



DUAL CAREER FOR ATHLETES

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SPORT

The important od sport

- important media, driving force
- positive development of the individual
- enable the acquisition of basic social values
- enable social cohesion
- overcoming stereotypes
- driving force which leads to the achievement of the millennium goals for the development of human society
- Preoccupation of young people of all over the world

Does doing sports alone offer opportunities, a perspective for a future life career?

- Many athletes face a challenge related to the combination of a sports career with education or employment, or, difficulties in completing their sports career - what next, where, how?
- What policies are needed to help young people face such challenges and overcome them successfully?
- How can young people, athletes have the same opportunities as other peers in terms of proper education, a great lifetime career after finishing a sports career as elite athletes ?
- The key issue is athletes' dual careers

Career, dual career- identifying the term

- **Career** is a life concept that consists of a series of activities, learning and leisure activities in which the individual participates throughout life.

(Caput Jogunica, R., Vrbek, B., Malec, V., Varga, I, Zrncic Dim, N. , 2016)

- **Sports career** is a multi-year commitment to sports, personal choice, in order to achieve maximum sports achievements in one or more sports.

(Alferman, Stambulova, 2007)

- **DUAL CAREER FOR ATHLETES**

- In Cambridge dictionary mean **a situation in which someone has two jobs;**
- “The idea is that athletes have something outside of their athletic career alongside that pursuit within sport“ Dr Cartigny
- Our determination to the term dual career for athletes
 - Combining their sport with another job or study which will enhance their athletic performance
 - The concept of dual career concerns the combination of an athletic career with education and/or occupation

THE CONCEPT OF DUAL CAREER

Dual career has been proven to be a good solution for balancing sport and other spheres of athletes' life and preparing them for the life after sport career (Stambulova, Engström, Franck, Linnér, & Lindahl, 2015), which also has been shown to be a factor in preventing athletic dropout and athletic identity foreclosure (Lavallee & Robinson, 2007; Warriner & Lavallee, 2008).

- timely planning for post-career life
- positive impact on the quality of adaptation of athletes, their life after sports career
- Holistic approach
- Competences
- Qualification
- Proper management of time, discipline and responsibility towards the set tasks
- Proactivity
- a dual career leads to a secure future (a university degree is a reserve for what will happen in the future)

STAKEHOLDERS, their role

- PARENTS, FAMILY
- COACHEC, EDUCATORS
- PEERS
- SPORT CLUBS, ORGANIZATIONS
- EDUCATIONAL INSTITUTION- teachers (primary, secondary, higher)
- MINISTRY OF EDUCATION
- NATIONAL OLYMPIC COMITTEE
- Support, emotional and financial
- Understanding
- Assistance in choosing a study program
- Assistance in building social networks for support
- Mental support for busy schedule management
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Benefit from dual career

- Dual career can give athletes life balance and a sporting edge

“Having more balance in their lives and taking a holistic approach can certainly give athletes a performance boost“.

Dr Brown

- help in coping with adversity
- protecting against poor mental health or burnout
- maintaining perspective for athletes
- strengthens self-confidence
- reduces stress, fear of uncertainty
- road to the future
- ...

Good practices in the application of the concept

- **United Kingdom**

- There, the state helps athletes to combine sports and study by coordinating schedules. Also they have distance learning and exams based on their time available. Scholarships is the other benefit.

- **Slovenia**

- no uniform rules in higher education for athletes' students. Separately, individual higher institutions made the conditions for the exercise of rights. They have vary widely in the adaptation of the study of the student with athlete status.

- **Hungary**

- There have a system for easier entry to the university. In 2002, the Hungarian Olympic Committee (HOC) has concluded an agreement with 20 higher schools and universities. They offer an incentive scheme where the athlete can receive up to 5 bonus points, enabling easier enrollment at the faculty.

- **Germany**

- Many German universities have a cooperation agreement with the Olympic committee Support Centers, the German Sport Union and the National Sports Federations. These universities offer lower criteria for enrollment of athletes and strive to encourage athletes in their education.

Recomendation

- Awareness of the need and importance of athletes' dual careers with all stakeholders
- Awareness of sports clubs for the needs of self-education, interventions in holistic development of the individual-workshops, manuals
- Establishing closer cooperation between stakeholders
- Creating a dual career program
- Establishing good communication of the sports club with the educational institution, especially with the sports coaches
- Flexibility of studies, distance learning
- Nurturing good relations between sports organizations and educational institutions
- Providing personalized access
- Finding ways to change the stereotypes of teachers and teaching staff for athletes (athletes and students);
- Scholarship
- Existence of an organized support system
- more systematic engagement of various stakeholders (athletes, coaches, national administrative bodies in sports, academies, universities, governments and, ultimately, also some supranational bodies like European Union)
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The background features the word 'CAREER' repeated in a light, semi-transparent font. It is surrounded by several white arrows pointing in different directions: left, right, and up. The overall aesthetic is clean and professional, with a light blue and green color palette.

„The contribution to education is an important aspect of the development of the individual“

Ani Jelusič