

SHN PRESENTATION MAGAZINE



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BUSINESS SCHOOL

SPORTS

MAIN TOPIC :

Vincent Fazari, high-performance student in **triathlon**, ends up number three in Nice's Iron Man. Soon graduated with his **Master's degree in finance in Lille.**



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VINCENT FAZARI : THE RAGE TO SUCCEED

Come back on September's
Iron Man :

Could you tell us more about your performance in the Iron Man?

"So I participated under the colours of AS Monaco, I prepared myself very intensely for this competition. I admit that it took me a long time to recover physically from this day but I am very happy with this result."

Could you give us your track record?

"I have been 3 times French vice-champion of Triathlon, I have also been vice-champion of France at the French Under-23 Championship. At the European level, I took part in a lap where I finished 17th. And to finish 5th place at Nice's Iron Man."

What are your goals today?

"Today I continue my alternation and my Master in Lille. I want to focus more on my studies while keeping a sports schedule. Of course I do not have the same training load per week, but I compensate for these hours by studying."

Hello Vincent Fazari, could you present yourself?

"I practice triathlon, an endurance sport that combines running, cycling and swimming. At first, I did a lot of swimming (I did it very early when I was young). Then I started running and I immediately liked it because I thought it made me "get my head out of the water".

Then my sister started training triathlon, I wanted to try it at the age of 8 to start, and then I found it great !

I started competitions at around 10 years old but it was really around the age of 14/15 that I pushed my practice.

At the beginning of high school I joined the sport center of Boulouris and there I was able to improve myself and increase my performance. Nevertheless, I always thought to myself that I would like to do an Iron Man but after my higher degree."

HOW DO YOU MANAGE YOUR SCOLARY AND SPORT SCHEDULES ?



Vincent Fazari, 23 yo, triathlon

MASTER IN FINANCE

"Generally speaking, studies have always taken precedence over sport. When I was at the BBA, I was a high level athlete, which allowed me to get a schedule moved in and to be able to make time for competitions. The key to the success of the HLS is indeed the communication with the tutors because they really do important follow-up work and this allows us to help and organize ourselves. I will add that having good friends who help us update on classes makes it possible to feel supported scholastically speaking. Indeed, generally speaking, at SKEMA, when missing lectures, it becomes quite complicated because schedules are quite dense."



Vincent Simard, 20 yo, beach-volley

BBA 3RD YEAR

"I am lucky to have training slots at night and competitions at the weekend. During the week, I remain very focused on studies and work, while my weekends are very busy with travel and competitions. Generally speaking, studies take precedence over my sport because my professional choice seems more important than my passion. Nevertheless, I am trying to organize myself so that I can combine the two activities. Above all, we must not neglect our tutors and classmates who provide us with invaluable help when it comes to catching up with classes or being up to date with the latest news."



Laure Coulbault, 20 yo, volley-ball

BBA 3RD YEAR

"I would say that's a question of habits. I always allied sport and studies so as the years went by I took habits to organize myself properly. The advantage of SKEMA is the scheduling. This helps me a lot to attend my weekly training sessions as well as classes at SKEMA. When I miss a class, the teachers communicate their content to me directly afterward so that I can quickly catch up on missed hours. What I do at the beginning of the year is that I look at my schedule of games and I give my teachers advance notice if I plan to miss a class or even a midterm. The more you do in advance, the better the organization will be to catch up on your courses or exams."



NICOLAS D'ORIANO: TOWARDS 2024

Olympic games preparation in
the US.

Hello Nicolas, can you introduce yourself?

"Hello, my name is Nicolas d'Oriano, I am in the 4th year BBA in Raleigh in Corporate Finance specialization, I am 24 years old and I am a top athlete in swimming."

Can you tell us about swimming?

"Today I train for about 25 hours in swimming on the campus of Raleigh, not to mention the strength training and bodywork that we have to do during the week. By comparison, I trained for 30 hours in France and I sometimes had no rest days during the week. My swimming skills are long swims: 400m and 800m freestyle (crawl)."

How's your year in Raleigh?

"I left for Raleigh after a counter-performance, I would say. I wanted to change my tune and be able to see something other than the French pools. So I left for my last BBA year at the Raleigh campus and I like it there! The NC State Swim Club is the second-best in the world because, at the last world championships, swimmers brought home 14 medals. I train a little less than in France but I have more time to attend classes. I am very lucky to be able to train alongside Olympic swimmers on the U.S. National Team."

Can you tell us your track record?

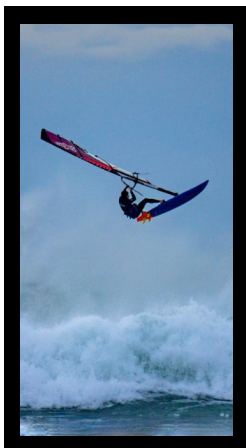
"I started out as a French youth champion in 2013 when I joined the French junior team. Then I finished in first place at the French championships in 2015 in the senior category. Then I returned to the European and World Tour with a participation in the 2016 Olympics and with the title of double European Junior Champion. I did not participate in the 2021 Olympics because I was hurt a lot and I got sick many times. It was a very hard time for me both physically and morally. Today I am back in force for the future stages!"

What are your goals?

"Sportingly, I am preparing for the 2024 Olympics, my goal is to return to the French team. There are also the European Championships this summer, the Mediterranean games in Oran in May, the world championships in 2023, and the French university championship.

Professionally, I would like to first graduate with my BBA and specialize in Market Finance. I would like to reduce my swimming practice after the 2024 Olympics so that I can flourish in the world of finance.

HOW DO YOU MANAGE YOUR SCOLARY AND SPORT SCHEDULES ?



Alexandre Grand-Guillot, 24yo, windsurf

3RD YEAR BBA

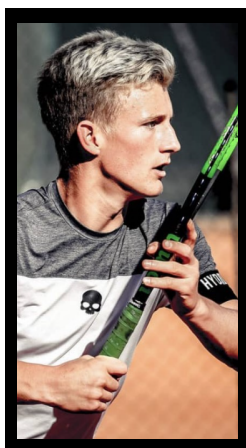
"Well, as you probably know, my training depends on the weather. So I don't have a lot of training in a week. However, if the weather is favorable on a day or two, I organize to take the day to practice! I have the chance to exchange with my tutor to organize my semesters and schedules. I can also count on my friends to help me catch up on missed classes and I can also ask teachers directly to send me the content of their classes. It's all about organization!"



Roxanne Leclercq, 18yo, Tennis

BBA 2ND YEAR

"In BBA we don't have that many face-to-face hours, which gives me the opportunity to organize my days as I wish. In addition, top athletes have a more flexible schedule. I plan my training at the beginning of the week according to the courses and revisions of the week. The other students also help us to make up for what we miss."



Maxence Ginefri, 18yo, Tennis

BBA 2ND YEAR

"I acknowledge that, at first it was pretty complicated for me in terms of adaptation. But the more I got into the program, the more I realized that SKEMA was listening. I negotiated with management to allow me to complete my BBA diploma over five years instead of four to have fewer courses on each semester. I regularly ask for interviews with my teachers so that they explain their content to me and that they keep me informed of homework and projects to be done. This helps me to organize myself in the best way between my trainings and my personal work. In addition, it is possible for us to take classes during the summer if we had difficulty during the classical school period. I would say that the possibilities of development are numerous and can really adapt to any type of high-level athlete!"

OUR ATHLETES ON THE INTERNATIONAL NETWORK :



Romain Cannone, 25yo, pro fencer

GRADUATED MSC AMAIS

TRACK RECORD :

- 2018 - Silver medal in Mondal's challenge in Paris
 - Silver medal in the Mediterranean Games in Tarragona
- 2019 - Gold medal in team in Berne's Grand Prix
 - Team Silver medal in Heidenheim's Cup
 - Individual silver medal in France's championship in Fontaine.
- 2020 - Gold medal in Tokyo's Olympic Games
- 2021 - Bronze medal in Berne's Grand Prix
 - Silver medal in the World's Cup in Sochi



Rouguy Diallo, 27yo, pro athlete

GRADUATED BBA STUDENT

TRACK RECORD :

- 2014 - Winner of the European Championship in Eugene
- 2015 - 5th place in the World's U21 championship in Tallinn
- 2016 - Winner of the Mediterranean Championship in Tunis
- 2017 - 3rd place in the European U21 Championship in Bydgoszcz
- 2018 - 5th place in Diamond league in Berlin
 - World record in the triple jump trial in Berlin
- 2019 - 10th place in the World's Championship in Doha
 - World record in the triple jump trial in Madrid
- 2021 - 9th place in Tokyo's Olympic Games

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