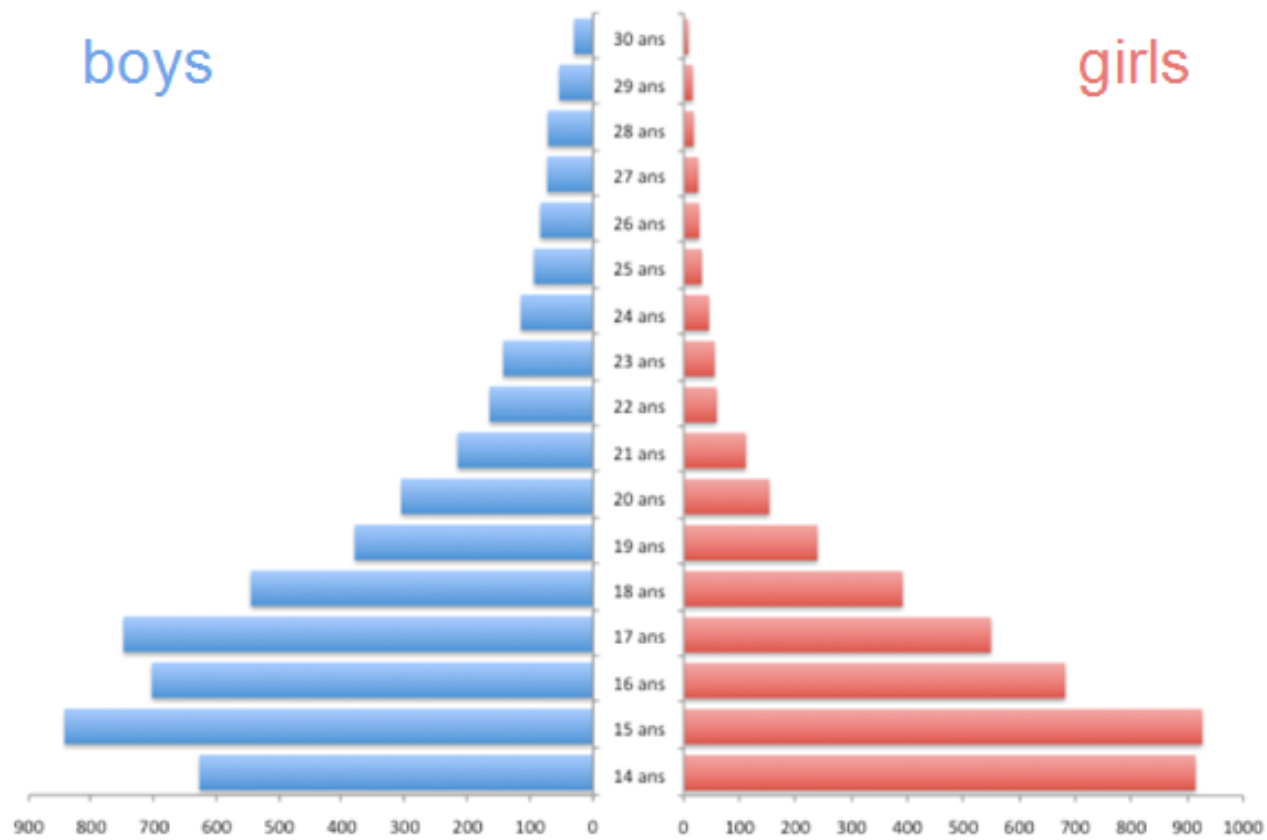
Varied practices to detect and fidelise

Sensibilisation	Fidelise	from 0 to 6 year
Learning phase		L'Ecole de la Natation Française
Sport leisure		Access for all to Performance
Qualification		Les diplômes fédéraux
Competition		access from competition level to high level





Swimming competitors in 2009





2

Path to excellence





Training to Compete Stage



Training to Win Stage



Access to top level

Male: 16 years old and over
Female: 15 years old and over



Top level

Male: 19 years old and over
Female: 18 years old and over



An organisation dedicated to top level

1. Introduction
2. A long term strategy
3. Results since 2000
 - 3.1. évolution
4. Competition programmes organisation
5. Research, developemnt,and assessment
6. Path to Excellence: national training centers
7. International group, top level sports people
8. Action plan, selection critiria: a 18 months organisation
9. Conclusion: a human sized organisation dedicated to athletes and coaches



5 olympic disciplines to manage

SYNCHRO: ARTISTIC SPORT

OPEN WATER: PERFORMANCE IN A NATURAL ENVIRONMENT

WATER- POLO: A COLLECTIVE SPORT

DIVING: AN ACROBATIC SPORT

SWIMMING: A FACE TO FACE SPORT

5 different cultures

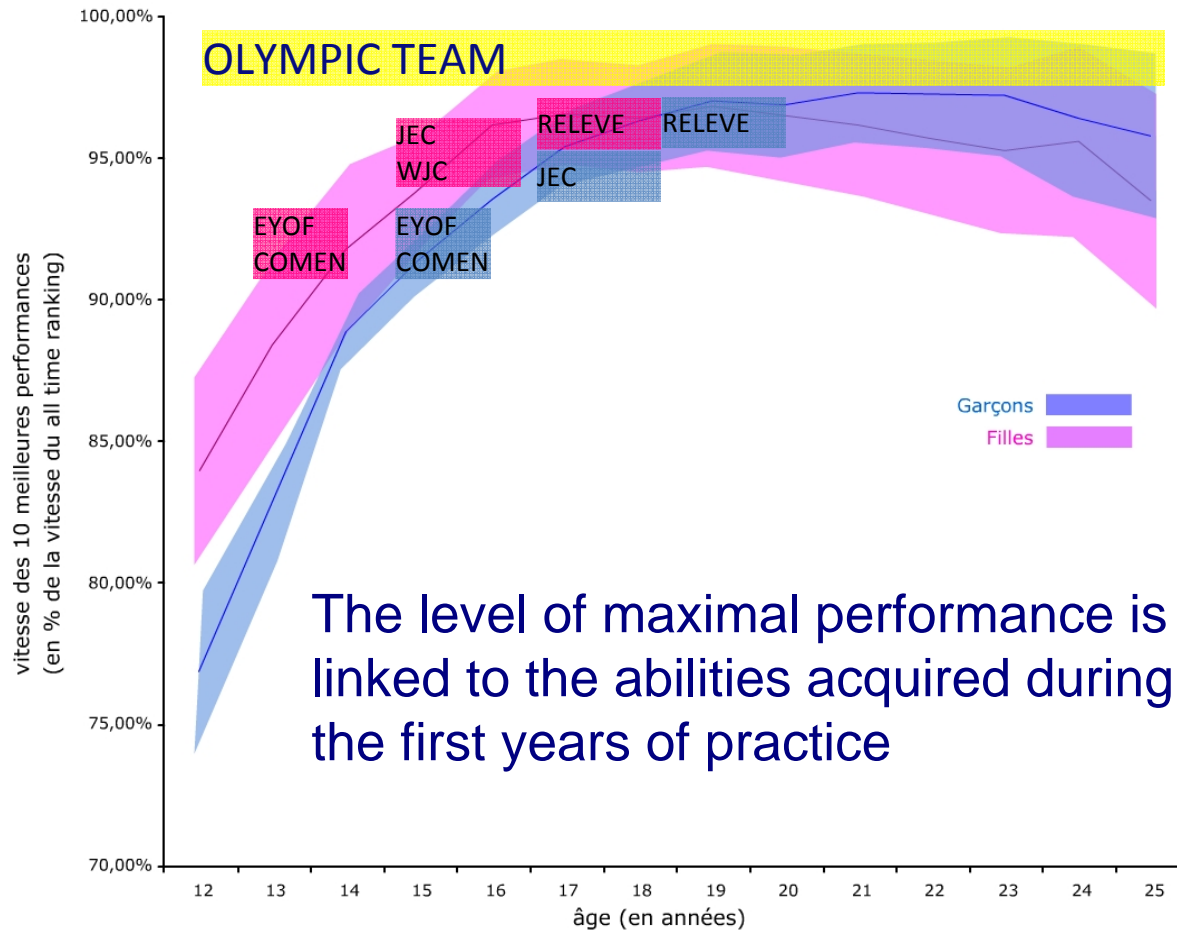


One goal: the olympic games





A long term strategy



The level of maximal performance is linked to the abilities acquired during the first years of practice

10 years, 10 000 hours of training and a scholar success



French swimming results

A WHOLE DYNAMIC TOWARDS EXCELLENCE

- 1. To go from a participation culture to a medal culture.**
- 2. Trails scheduled according to international competition conditions.**
- 3. Creation of a department dedicated to sustaining performance and to assessment.**
- 4. An active strategy of support to young athletes with strong potential**



Results Assessment

COMPETITION	2000	2001	2002	2003	2004	2005	2006	2007	2008	2008
OC	1 (0/1/0) 1 nageuse				6 (1/ 2/ 3) <u>6ème</u>				6 (1/ 2/ 3) 1 relais et 3 nageurs <u>7ème</u>	
WC		0		2 (0/0/2) 1 nageurs et un relais 12ème		4(2/1/1) 4 nageurs <u>7ème</u>		6 (2/2/2) 2 relais Et 1 nageuse <u>5ème</u>		6(0/3/3) 1 Relay 4 swimmers 7th
EC	4 (0/0/4) 2 nageurs et 2 relais <u>9ème</u>		6 (1/2/3) 5 nageurs et 1 relais <u>9ème</u>		15(5/7/3) 6 relais et 6 nageurs <u>2ème</u>		15(5/27) 4 relais et 6 nageurs <u>2ème</u>		12(5/4/3) 1 relais et 7 nageurs <u>4ème</u>	



Three periods in the year



CLUB LIFE

QUALIFICATION

TARGETED MEETS

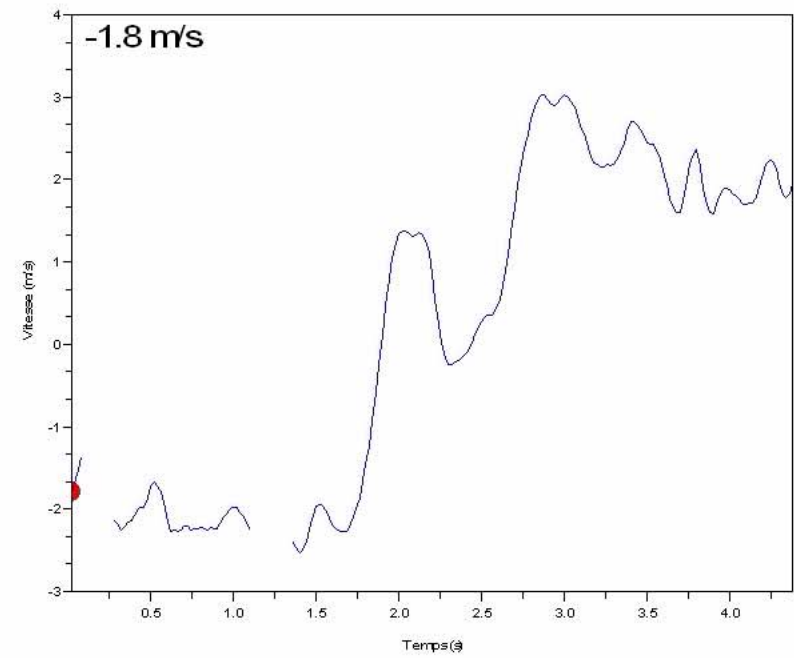
CLUB LIFE : period of regional animation reserved to local organizations, in short or long course pool and to national and international short course competitions.

PERIOD OF QUALIFICATION : period dedicated to the preparation and qualification for national championships.

PERIOD OF FINALITY : period dedicated to national championships and to international long course meets.



Alain Bernard
Vitesse horizontale de la tête au cours d'un virage





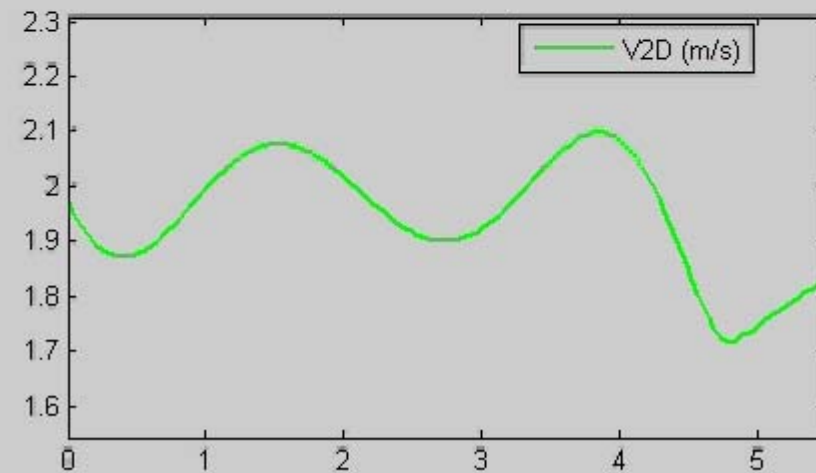
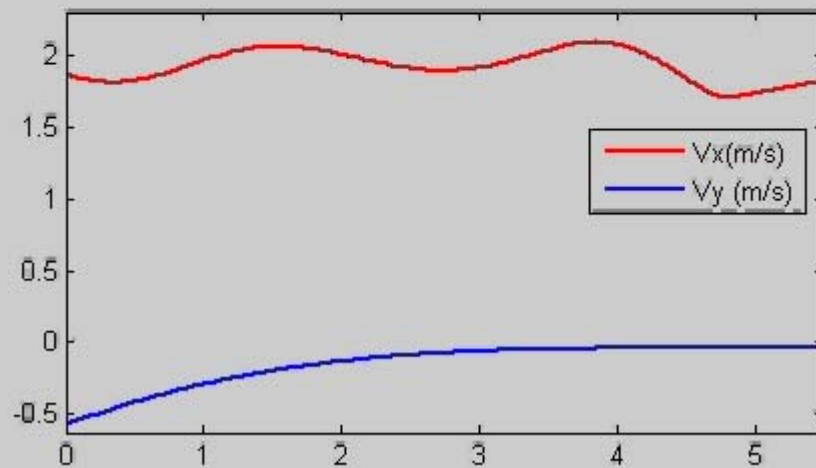
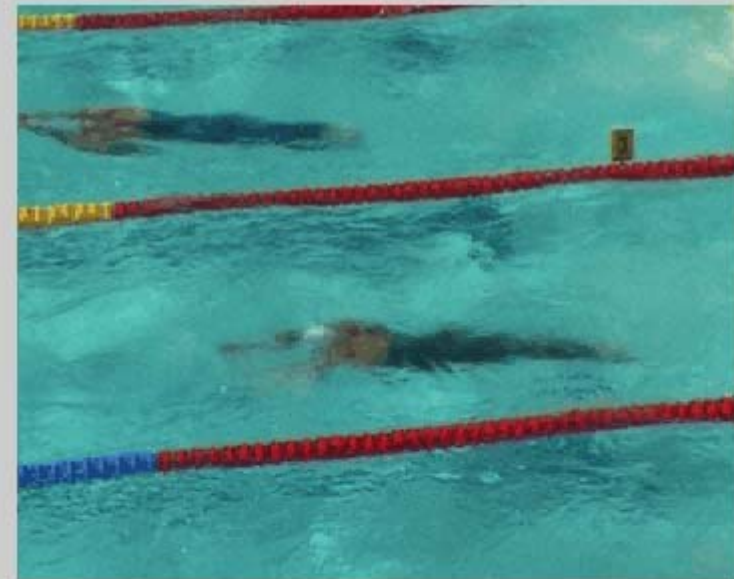
Nystrand
Stefan

100 Mètres Nage Libre
Performance: 47,91s

Open de Paris 2007: Final

Position : 3.87 m

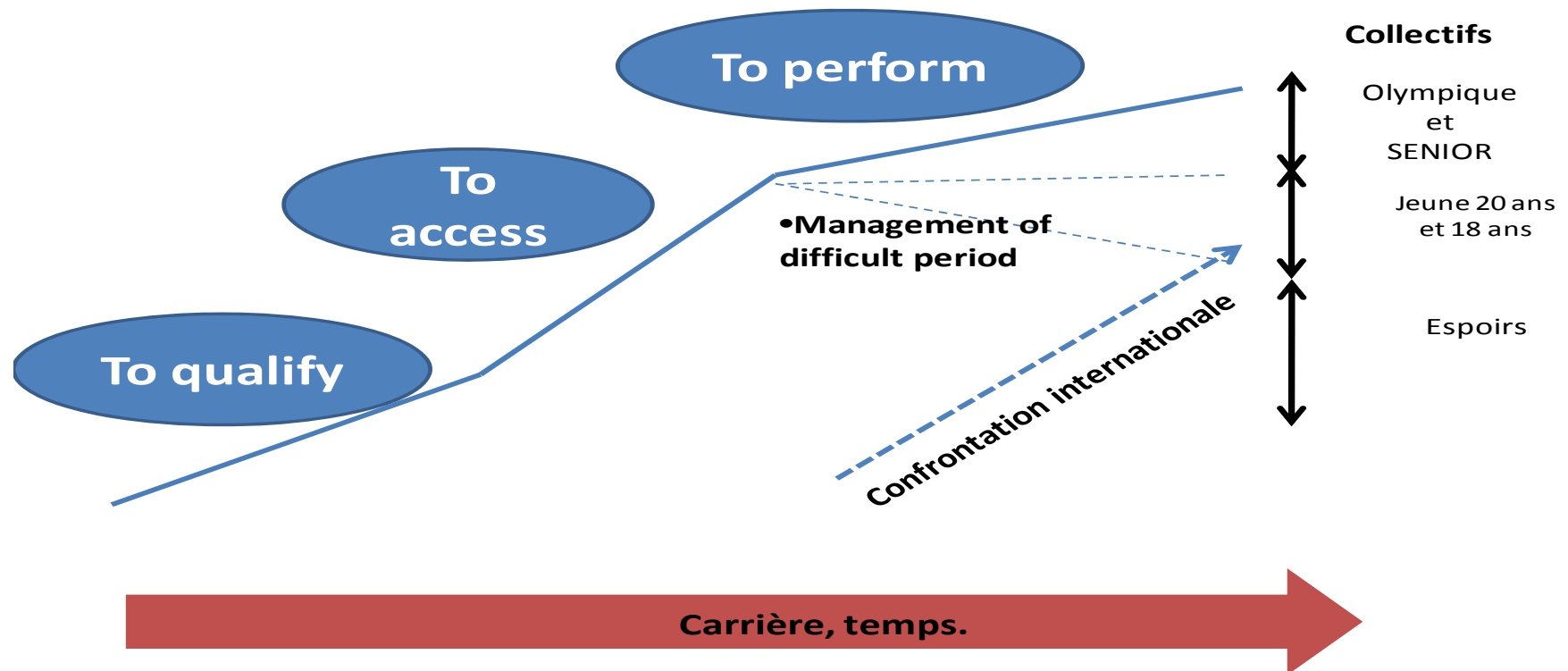
Vitesse : 1.97 m/s





Three periods in the year

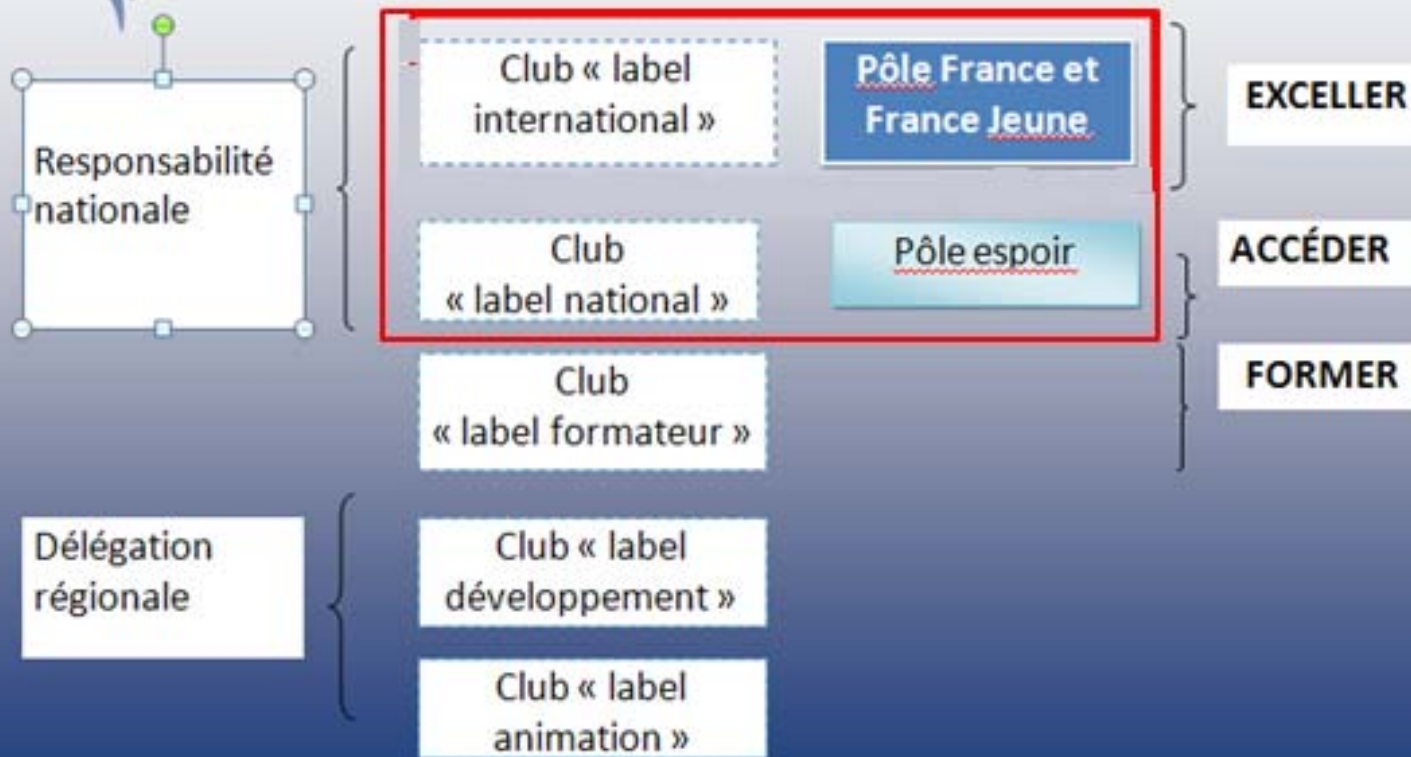
Le rôle de la DTN.
Inscrire le projet dans le temps





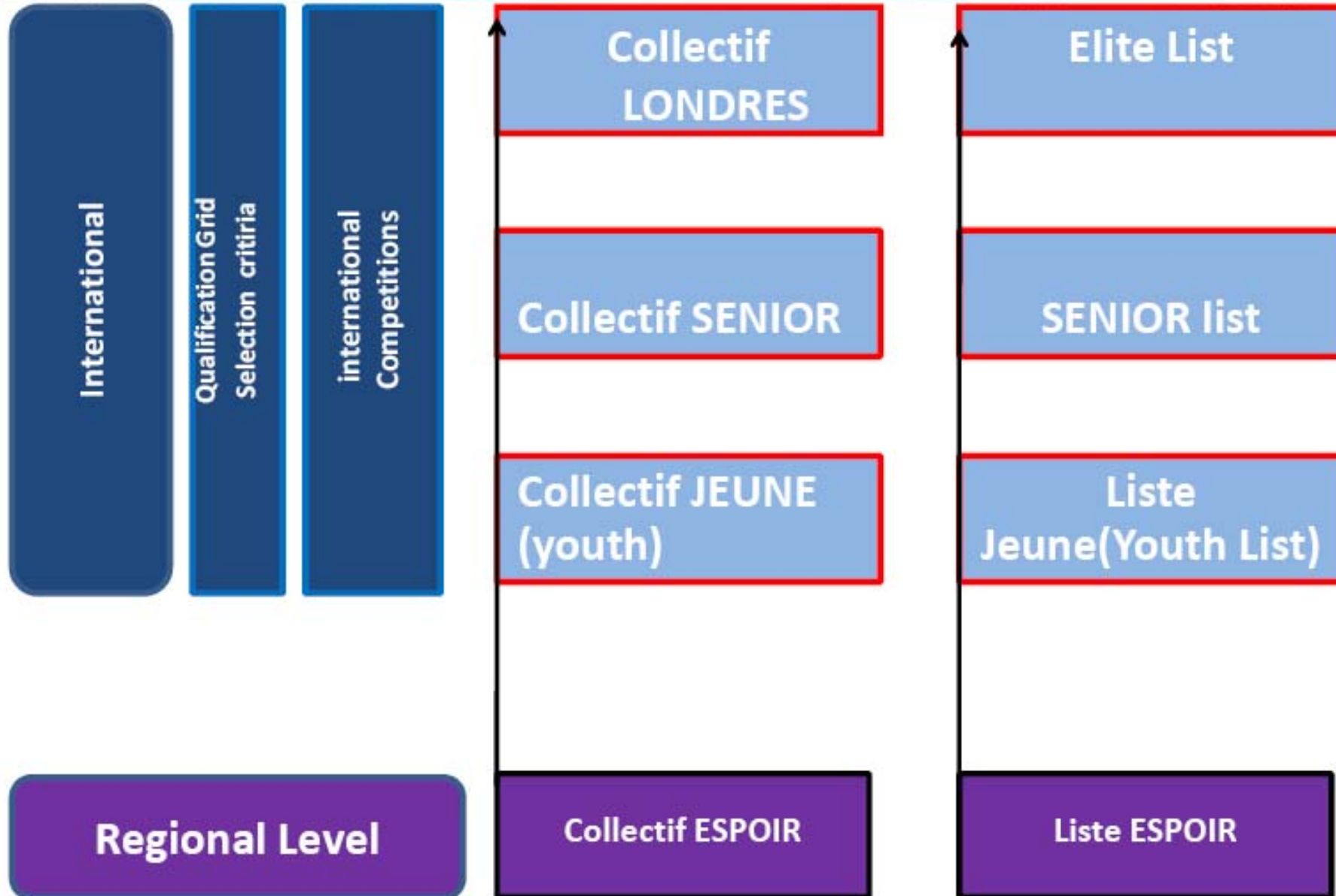
(5) LES STRUCTURES DE L'EXCELLENCE

Le Parcours de l'Excellence Sportive



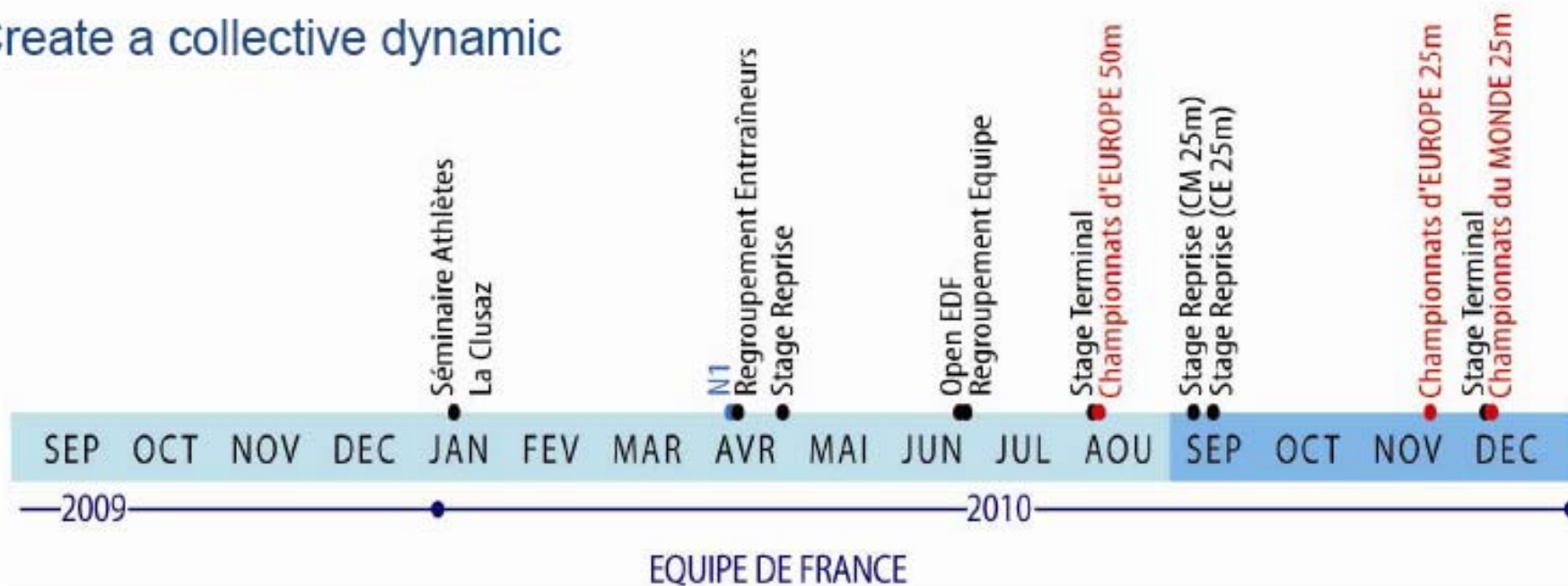


Access to International Selection, Top level lists



Action plan of the French national team

- An organisation over 18 months
- Integrate junior with high potential
- Additional actions added to those already implemented in training structures (assessment, information, thematic)
- Create a collective dynamic



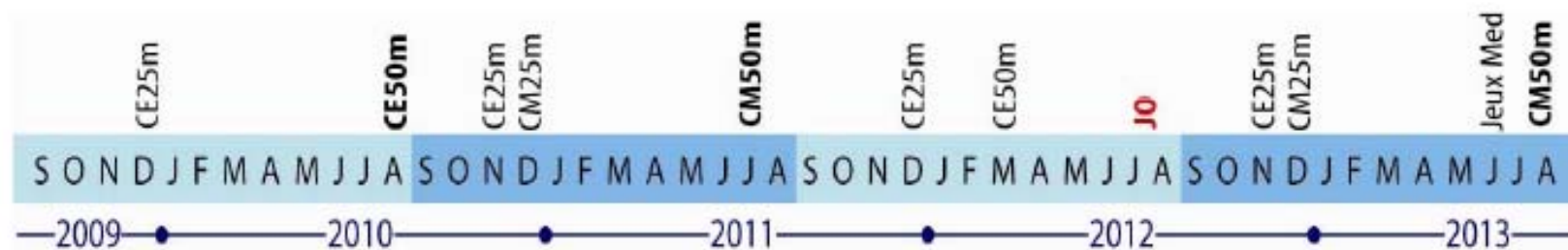


Compétitions



A STRATEGY

- Only one reality, the high level one
- to get as close as possible from 2010 of the results required for 2012
- A new context for 2010
- To implement new standards in terms of chronometric performances (séries and finals) and then focus on duel and opposition



- To be in the top 4 in the finals
- To realise during the series the performance that corresponds to the « promotional collectif » grid
- To realise during the semies the performance that corresponds to the « collectif Europe » grid
- Only the first four are qualified





Conclusion

NATIONAL TECHNICAL DIRECTOR



High level Department



An institutional organisation dedicated to high level performance

College des entraineurs (Coach think tank)



Technical and human Skills dedicated to high level performance



**Merci de votre attention
Bonne olympiade
And....
Questions?**

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