

LOUIS MARIE ALEXANDRA

General Information		
Country:	FRA	
Gender:	F	
Handedness:	Right-handed	
Date of birth:	1996-03-03	
License:	03031996006	

Further Personal Information		
Residence	Paris, FRA	
Occupation	Athlete	
Languages	French	
Higher education	Sport Studies - National Institute of Sport, Expertise and Performance [INSEP]: France	

Sport Specific Information		
When and where did you begin this sport?	She began fencing at age six at the Ducos Musketeers club in the French overseas territory of Martinique.	
Why this sport?	She was inspired to take up fencing after watching the television series 'Zorro'.	
Club / Team	Levallois SC: Paris, FRA	
Name of coach	Herve Faget [national], FRA	
Training Regime	In early 2023 she decided to leave the French national training base, the National Institute of Sport, Expertise and Performance [INSEP], to train predominantly at her club SC Levallois. Speaking after her victory at the 2023 European Championships in Plovdiv, Bulgaria, she said her victory justified the move. "I made this choice because I wanted to have more autonomy. I'm not completely detached from INSEP, I can go there to train when I want, but generally speaking I organise my own training as I see fit now. I don't have the same restrictions. Apparently, it has paid off."	
Handedness	Right	

General Interest		
Memorable sporting achievement	Winning individual gold at the 2023 European Championships in Plovdiv, Bulgaria. (lequipe.fr, 17 Jun 2023)	
Hero / Idol	French fencer Laura Flessel-Colovic, Portuguese footballer Cristiano Ronaldo. (infolevallois.com, 14 Nov 2017)	
Ambitions	To compete at the 2024 Olympic Games in Paris. (sportmag.fr, 20 Mar 2021)	
Other information	FROM MARTINIQUE TO MAINLAND FRANCE She is originally from Fort-de-France in Martinique, a French overseas territory in the Caribbean. When she was age 14 she moved to Guadeloupe to study at the national training hub [Pole Antilles-Guyane], before relocating to the French mainland in 2010. She initially lived in southern France and attended university in Bordeaux, before moving to Paris to study and train at the National Institute of Sport, Expertise and Performance [INSEP]. (lesportaufeminin.fr, 15 Jul 2019; Facebook page, 14 Oct 2018; info-levallois.com, 14 Nov 2017; rci.fm, 12 Apr 2016; martinique.franceantilles.fr, 28 May 2014)	