



THE COACHING COMPANY SINCE 2002



*Learning Center*

**WTS SPORT  
ACADEMY**





# ABOUT US.

In 2022, WTS - The Coaching Company is celebrating 20 years in the sport industry.

Many years of unconditional support, provided to hundreds of athletes, coaches and partners, who have placed their trust in us.

After two decades of coaching, it is time to expand and share, with the launch of our learning center :  
The WTS Sport Academy.

Our goal is to provide premium classes for professionals and sport enthusiasts, who aim to improve their knowledge and skills about sport coaching, sport nutrition, exercise physiology, club management, or even bike mechanics.

[CLIK HERE](#)



[wts.fr/sport-academy](https://wts.fr/sport-academy)





# OUR DREAM

## We have a big dream

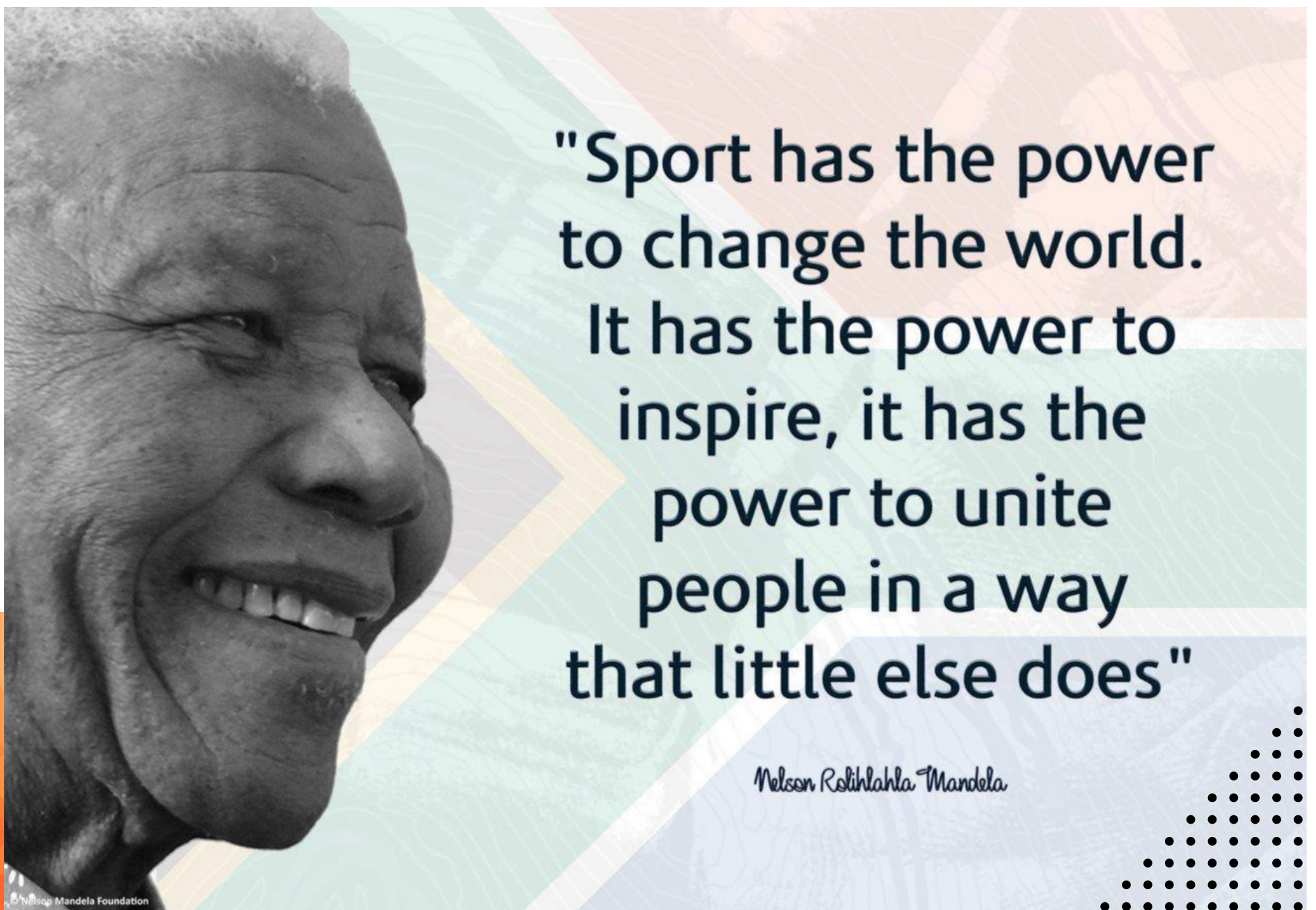
On one hand, Nelson Mandela was convinced by the major interest of sport and education for youth.

On the other hand, South Africa will have to face great challenges in the future, like :

- Reducing Unemployment and poverty
- Improve inclusion for women, and underprivileged populations
- Fighting Chronic diseases among poor populations
- Integrating Global warming and its consequences (Water and food supplies, immigration ...)

Our project is to use sport as a powerful tool to tackle these challenges.

**Our dream is to train 1000 students in 5 years.**



# OUR GOALS



## HORIZON 1000

Our goal is to teach 1000 students in the next 5 years. Disadvantaged people will have the opportunity to benefit from scholarships from our academy.



## JOBS

In the end, our Academy aims to create jobs in the sport industry.



## AFRICA

Our classes will be either on-site, online, or both. We will start in Cape Town, and then expand quickly to South Africa, and Africa.







# MAIN TOPICS



## NUTRITION



Because nutrition is key to health and performance, it will be one cornerstone of our courses. Several modules will be available.

## COACHING



The process of coaching kids, athletes, students is not natural. Communication skills will be at the center of these courses.

## PSYCHOLOGY



Sport is about emotions. Understanding human-being emotions will be at the heart of this course.

## TRAINING



Training is linked to physiology and is based on a specific methodology. Our courses will focus on the basics of training and on the cutting-edge methods.

## BIKE MECHANICS



Cycling is the future of human mobility. Regarding this fact, our academy will train skilled mechanics aiming to work in bike shops, clubs or teams.

## MANAGEMENT



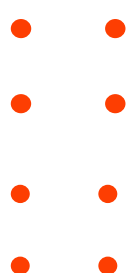
Running a sport business requires management skills (planning, implementing, accounting...) From sport team to sport shops, we will teach the best management methods to our students.





# NUTRITION MODULE 1

## BASICS OF SPORT NUTRITION (10H)



Monday 3rd of October, 5:00 - 7:30 pm

- Introduction : The 3 pillars of fitness :  
Nutrition, Sleep and Training
- What is energy ? From nutrients to ATP
- Metabolisms : aerobic vs anaerobic

Monday 10th of October, 5:00 - 7:30 pm

- Nutrients : Carbohydrates,  
Proteins,  
Lipids,  
Minerals, Vitamins

Monday 17th of October, 5:00 - 7:30 pm

- Hydration : Why hydration is so  
important in Sport ?

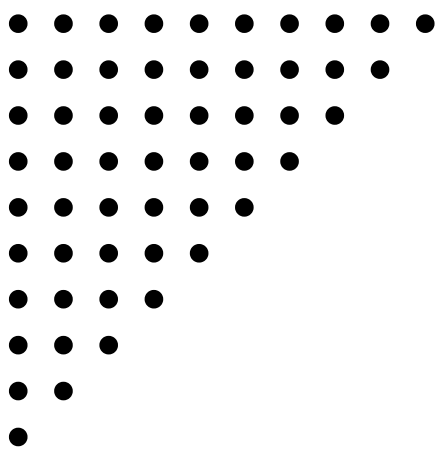


Monday 24th of October, 5:00 - 7:30 pm

- How to fuel your body ? Before exercise,  
During Exercise, After Exercise
- Q/A

# INAUGURAL COURSE ON MONDAY 3RD OF OCTOBER IN CAPE TOWN

**VENUE : 180 LOUNGER - BREE STREET**  
**COURSE ALSO AVAILABLE ONLINE WITH DISCORD**



# OUR TEAM



**JEAN-BAPTISTE WIROTH**

Born in 1973, in Marseille -France, I have studied Sport Sciences at Nice Sophia- Antipolis University, where I completed a Master in Sport Sciences.

In 2003, I completed my research in applied physiology, and obtained a PhD in Exercise Physiology from Université de la Méditerranée.

Since 2002, I am also the CEO for WTS - The Coaching Company , a company dedicated to endurance sports training and corporate coaching.

During these 20 years, I have been the personal coach of professional athletes or personalities like :

Rachid ELMORABITY (6x winner of Marathon des Sables in Morocco)

Fabien BAREL (2x Mountain Bike World Champion)

Paul BELMONDO (Former F1 driver)

Thierry BOUTSEN (Former F1 driver)

Nathalie SIMON (former windsurf champion, and now TV presenter)

I have also been the advisor of companies like : Aeroport de Paris, HSBC, Suisscourtage... etc

Now I want to share my knowledge and experiences in the WTS Sport Academy !



# OUR TEAM



**EMMANUELLE LIVET**

Born in 1975, in Nice - France, I started my sport career as an athlete, racing for France in Windsurfing competitions.

Then I specialized in triathlon, and mountainbiking.

I have studied in France (Nice and Clermont-Ferrand University), where I completed a Master in Sport Sciences.

Since 2002, I am also the CEO for WTS - The Coaching Company working on the websites and our social media, among many other projects.

Now I want to share my knowledge and experiences in the WTS Sport Academy !



# REGISTRATION


**Don't wait any more !**

Apply now for our next course



If you need more information about our courses, fees, scholarships, or have any other question :

 [sportacademy@wts.fr](mailto:sportacademy@wts.fr)

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