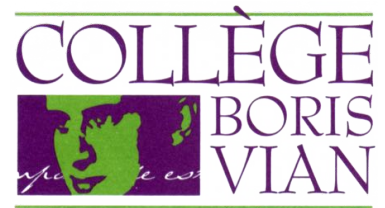


ERASMUS+ NEWSPAPER



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In May, we received in our school four players from The USDK Handball (Dunkerque Hand-ball team: French Champion 2013-2014, Winner of the Ligue's Cup 2012) and their technical director and trainer, Arnaud Calbry. First Arnaud Calbry introduced himself and the four players:

- Marko Mamic, Croatian . He is 22 and international player.
- Kornel Nagy, Hungarian. He has been in the club for five years. He is a Hungary international player.
- Benjamin Afgour, French International player, who first went to a training centre.
- Julien Gardenat, who comes from La Réunion, a French island near Madagascar. He is still in the training centre, hoping to become international player soon



Arnaud Calbry



Marko Mamic



Benjamin Afgour



Julien Gardenat



Kornel Nagy

They all can speak at least two languages, and among them English.

Arnaud Calbry insisted upon the importance of being able to speak English to be able to communicate when you are in a sports team.

He then talked about our project ERASMUS+ BODY. He said that in sport there is not only training, but also invisible training: nutrition, recovery, sleep, taking care of your body which is your working tool when you are a player.

He compared our body to a car engine, if you don't give it the right sort of fuel, it does not work, it might even explode..

Then we started asking them questions...





How long does a match last?

One hour .. Twice thirty minutes with 15 minutes half-time to rest.



So, what do you eat on Friday evening?

K.N.: I eat rice, fish, chicken,..

A.C.: On Friday evening, it is often: soup, or raw vegetables and then fish, rice with greens (broccoli, French beans, etc...). Then they have yogurt, fruit and cakes. For lunch before the match, they can have cooked meat, raw vegetables, always pasta, fruit and yogurt. No cakes this time. Still or sparkling water. Then they have a little nap that can last between 20 minutes and two hours.. The best nap should not last more than half an hour. It is no use sleeping an hour. You must have a two hours' nap then. Either you sleep less than half an hour or an hour and a half/ two hours.

What do you have for breakfast and lunch?

K.N.: Before training, one yogurt, some coffee, we do not eat too much food.., but after training, it is very important to eat some meat, carbohydrates, some fruit... Fruit is very good because it brings sugars. Cereal is very good..

For lunch, we eat some meat because it is important to take some proteins, with vegetables. We can eat rice and pasta but vegetables are also important. Sometimes we can take a salad.. For dessert, we have fruit, yogurt...

For some sports, the diet is much stricter. In boxing, there are weight categories and professional boxers have to follow a strict diet not to gain weight and to avoid changing category. Handball is a sport of impact, combat. We need to have fat to protect our joints, tendons, muscles. For a normal person, Body Mass Index must not exceed 25. Otherwise you are overweight.. But for someone who does body building for example, who eats a lot of proteins and follows a very strict diet, he has less than 9 percent of fat. And yet his BMI is 30. How can you say that someone who has 9 percent of fat is overweight? What is important for a sportsman is not his Body Mass Index but the percentage of fat in his body. And for handball, like rugby, we need a fat percentage over twelve percent.



On average, we have between 15 and 20 percent. The pivots, who fight a little more and are always in the scrum have a fat percentage more important than a wingman who runs a lot, is less in the contact and more in the speed. If a player is under 12 percent, or 10 percent, he is in real physical danger. That means he cannot bear the number of impacts and he is not protected and that's why he can get hurt. So they must eat everything. That's what we call "American plates": one third of carbohydrates, one third of proteins, and one third of vegetables. That diet is for the morning, midday and evening. In the morning, they need to eat proteins, carbohydrates and if possible, vegetables.

What do you eat before training?

K.N.: I don't eat so much before training.

A.C.: The meal just after training is essential for recovery, to regenerate energy and muscles. It takes half an hour. It is during that period that the meal must be eaten. Once the training is over, the players should eat most carbohydrates possible. The trouble is that when you are doing a physical exercise, you don't feel hunger immediately because of tiredness. Hunger comes after two hours, two hours and a half. You feel more like drinking than eating. And yet it is more important to eat straight away.

When we play a match for example on a Saturday, the most important meal is not Saturday lunch, it is Friday dinner so that the body can absorb as many nutrients as possible and give it most energy possible.

However, it is important to eat relatively well... well, I have two cultures.. I lived in Spain for some time... In Spain, on the day of the match, two hours before the match, you could eat chips, patatas fritas.. In France, players necessarily eat rice or pasta 3 hours before a match. But for everyone, the most important meal is on Friday evening not on the day of the match. Because three hours before playing you don't have time to digest fat foods





How does a player become a professional player? At what age?

J.G.: To become a professional player, there are several courses, you can through a pole or a training centre and sign in as a professional player, or about once in a hundred times, you fall through the net and sign in directly. There is no real age, you can sign a contract at any time and become a professional player. When you are in a training centre you can terminate your contact at any time and become a professional player. There's no definite age. It depends on what you do on the ground.

A.C.: *On average, it is between 20 and 21. Then it depends on your level and on the opportunities*

Does it depend on your size, too?

A.C.: *No, it's quite a myth.. We all become mature at a different age.. Some boys are ready and mature earlier and sometimes it is a question of opportunities. One of the current professional players can get injured, so it is an opportunity for a young player to go on the pitch and show what he can do. Many things can happen.*



Are there any girls who are professional players?

N.K: Of course, some girls are professional players. We have 12 clubs that are in the LNH (Ligue Nationale de Handball) and there is the LFH for the girls. Girls play with boys till the age of 12 to 13, then they have their own age categories and play together. And they follow the same course: there are poles for the 15 to 18, training centres or clubs for the 18 to 20 and then they go into the professional world.

What qualities are required?

B.A: There is a second career to prepare. Players generally earn a good living but their career soon comes to an end .. Mine stopped at 32, some can stop at 40, but on average at 35, 36, it stops. But retirement age is rising . That means there are 30 years to go. They need to prepare a future job.

School, university are important, having a first course is important , because the day when they stop playing handball, they will have to make another career. Maybe they can explain their school career..You will find that interesting..

J.G: Well, I passed science A-levels, now I am in year 2/3 of STAPS (sport college) at university. I study and I also play handball. After my career as a handball player, I still hesitate between coach and technical director.

B.A.: I passed economic and social A-levels. I studied geography at university for one year. I stopped because I became a professional handball player. I am starting to wonder what I am going to do afterwards.. It is still uncertain, but I have a few ideas.

N.K: In Hungary it is different from France. After upper high school, I took up communication at university, but I stopped after two years.. So I have to start again..

M.M: I went to upper secondary school, and then I went to Switzerland . I played in another club there. There I did a school of management..In the future I will start again some university studies.. science, I think..



Do you like only handball or did you practise other sports when you were young?

K.N: I practise kick boxing...I like other sports, but I prefer handball..



B.A: When I was younger, I practised judo..but I prefer combat games in a team, so I turned to handball and I like it very much... but I like a lot of other sports...

J.G: I started when I was six, and I liked it very much.. What I liked is being with the others even after the matches. I was happy it became my job..

Did you want to be a goal-keeper from the beginning?

J.G: No, I was at a different post.. Then one day, I don't know how it happened, I found myself in the goal and I liked it. People say you must be mad to be a goal-keeper, but I liked it. So I went on...



M.M: First I played football, after I decided to play handball... I like playing basket-ball, tennis, volley-ball., a lot of other sports... I think it is very important to do a lot of other sports because the movements and other things are very important for this sport. It's good to know how to play other sports, you get new friends..It's very good for your behaviour.. after that you can be a good man.. Yes, it's good to know other sports..





Is preparation difficult?

K.N.: It is very difficult. during the season. The matches are generally on Saturday. At the beginning of the week ,we have strong training, and later in the week, we learn some technical moves,...

B.A.: Generally, preparation is the most difficult period for a team..We receive new players, so that is when we create new bonds between the players. It is not easy.. It is preparation and everyone suffers

M.M.: It's lots of running, a lot of gym. Playing for Croatia, it is very difficult because I make the preparation in the national team.. Now in France, it is very difficult, but not as difficult, not like in Croatia..But of course in the national team, we stayed one month or two months, and we did not have so much time..In two weeks we had to what we do here in France in one month.



When you say difficult, what impact did you have on your body?

M.M.: Well, you have a lot of pain in your body, you don't feel your legs very well, yet it's a very nice feeling I must say, because after playing, you are very tired and you want to lie down in bed and relax but five hours later it's the next training and you must go with the pain in your legs. The first twenty minutes of training are very hard because your legs are heavy but after that it's good. We train on Monday and the next day in the morning we go, to Paris for example, have a match and the next day training starts again..the rhythm , the schedule is hard: lots of training, lots of matches...It's very difficult.

A.C.: A season starts end of July, beginning of August, until end of June. We have two phases of physical preparation. For one month, it is pre-competition from end of July till beginning of September. That stage is ever so important; it will determine the whole season. They have had five weeks' holidays. Then we need to build the foundation... Imagine a fuel tank.. We'll try to fill it to the brim so that they can last the whole season. The physical foundation will enable us to play throughout the season. During the season, we'll try to keep that physical quality.. We won't do any physical work but just maintain then we have a second preparation, because in January, there is an international competition.. The best players will play either in the European championships, or the world championships.

So after two weeks' holidays, (they haven't lost much) we have a small physical preparation that lasts 10 to 15 days to last till the end of the second part of the season..So the August preparation is the most important and inevitably the most difficult.



What is VO₂max?

A.C.: It is the velocity at maximal oxygen uptake..It is what your heart can bear to provide your muscles with oxygen. If your muscles don't get oxygen, they don't work..

VO₂max is the speed you can hold before your muscle don't get oxygen and you can't run any longer..



What do you do when you have won?

K.N.: I take some beer, I talk with my friends about the final, and I go to bed, late, too late.

A.C.: We don't always win. there are more losers than winners. We were very lucky and had a good period. We won 4 titles in 3 years; the 4 existing titles in the France Championship: the French Champions Trophy, the league Cup, the French Cup and the holy grail: the championship.. It is the grail because it rewards the best team on a long-term basis. It is true that these moments are unforgettable, moments that we must immediately share, because the next day, we must get back to work, the next day we must go and win something else. These are very intense moments but they are very short and we must make the most of them. We try to..

They don't last for long.. it is the same with you.. You work a lot, you get a very good mark, but if you rest on that, you come a cropper when you take the next test. You must work the next day, learn again to get another good mark. It is the same for us..



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Do you have a family life? Do you always eat together or only when you have a match?

M.M: Generally, we eat separately during the week, after training or in the evening when we train, however when we are away, we have a lunch break and eat together and if we leave the day before we eat together. It is only when we have a match, otherwise, we eat separately. Everyone is careful about their diet.



What do you do to help recovery?

B.A: To recover, some players go running bare footed.. for a good reason, which is that the energy from the ground also helps to recover.. The best thing is to walk in the grass.. Biking is also interesting after the match because it brings oxygen to the muscles.. Massage can be interesting.. but we don't have many physios.. it's not like football or other sports. We mainly use thermal shock. It is very difficult to do. You have three options: the recovery bath, it is a cold bath.. 10 degrees where you stay about 10 minutes.. The problem is you need a big swimming pool and we don't have one.. we just have a small tub and it gets warm very quickly..But we have the open air.. It is quite cold in Dunkerque.. Staying two or three minutes outside with socks and a hat on when the temperature is 5 degrees is a thermal shock. It is very good for recovery.. And we have a last product: the sea.. we go there in the summer, it's harder in winter.. When your legs are painful, you stay ten minutes in the sea up to the waist with shoes on because of the shells, and you recover very quickly...

In the team, in the four players, who is the biggest sleeper?

B.A: Sleeping is important for my sport, before training or before the game, I sleep..or relax and I feel tired, I don't feel good; I need rest; it is very important.



A.C: Well, I think everyone is different and has a different biological clock.

As for me, when I was a player, I never slept; I couldn't bear siesta.. I was insomniac, woke up at 2 or 3 in the morning, I was up at 7. If I slept, I was rubbish during the game. Since I have been a coach, it is different.. It is not so tiring physically, it is more tiring psychologically (you need to think of the preparation, etc..) But now I need to sleep... I know that if I don't sleep, I am very tired during the evening training.. Now that I am not a player any more, I need to take an afternoon nap between two and quarter to three. Then at three I am in the sports room. But in the evening, at 10.30/11, I fall asleep..However, my biological alarm-clock is still the same. At 6.30/7, I wake up every morning.

