Balancing athletics and academics

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Question Time

Let’s get to know one another
Learning while playing

Who can tell what’s happening in this photo?
Whole new world of coaching
IOC Athlete Career Programme

In Cooperation with The Adecco Group
IOC Athlete Career Program

- An initiative of the IOC Athlete’s Commission
- Created, managed and delivered by the IOC & The Adecco Group
- Supports athletes to prepare for and to go through their career transition.
- Provides resources and training to enable athletes develop lifelong excellence.
The Athletes’ Toolkits on the IOC Athlete Career Program website provides additional material with an athlete focused workbook in each of the pillars.

https://www.olympic.org/athlete-career-programme
Balance

- Training Hours of an Elite athlete
- Wealth of a retired Olympic athlete
Smarter athletes = Better athletes

Storm Uru's Incredible Journey - From the Olympics to Oxford
Sport performance benefits of increased education

- Perspective
- Decision Making
- Prioritization
- Reduced Stress
- Resilience
Conscious 5%:
- Analyses, thinks and plans, short term memory
- Unresolved Issues
- Self Esteem
- Creativity
- Intuition
- Needs
- Expectations
- Emotions/feelings
- Involuntary body functions
- Self Perceptions
- Interests, Passions, Desires
- Spiritual connection
- Habits, relationship patterns, addictions
- Unresolved Issues
- Self Esteem

Unconscious 95%:
Managing athlete education

- Explore education opportunities
  - Distance learning
  - Non-traditional education
  - Lighter class load

- Build relationships
  - Meet with educators
  - Communicate
  - Sport mentors

- Plan
  - Alignment between education and sport
  - Proactive approach

- Time management
  - Efficiency is king
  - No excuses for procrastination

- Flexibility
  - Understanding
  - Adaptability
Athlete Learning Gateway

Boost your Performance, Shape your Career

- Over 20 courses to choose from
- Specifically designed to fit in with your busy schedule
- Wide range of topics covered (Sports Science, Business, Career)
- Delivered by the world’s finest sporting and professional minds
- Available in English, French, Spanish and Portuguese
- Courses only take 45 minutes to complete
- Access to a thriving community with 2000+ athletes and coaches

Sign up free at: Onlinecourse.olympic.org
Athlete Learning Gateway

Business Start-Up: From Idea to Launch

Part of the ‘Business of Sport’ Series

Do you have a great business idea but are unsure how to make it a reality? If so, join us as we show you how to set up, fund, launch and grow your own business.

Speaker
Dr Lisa Delpy Neirotti

Subtitles: FRA, ESP, POR

Launch Course

Sports Nutrition: Eat to Compete

Part of the ‘Science of Sport’ Series

High energy levels, delayed fatigue and accelerated recovery are all benefits associated with good nutrition. Join us and find out how to take control of your nutrition and take your performance to the next level.

Speakers
Professor L.C. Cameron
Thank you

Questions?