



**SPORTS
EXCELLENCE**

**SPORTS EXCELLENCE
PROGRAM**

DESIGNED BY:



Αναγέννηση
& Πρόσδος
ΕΠΙΧΕΙΡΗΣΙΑΚΟ ΠΡΟΓΡΑΜΜΑ

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WHO ARE WE?

Regeneration & Progress (A&P)

Regeneration & Progress is a Nonprofit Organization, established with the aim of contributing in various activities in the areas of Health, Sports and Education, through direct grants from the Stavros Niarchos Foundation.

Year of Establishment: 2008

In the field of sports, **Sports Excellence** has a distinct position.

Sports Excellence aim to support the long term development of young athletes. It is implemented by Regeneration & Progress, under the scientific supervision of the 1st Orthopedic Clinic of the University of Athens. It is within the main scope of the program to create an efficient environment for the holistic development of Hellenic youth and elite talented athletes.

Funding: With an exclusive donation from the Stavros Niarchos Foundation (SNF)



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Affiliations:

Member of the Association of Sport Performance Center (ASPC)
(AIS) Australia's Strategic High Performance Sport Agency
Rutgers University, New Jersey, Robert Wood Johnson Medical School
Hellenic Olympic Committee (HOC)
Hellenic Swimming Federation (KOE)
Hellenic Rowing Federation (ΕΚΟΦΝΣ)
Hellenic Fencing Federation (ΕΟΞ)
Hellenic Table Tennis Federation (Ε.Φ.Ο.Επ.Α)

STRATEGIC DEVELOPMENT

Vision

To inspire the Hellenic youth, leading them to integrate sports as part of their healthy physical and mental development.

To contribute to the instrumental change of the sports development model in Greece.

To become an advanced provider in the field of medical and sport science services for elite athletes.

To create a world leading system for athletes scientific support

Mission

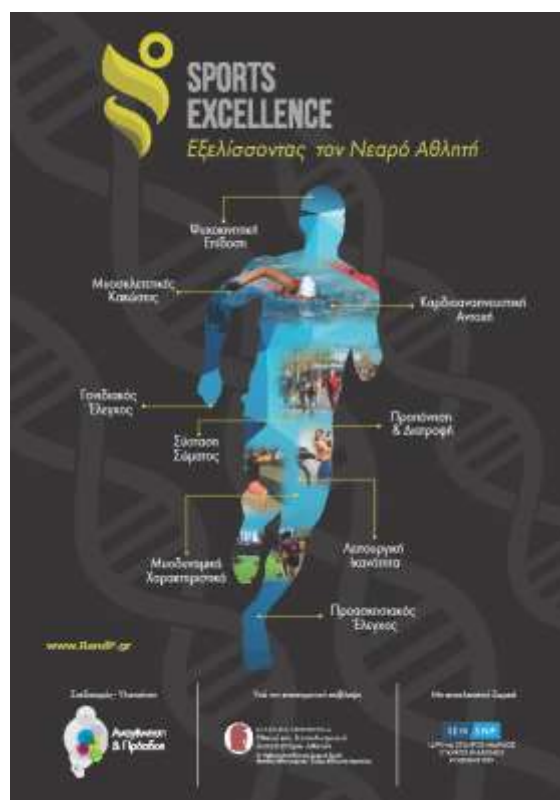
Our mission, to which we are fully committed, is:

To improve the environment of the Healthy Holistic Development of the Hellenic Youth and Elite Athletes.

The long-term development of young athletes that will lead them to Sports Excellence at international level.

Shielding the athletic holistic development environment of athletes through close monitoring of them by scientific specialist in the fields of Sports Medicine and Sports Science.

Active participation as members of the International Scientific Community, in shaping developments in the development of young people's sporting excellence context.



Goals

“Sports Excellence” aims to unify institutions, organizations and administration, under the umbrella of Athens University Medical School and other national and international institutions, in order to provide reliable results with sustainability and consistency. At the same time it aims to perform as a model educational and research center, by developing strategic partnerships with global leading institutions and organizations, elaborating beyond existing knowledge.

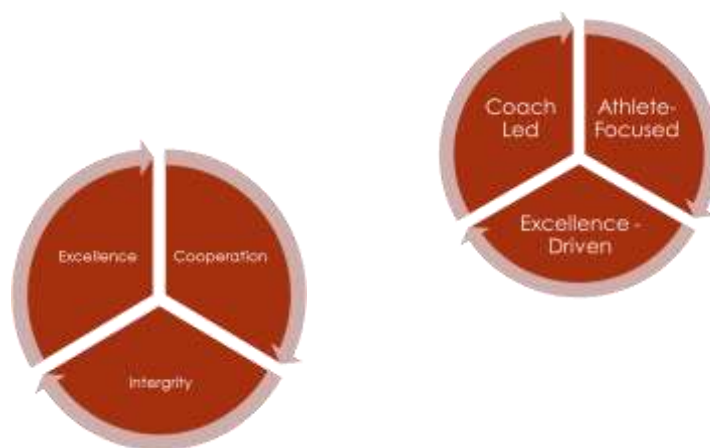
Our Philosophy

Holistic Long Term Athletes Development that will lead young athletes to achieve their sports goals, developing their full potential alongside their academic studies, under their coach guidance and under our scientific supervision.

- Excellence Driven by Long Term & Holistic Athletes development
- Coach Led
- Athlete-Focused

Our Values

- Excellence
- Cooperation
- Integrity



STRATEGIC PRIORITIES

International Collaborations: The development of International cooperation's and the participation in world leading carriers in the field of Sports Excellence and the environment of sport medicine and sport science, support to young athletes.

Strategic Partnerships with scientific, educational and sports organizations in Greece, for the benefit of young athletes and their support environment.

Multilevel Innovative Educational Programs will contribute to the coaches' professional development along with the improvement of the developing environment of young athletes. We emphasize a lot in the introduction of innovative educational models, which support the developmental needs of young people.

Research: Conducting basic and applied research as well as the exchange of scientific knowledge with other academic or research institutions in Greece or abroad with the aim of publishing the scientific findings, establishing the research and social character of the Center internationally.

Inspiration: Our Sports Excellence programs to become an inspiration for young people to increase the percentage of young people involved in sport and at the same time help reduce the proportion of young people leaving early.

Create and maintain a **Long Term Athletes Development Model (LTAD)**, tailored to the needs and peculiarities of Greek society.

Sport and Academic Orientation of Hellenic Youth: Each young person chooses the sporting activity that will be the best environment for athletic and personal development and through it develops new skills useful for his academic and personal life. Support the creation of a **dual career** so that young athletes could be developed academically along with sports.

Sports for All: Our interventions will consist in substantially strengthening the framework for safe and healthy engagement in sport aiming to improve the health and well-being of the general public.

Safeguard Health Context in Sports Activities: Interventions to shield young athletes in health issues.



STRATEGIC DEVELOPMENT PILARS

Our strategic development is based in 6 fundamental pillars:

People

Attracting, developing and retaining individuals capable of providing sustained top support and contribute to the professional development of coaches and enhance the athletes' development environment.

Culture

Promoting a developmental culture through people, resources and facilities.

Planning and Monitoring

Needs Analysis, Planning and Monitoring in order to achieve long-term development of athletes.

Holistic Development

Methods and practices based on ability and knowledge lead to sports excellence.

Innovation

Develop and implement the world's leading innovations, acting proactively.

Knowledge

Acquiring and preserving knowledge and experience, studying global research and practices while developing a culture of proper knowledge management.



TECNICAL & MATERIAL INFRASTRUCTURE

Ergometric center-evaluation, training, rehabilitation

Fully equipped technological ergometric center «Sports Excellence Centre» based in the Research and Educational center «Soukakos», at Attikon General University Hospital.



Performance appraisal services are provided with advanced scientific equipment and portable tools to measure strength (**Biodex, Optojump**) and aerobic capacity (**Cosmed K5, Concept II, treadmill Woodway, Velotron Bike**), counseling to coaches with the creation of training zones and determination of force and speed loads as well as training facilities in laboratory 3D isokinetic machines (**Motion 1080, Quantum**) with emphasis on long-term developmental training planning.

Mobile Sports and Medicine Unit



- Ergometric assessments in the field of exercise
- Program of sports activities in remote areas of Greece

SPORTS EXCELLENCE SERVICES

- Physiological, Psychological, Biomechanical Assessments
- Design of personalized profile and needs of athletes
- Educational programs for athletes, coaches, parents, sports administrators
- Scientific support of the athletes, teams and coaches participating in the program
- Sports Medicine Support

Medical Services

Orthopaedic
Cardiological
Gynecological
Psychological
Biochemical



Sports Science Services



Physiological Assessments in the field
Physiological Assessments at the Gym
(Strength & Power)
Physiological Assessments at the lab
Psychological assessments
(Workshops & Individual Meeting)
Nutritional Guidelines



SPORTS EXCELLENCE HUMAN RESOURCES

The Center of Sports Excellence wishes to offer the optimal athletic development environment for athletes through the utilization of specialized human and scientific staff from various specialties in Greece.



SPORTS EXCELLENCE IN A GLANCE

- Promoting an athletic ideal for the healthy development of our young people.
- Establishing a developmental philosophy based on excellence, cooperation and integrity
- Lifelong learning through innovative teaching methods and programs
- Research Development
- Creation of a main body of sports medicine support
- Enhance the environment of healthy, holistic development for the hellenic youth
- Long Term Holistic Development of Young Athletes
- Implementation of advanced methods of knowledge and experience management

Sports Excellence is implemented due to:

The exclusive donation from the Stavros Niarchos Foundation (SNF)

