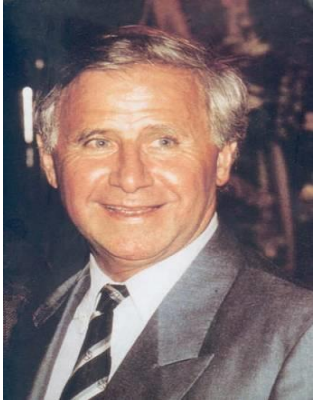


MICHEL HIDALGO

INTERNATIONAL FOOTBALL ACADEMY



Dear football players and dear parents,

Welcome to the “Michel Hidalgo International Football Academy”

Our year-long programme is a complete package of professional football training, language study and immersion in France. It is designed to ensure that participants have “the French language & culture football experience of a lifetime and can live up their passion!”

We have set up the “Michel Hidalgo International Football Academy” after the pattern of the “centres de pré-formation” that have now been experimented for 40 years by the French Football Federation and have led to the fantastic results obtained by France in recent world competitions. It is called l’Excellence à la Française!

I have always believed that living, studying and training in a foreign country is an invaluable experience that a player will never forget. The benefits of such an experience will be embedded positively into your child for the rest of his life. Our staff, well aware of the challenges that our Academy presents to our players, are fully committed to their overall education through our programme. Playing football and studying in France represent an enormous challenge. From the participant it demands courage, effort and character to succeed. For our staff who is responsible for the player’s progress and well-being, it demands professional guidance, mentorship and expertise in order to provide the professional service required.

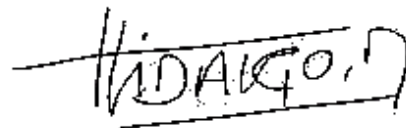
Belonging to our Academy is a unique chance to share the daily life of future great football players, start ever-lasting relationships with other nationality players from all over the world, improve your football technics and play under the instruction of our selected football coaches. It is a great achievement to level up your talent in a high-level environment and get to know where your limits are.

With this in mind, it is very important that the player and his parents’ expectations match exactly that which we are capable and confident of offering. That is why we have prepared this Player/Parent Manual. Please read it very carefully as it will help you to better understand the France year-long football academy organisation and to have a more realistic idea of the scope of the programme, its challenges and benefits.

We hope that your son will join our International Football Academy in France for the season to come. And we want the experience to be an unforgettable moment in his life.

Yours sincerely,

Michel HIDALGO



The International Football Academy has based its training on the technical and tactical views of Michel Hidalgo. When he was the coach of Michel Platini, Jean Tigana, Alain Giresse, in the first great period of French football, he won the European championships in 1984. Michel Hidalgo was the president of Sport International Organisation, a non-profit association designed to host foreign players in France and train them to give them a chance to become professional players and realize their goal in life.

Michel Hidalgo died on 26 March 2020 at the age of 87.

The “Michel HIDALGO International Football Academy” is the property of “Sport International Organisation”.

INTRODUCTION TO THE YEAR-LONG PROGRAMME

What is the “Michel Hidalgo International Football Academy”?

Our philosophy is that exposure to professional football training abroad in the context of a foreign language and culture, accelerates the personal growth and maturity in young people. The academy provides a unique experience: a complete package of football training, education and language class that have a lasting and positive influence on the young player and develops his sense of responsibility.

The academy is committed to delivering the highest level of education and football instruction, in secure, safe, and nurturing environments.

Our ambition is to provide our academicians with higher instruction in football, and solid principles and values. Our motivation is that every player can realize his dream. This is why we work with a personal approach through **measure-made programmes for each player**. The Academy will never be a factory with pre-made automatized patterns for all.

The year-long programme aims at allowing all participants:

- a) - Football: to acquire a technical, tactical, physical and mental ability to compete at national and international level
- b) - Education: to follow a normal school curriculum through an e-learning method, and French classes to acquire a good practice of French and guarantee professional perspectives for the future
- c) - Experience: to experiment life in a French environment, with a new football team, and therefore acquire a capacity of adaptation in any situation.

The programme is designed for serious young football players, **both boys and girls from 14 to 20 years old**, who desire to develop their football abilities over an extended period of time (nine to ten months) under the guidance of our professional technical coaching staff.

Our year-long football programme is an excellent way for young players to distinguish themselves as football players. There are very few players around the world who have spent an entire year abroad in Europe or in France in a technical football training and French language immersion environment. If French is not their current language when they arrive at the Academy, they will keep studying their school programme in their mother tongue.

Our next year-long programme will **start on 17 August 2024 and finish on 25 May 2025**.

A shorter programme is also proposed, **from 7 September 2024 to 19 April 2025**.

A 2nd semester programme is offered to south hemisphere players, **from 6 January 2024 to 25 May 2024**.

All school lectures, coaching sessions, and social activities are conducted in French, though the communicative language may still be both English and French.

What all our players have in common is that they are committed to improving their technical football level, general knowledge of the game and overall experience as players. In a nutshell, **to enjoy their passion daily**.

The challenge for our students is to strive to be the best that they can be:

- By conquering a higher level of ability as football players and athletes (Intra-personal confidence)
- By immersing in and developing a new language - French (expanding intra-social confidence and communication skills)
- By believing in their capability to be where they want to be through commitment and hard work (character formation)

As expert educators, we believe and value education as the key to successful personal development. It is important to realize that all participants in this programme must agree to:

- 1. Study hard**
- 2. Train hard**
- 3. Give their best at all times**

Our year-long programme has been specifically designed for players who are highly committed to excellence.

1 – THE FOOTBALL PROGRAMME

I OUR PRINCIPLES AND VALUES

Football in the 21st century is more competitive than ever. Individuals from all over the world are stronger, and better trained than they were in the past. To continue to meet these competitive demands requires an integrated approach with attention to four areas of performance: technical, tactical, physical, and mental. These four areas serve as the foundation for personal achievement. Neglecting any of these denies the player the opportunity for maximum development.

The goal of our Academy programme is to work with the players on every aspect of their learning and training to ensure they develop the physical, technical, tactical and mental foundation required for better performance. This is accomplished through coaching and training in advanced strength and conditioning techniques, uniquely integrated with mental, nutritional and sports medical principles. Programming is provided in either an individual or small group format.

The instigator of the “International Football Academy” is Michel Hidalgo. The objectives that he has defined with the coaches and instructors are to optimise the essential aptitudes of the player for high level practice in all aspects: athletic (from teenage capacities to junior abilities), technical performances (from fundamentals to specialization), tactical understanding (from individual skills to team game), competing (from mental resources to the culture of competition).

II THE FOOTBALL ORGANISATION

The next programme will start on 17 August 2024 and ends on 25 May 2025.

The participants are free for the Christmas holidays and New Year, from 16 December 2023 to 6 January 2024. We advise they should return home and spend the 2-3 weeks with their families. For students proceeding from the south hemisphere, we propose a programme adapted to their school agenda: from 6 January to 25 May 2024.

A TYPICAL WEEK

MICHEL HIDALGO FOOTBALL ACADEMY FRANCE								ACADEMY PLANNING – 2023/2024 SEASON						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
7 to 8	BREAKFAST													
8 to 9.30	GYM OUTDOOR													MATCH AT HOME OR AWAY
9.30 to 12	ON-LINE SCHOOL	ACADEMY TRAINING	GYM TRAINING	ACADEMY TRAINING	PERSONAL INTERVIEWS / VIDEO ANALYSIS	ACADEMY TRAINING								
12 to 2	LUNCH / REST													
2.15 to 4.45	FRENCH CLASS ENGLISH CLASS	ON-LINE SCHOOL	FRENCH CLASS	ON-LINE SCHOOL	ON-LINE SCHOOL			MATCH AT HOME OR AWAY						MATCH AT HOME OR AWAY
5.30 to 8.30	CLUB TRAININGS (3 to 4 trainings weekly) AND/OR GYM SESSIONS WITH THE ACADEMY													
7 to 8	DINNER													
8 to 10.30	DINNER (after late trainings) / SOCIAL ACTIVITIES on CAMPUS – GAMES AT THE FOYER - ASSIGNMENTS													
														WEEKLY MEETING

TRAINING SESSIONS

The Academy main achievement is to manage to have our participants as integrated members of the local community. Sharing the same sport goals and language does facilitate the player’s socialization process and future career.

This is why all our academicians are registered in a **French club** belonging to the FFF. All our U15, U16, U17, U18, U19, U20 and “seniors” are registered at F.C. Antibes, A.S. Fontonne, E.S.Cannet-Rocheville, FC Mougins, CDJ Antibes, RC Grasse, A.S. Cannes, and even OGC Nice, all well-known clubs in France.



As members of a football club, all players train 3 times a week, 1.30 to 2 hours trainings usually between 5pm and 9pm from Monday to Friday. They are all treated on the same basis and receive the same instructions as all the other players of the club who are also dedicated to becoming professional players. Being selected to play on the weekend will depend on their performance at training. All the fields used by the clubs are high quality fields, either grass or synthetic.

ADDITIONAL TRAININGS

As members of the Academy, all our players receive special care, advice and follow-up from our staff. Two to three times a week, they take part in personalized training sessions based on individual techniques, evaluations and tests. The trainings always focus on specific drills such as control, heading and shooting. Each session is limited to 10 participants at the most. A dialogue with our coaches will aim at responding to certain tactical situations. Our coaches are all involved in the moral and mental follow-up of our academicians.

GYM AND FITNESS

Two to three times a week, the Academy trainer manages physical sessions of planks and cardio training that aim at developing speed, strength, coordination and resistance, all linked with a high degree of concentration. Our trainer will give each player personalized advice and is entitled to check that the programme is followed through and repeated individually. Heavy weight is not advised for any athletes under 15 or 16.

OFFICIAL MATCHES

Matches are usually played on Saturdays for U15, U16 and U17 and on Sundays for U18, U19 and over. This gives the player the opportunity to participate in the French championships (league) at district, regional or national level. It is up to the team coach to decide whether the player is selected to play. For away matches, our players are transported with their team (buses, minibuses, cars...)
Exception: For 17 years old players and below, with passport outside the European Union, the Article 19 from FIFA reserves the right for the French Football Federation to deliver or not a "Match License". There is no restriction for players over the age of 18. For the students who will not obtain a match license, the programme will be exactly the same except that official matches will not be part of the programme.

FRIENDLY MATCHES AND TOURNAMENTS

All players involved in our programme are invited to participate in friendly matches and tournaments either organised by the club or by the Academy coaches. Some periods (pre-season, holiday breaks ...) have a more busy schedule with friendly matches.

III STAFF AND ENVIRONMENT

OUR FOOTBALL STAFF

It is obvious that our coaches are fully qualified as youth coaches and have followed the official training and certification given by the FFF or UEFA. They are entitled of a BE (Brevet d'Etat) 1st and/or 2nd level, or UEFA diploma. Though all of them were former professional players, they were chosen by the Academy according to their human qualities. They may not be bilingual, and teaching football is in French. The participants also receive the intervention of specialized trainers and coaches for some specific workshops: goalkeeper, defence, attack, behaviour on and outside the field, refereeing code and sanctions, coaching career, food and hygiene practices...

REGENERATION TIME AND INJURIES

Resting and regeneration time are key to success. Athletes need to be healthy and in good shape to perform their best in and outside the pitch. It is often recalled that if a player is ill or overtired, or can feel some injury, he should report it to our Academy manager immediately. Nobody should try to train or play when sick or injured. It is much better to rest one or two days than being out for two to three weeks because of an unreported injury or sickness.

MEDICAL FOLLOW-UP

Every time a player is reported absent for training, he is seen by a doctor. The Academy has set up relations with a medical staff located in and around Antibes. A visit to a "generalist" doctor costs 25 euros. Being cared of by a sports specialist doctor usually costs 50 €. Additional exams like xrays, Irm, scanner can be charged up to 200 €. That money can be refunded in the player's country of origin. Besides, Doctor Gaillaud who was appointed "referent doctor" by the FFF during the last European championships in France, gives all our players priority for a visit. He can also propose a check-up on entry, at preferential rate for our academicians.

INSURANCE

We strongly recommend that the parents have taken out an insurance policy for their son before traveling. It is usually made compulsory by French Embassies to deliver a visa. May we advise to contract with our partner "April", an international medical care insurance company that covers the students in any situation during their stay in France, including visits to the doctor, medicine, IRM, X rays. Once in France, the players are insured by the football club after the club has delivered an official license to the player. However, that insurance only covers around 15% of the expenses after all other insurances have paid back their part.

When a player is injured, he is not excluded from the Academy. He can carry on with his school lectures and gym sessions (if he is physically fit) until the end of the programme. Nevertheless, whether for medical reasons or other, the parents and player can decide to interrupt the regular programme and repatriate their child to their country of origin. It has to be made in writing to the Academy. All fees of residence for the remaining period and for transportation will be covered by the family. Parents should have current valid passports in case emergencies might occur and they need to travel immediately.

ENTERTAINMENT

We celebrate all our players birthdays whether inside of Creps or in town in a restaurant in Antibes. Other types of entertainment are also organised by our Academy manager such as watching football matches at the foyer, soirées crêpes, music karaoke, card games, team competitions on the beach ...Excursions are also proposed during the off week : Cannes Croisette, Nice promenade, Monaco-Monte Carlo ... The French Riviera is known for sheltering 3 League1 major clubs: OGC Nice (25 km), AS Monaco (50 km) and OM Marseille (150 km). Every term, the manager invites the players to attend first league matches at Nice, Monaco or Marseille stadiums.

IV PERSPECTIVES

EVALUATION

The Academy major objective is to lift up the players level. We have had great outcome with players being so successful as to join OGC Nice training centre, AS Monaco youth teams or RC Grasse first team (National 2).

Our supervisor Christian Lopez, former captain of the French national team, keeps a close eye on all our talented players and assesses their progress. Regular conversations between the manager and the technical staff take place in order to always guide the players in the best possible manner. Frédéric Déhu, former captain of PSG, who was named “parrain” of the Academy in 2019, regularly visits us to assess the players level.

Objective evaluations made out from accountable drills are conducted by our staff monthly and enable to show a clear image of the player’s progress. Besides, other sources of assessment such as the sense of initiative, technical moves, creativity are also taken into account. An overall report is sent to the parents at the end of the first term.

PROFESSIONAL TRIALS

The Academy invites scouts from professional clubs to visit us. They may attend training sessions, friendlies, official matches or tournaments without our players knowing it. For the most talented players, we may offer the opportunity to trial with a professional club, though it cannot be guaranteed beforehand. It also comes as a reward for hard training and efforts, and certainly for reaching a high degree of excellence. Scouts are interested in watching match precise actions and performances. Players are scouted principally on observation during specific oriented course activities. For players who have joined the Academy with already a high ability of play, pre-engagement trials may be set with a professional club. Arrangements on behalf of the player can be established to find the best possible protocol with the club in view of starting a professional career.

“Sport International Organization” has the exclusive rights of image of the players (photos, videos, advertising campaign, etc) as long as the player is in France and playing in France.

2 – ACADEMIC STUDIES

I ONLINE SCHOOLING

Education is a major concern at the Academy. The online timetable has been established to adapt to the rhythm of our players dedicated to football as their major goal.

Our players under the age of 16 are committed to follow the official school curriculum, preferably in link with their home country and home school. In the case their home school does not supply an e-learning programme with flexible schedules, we suggest you register with the American High School method (Florida) which offers a 10% discount for Hidalgo academicians. Only English speakers can apply to AHS as all the subjects studied are in English.

AHS follows the American school pattern and provides tuitions for all degrees from 8th to 12th grade. The link given by AHS covers a large scope of subjects: maths, English, geography, American history, literature, chemistry, computer sciences, economics, Spanish... The official curriculum imposes to choose 5 among all. The grade is determined after some overall analysis of the player school records in his former school or the degree he has priorly obtained.

Players aged 16 and above can decide to follow their school programme or to learn a trade. There is a large scope of courses provided by private schools and institutes dedicated to e-learning: sales, commerce, law, computer technology, tourism, photography... They can also be trained to become a coach, a mental coach, or a physio. It is up to them and their parents to choose the educational project that will match their ambition. Learning or improving the practice of a foreign language (English, Spanish ...) is also an option.

In that case, the parents must supply the method that their son will study with.

The schooling schedule is from 2pm to 4.30pm 4 times a week, starting the first week of September. The class is monitored by an academic educator who keeps a close eye on the learning and the assignments, in order to make sure the lessons are properly digested. Every session is made of some text and information, followed by a MCQ or some drills and assignments, marked out of 100. American High School provides the parents with a monthly report. All players must have their own laptop and headphones in our study room.

II FRENCH CLASS

French, as the official language in almost fifty countries and spoken by two hundred million people around the world, continues to be used at major international organizations with a strong political and diplomatic influence.

For the non-French speakers joining the Academy, it is essential that they should be able to speak and understand French in the shortest possible delay. Communication with the coaches, with the other players and all the foreign students of the campus helps socializing and making the best out of their stay in France.

All year long, the Academy provides a French language course, FLE (Français Langue Etrangère) for beginners and intermediate level. The course is oriented to learn “football French”. The students are assessed on a regular basis and receive grades and homologated certificate at the end of the programme. Parents are kept informed about the progress of their son.

For the next 2023-2024 programme, the course is 5 hours weekly, 2 afternoons each week from 2.15pm to 4.45pm. In parallel, the students follow their online school programme. The first session will start on 26 August 2024.

III ENGLISH CLASS

A 2-hour class is provided weekly to French speakers who are eager to anticipate a football career abroad. English will be the language used by all players all around the world. The course is oriented to acquire basic knowledge about “football in English”.

3 – LIFE AT THE ACADEMY

I RESIDENCE AT CREPS ANTIBES

Last October 2022, the Regional Sports Centre of Antibes was promoted “National Centre” for French sportsmen and women preparing for Paris 2024 Olympics.

PLACE : ANTIBES, French Riviera, 50 avenue du 11 novembre, 06600 Antibes, France. Distance from Nice : 15 km.

Antibes, city of 73 000 inhabitants, located half-way between Cannes and Nice, is well-known for its old town surrounded with stone walls from the 16th century, its Provence market, its harbours accommodating luxury yachts, and its villas and palaces. Giving on the city, the harbours and the beaches, the Fort Carré hill shelters the Creps, Centre for Sports preparation and Performance, which is now classified « national centre ».

With the agreement of the French Ministry for Sports, the Academy has received permission to host their players at Creps.

The rooms are modern and comfortable, and the food is high quality. Surrounded by the bay of Nice and the Antibes harbour, 500m from Antibes city centre, the residence is highly secured, with access code and night watchman.

ACCOMMODATION

The Creps has 90 bedrooms with 1, 2, or 3 beds. Every room has its own bathroom with shower and washbasin, and the usual furniture (desk, chairs, wardrobe). The rooms are cleaned every day and sheet washed every 7 days. Sheet, pillow and quilt are supplied by Creps.

All the players have to maintain their rooms clean and tidy, the manager keeps a close eye on it, and all valuables are in a safe place. Tobacco, alcohol and drugs are strictly forbidden.

MEALS

All our players are registered on a full board basis (breakfast, lunch and dinner). Self-service meals designed for sportsmen are served in the 2 restaurant halls at Creps. The meals are home-made, high quality and as much as you want.

6.30am to 8am: breakfast. Choice of cereals, baguette bread, toasts, butter, jam, yogurts, fruit, eggs, orange juice, milk, tea, coffee, hot chocolate.

12 to 1pm: lunch. Large choice of starters, meat, fish, carbohydrates as much as you want (pasta, rice, potatoes ...) desserts, and a salad bar. Vegetarians dishes with proteins are proposed at every meal.

7pm to 8pm: Dinner. Same as lunch, large choice of dishes.

To adapt to late trainings in clubs, we prepare trays in advance and heat them with microwaves.

During breakfast, lunch and dinner, the use of telephones is forbidden. Mobile phones are not allowed in. We please ask parents not to call their child while they are having their lunch or dinner.

FACILITIES ON SITE

The Creps has a large courtyard and open space with all necessary infrastructures for high level sportsmen. On top of 3 accommodation buildings and a 200-seats restaurant, the Creps offers several meeting rooms, classrooms, cafeteria with bar, TV, games, library, laundrette with 2 washing machines and 2 driers, iron room, a terrasse giving on the harbour and the old town, and secured parking. Administration is attended by a reception, secretariat, accountancy, maintenance and housekeeping...

It is equipped with high level sports facilities. Some are designed for professional athletes such as the synthetic football field along the bay of Nice and the beaches, the track and field facilities, tennis courts. Some venues are leisure such as the outdoor volleyball field, basketball and tennis football.

FOYER / CAFETERIA

The meeting point for all the people living inside Creps is the foyer or cafeteria. It has been the meeting place of all students to watch the football matches during the World Cup in Qatar. It is also a place for table tennis tournaments, for reading books, sharing a crêpe party with the sports residents at Creps.

II WELCOME TO THE ACADEMY

The Academy manager collects the players at the airport, drives them to the Creps, visits their room and introduces them to their roommate and to the other players. Then they survey the timetable for the first week of the programme. Every Sunday, readjustments are made during the 5.30pm weekly meeting.

WHAT TO PACK

First, bring with you the basic clothes you will be wearing throughout the year: jeans, shorts, T-shirts, shoes, and your football kit, towels and toiletries. Winter may be cold and sometimes humid, especially in January and February, so bring warm pullovers, sweatshirts, and a raincoat. And do not forget your best clothes for the film festival in May in Cannes!

The list will be sent to you a few weeks before the Academy opens.

TRANSPORT

On arrival at Nice International Airport, the player is welcomed and transferred to Antibes by car. All the same, transfers back to Nice airport for Christmas holidays are conducted by the Academy staff. Regarding transportation between Creps and the football clubs for trainings during the week and matches during weekends, all players receive a train or bus pass for unlimited transport in Antibes and towns around. The Academy staff runs some transfers by car in case of late trainings.

III CODE OF CONDUCT

Our Code of Conduct is based on principles that promote teaching and learning as well as the highest standards of personal behaviour. These principles include respect, honesty, integrity, responsibility and accountability in a sport community.

RESPONSIBILITIES

Our players must demonstrate commitment to academic and sport excellence at all times. They are accountable for their actions such as preparing their school kit, leaving on time for trainings, respecting the schedules. They must show respect for themselves, for others and for persons in authority, refrain from bringing anything to the Academy that may compromise the safety of others and follow the established rules of the Academy.

Besides, the Human Rights Code provides that every person has a right to equal treatment without discrimination because of race, religion, ancestry, skin colour, ethnic origin, creed, age... We take for granted that the players will always have this in mind.

ACADEMY RULES

Students must respect the internal rules of the Academy. If not, the offending student can be dismissed from the Academy without any refund. Players under 18 years old must return to the Creps by 10 pm from Sunday to Thursday night and by 11 pm at the latest on Friday and Saturday nights.

It is forbidden to smoke, use flammable objects, and/or cook in the rooms. After 10 pm, silence in players dorms and floors. Residents who live at Creps are not allowed to lodge people from outside the centre. Each player is responsible for furniture and, in the event of damage, those at fault will be requested to pay for the damage. College property must never be taken off campus (sheets, blankets, etc....). The Creps declines responsibility for loss or theft of valuables, it is recommended to leave valuable objects and money in the safe box at the accountant office.

SANCTIONS

The players will not use, possess, procure cigarettes, drugs or alcohol or facilitate the use of it in any way. It is also strictly forbidden to store them in the rooms. Use of alcohol and/or illegal drugs will result in immediate dismissal from the programme without refund.

The Academy reserves the right to expel a student when his discipline and behaviour would not be in the best interests of the Academy and would not guarantee he can achieve his objectives. After a 1st warning and information sent to the family, and if the situation has not improved, the Academy is entitled to cancel the programme. The family will send the return ticket home without delay.