

High Performance Athletes: Challenges, Opportunities, Values, Benefits



LIFE AFTER SPORT

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**The issue of the athletes' dual career
is not new...**

In Roman times:

... the highest paid athlete in history may have been Gaius Appuleius Diocles, a Spanish-born charioteer ...

... his gross earnings over the course of his career totaled a staggering 35 million sesterces ... (today \$ 15 billion) ...

... Diocles and his successful gladiatorial colleagues were in debt not only during their competition period, but also when they had quit competing ...

... at those times you could never find a single athlete wealthier than a rich man's steward picked at random.

In modern times ...

The coach, the club, the Federation, the National Olympic Committee and the state are almost exclusively interested in the performance of the athletes in contests / games.

They do not care what are the athletes going to do after they conclude their sporting career.

Most of the times the athletes themselves do not care about their future !!!

78% of the National Football League (NFL) athletes go bankrupt, or have serious financial problems, and/or get divorced within 2 years from the time they stop competing (Torres, 2009).

60% of the National Basketball Association (NBA) players have the same fate within 5 years from the time they stop competing (Torres, 2009).

Some of their excuses are the following:

- I am an athlete, not student
- I do not need it
- I want immediate results
- Who else in the team does it?
- Who encourages me?
- I will win a medal in the Olympic Games and the state will take care of me



Phases in the sporting career

1. Play
 2. Introduction
 3. Beginning of the sporting career
 4. Development
 5. Establishment
-
6. Decline (end of the sporting career)
 7. Adaptation in a new life

What happens to athletes when they are forced to **adapt in a new life?**

- They can not manage adrenalin.
- They find it very difficult to transcend in a new “environment” (Brewer, 1993).
- They go through an identity crisis.
- If they have not prepared themselves properly they adopt deviant behaviors (i.e., drugs, gambling, addiction to alcohol, etc.) (Baillie & Danish, 1992).

Ryan Lochte to get 'professional assistance' for 'alcohol addiction,' his lawyer says

| USA TODAY Sports
Published 2:16 PM EDT Oct 6, 2018





Boris Becker made it to the front page of Munich's Sueddeutsche Zeitung as the newspaper offered the 3-time Wimbledon Champion (1985, 1986 and 1989) a full page interview to describe his situation after he **was reported bankrupt** in connection with non-repayment of debts with a London private bank. In fact, earlier this month a London court had confirmed Becker's insolvency. His lawyer immediately denied that Becker was insolvent.

Challenges

<https://www.youtube.com/watch?v=VMcj0Yep8x4>

Opportunities



Values

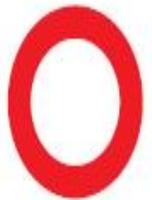
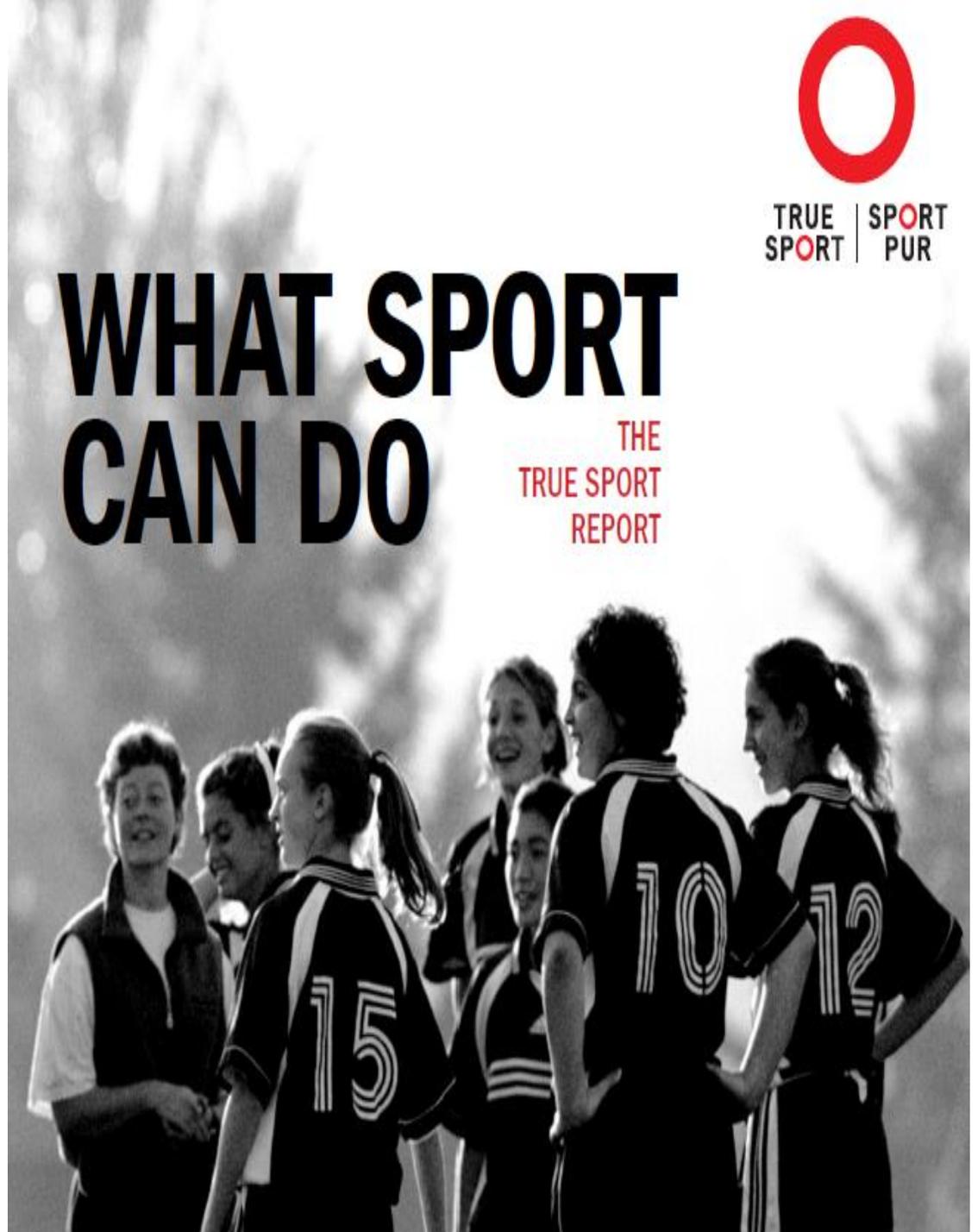


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Delivering OVEP

A PRACTICAL GUIDE TO OLYMPIC VALUES EDUCATION

Benefits



TRUE | SPORT
SPORT | PUR

WHAT SPORT CAN DO

THE
TRUE SPORT
REPORT



Skills athletes develop during their sporting career

Benefits

- Goal setting
- Focus
- Team work
- Self motivation
- Stamina / Resilience
- Time management
- Self confidence
- Discipline
- Responsibility
- Initiative
- Problem solving

Nowadays athletes have help.....



INTERNATIONAL
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OLYMPIC CHARTER

IN FORCE AS FROM 26 JUNE 2019



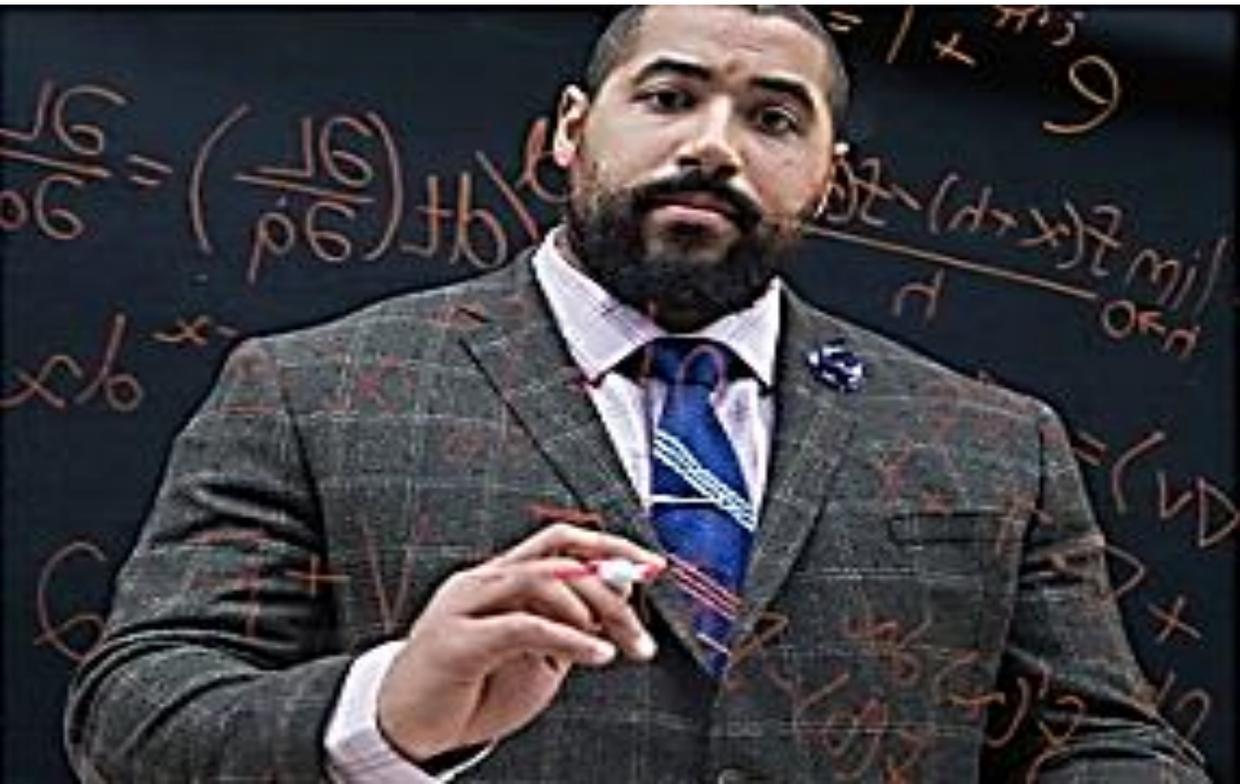
2 Mission and role of the IOC*

12. to encourage and support the efforts of sports organisations and public authorities to provide for the social and professional future of athletes;



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- IOC + Adecco - Athlete's Career Program
- IOC Athlete Massive Open Online Courses (MMOC)



BACK TO SCHOOL

Balancing sport and education is a challenge for many athletes - but it can be done. Here's how John Urschel, a professional NFL player, is managing to study for a PhD at the same time.

[learn more](#)



HAVE YOU COMPETED AT THE OLYMPIC GAMES?

NO

YES

NEXT STEP

European Sports Charter

(adopted on 24 September 1992 and revised on 16 May 2001)

Article 8: Supporting top level and professional sport

1. Methods of providing appropriate direct or indirect support for sportsmen and sportswomen who reveal exceptional sporting qualities shall be devised in co-operation with sports organizations, in order to give them opportunities to develop fully their sporting and human capacities, in the full respect of their individual personality and physical and moral integrity. Such support will include aspects related to the identification of talent, to balanced education while in training institutes and to a smooth integration into society through development of career prospects during and after sporting excellence.



European
Commission

EU Guidelines on Dual Careers of Athletes



Career Development

Deborah Rothstein Murman – Director

Jeff Lamp -- Career Development Counselor

Rich Rinaldi -- Career Development Counselor

Lloyd Walton -- Career Development Counselor

Bobby Simmons -- Career Development Counselor

Nadira Ramratan -- Administrative Assistant

THE WORLD PLAYER DEVELOPMENT, WELLBEING, TRANSITION AND RETIREMENT STANDARD



PARIS 2017

THE PURPOSE OF THE STANDARD

- 1 Serve as a tool for player associations.
- 2 Function as a benchmark for world sport.
- 3 Elevate the professional status of player development managers (PDM) who serve to promote the personal development and wellbeing of players on and off the field.

GUIDING PRINCIPLES

#Peoplefirst - "Professional players are people first, and players second" - This requires a 'whole of person' approach acknowledging the intrinsic value of the person behind the player.

The right to a safe workplace - Players are owed a duty of care in the provision of a workplace as free as possible from adverse risks to health and social wellbeing.

Partnership with players and their associations - Effective delivery of the Standard requires sport's stakeholders to collaborate in partnership with players and their associations.

GOALS ↔ REQUIRED ACTIONS

1 EDUCATION

Delivering education in areas such as transitioning into and out of sport, promoting dual careers, encouraging 'life skills', and ensuring player understanding of their sport's regulatory environment.

2 INCLUSION

Promoting inclusion as fundamental aspect of sport, including promoting an understanding of diversity issues regarding sexuality, race, culture, religion, age and gender. This includes establishing environments free from any form of discrimination and harassment.

3 HEALTH AND WELLBEING

The provision of an acceptable level of medical treatment, extending to player mental health services. This includes proactive risk assessment of any factors potentially adverse to player health and wellbeing.

4 PLAYER DEVELOPMENT AGREEMENTS

Dedicated Player Development Agreements should be developed and adopted, and where appropriate through collective bargaining.

5 PLAYER RIGHTS

Player development and wellbeing must be regarded as fundamental issues of player rights.

6 RESEARCH

Ensuring that evidence based research underpins all implemented player development programs and policies.

7 TRANSITION

Acknowledging that transitioning to life after sport is relevant for the entirety of a player's athletic career with programs in place throughout.

8 WORKING ENVIRONMENT

Ensuring that players access a safe work environment on and off the field of play, and promoting PDMs as critical actors in this environment.



MONITORING & OUTCOMES

A number of targets have been outlined to monitor the outcomes of the Standard across the world of sport. In order to ensure the Standard is of ongoing relevance it will be constantly reviewed by the World Players Association and its affiliates.

Chronological Age	Age 0-6, Copper 	Age 7-9, Copper 	Age 10-12, Copper 	Age 13-14, Bronze 	Age 15-19, Bronze 	
Developmental Stage	Early Childhood			Late Childhood		Young
Coaches Corner	Introduce Kids & Parents to Wrestling to Increase Participation. Goal: Get Kids to the Next Lvl	Instill a Passion & Love for Wrestling. Goal: Get Kids to the Next Lvl	Start the Real Process of Learning Through Routine & Reps Goal: Get Kids to the Next Lvl	Promote & Apply Competitiveness, Sportsmanship & Mastery of Wrestling		
Support Staff	Parents, Family, Child Care Providers & Community	Parents, Teachers, Coach & Community		Parents, Teachers, Local Coach & Regional/National Coach & Staff		
Knowledge of the Game	N/A	Introduction to Wrestling; Basic Knowledge of Rules, Tactics & Elite Athletes		Possess and Demonstrate Knowledge of Rules, Tactics		
Lifestyle & Life Skills	Athletes Cooperate with Others and Show Respect to All Weight Loss for Health Only	Participants Posses Healthy Daily Routines & Nutrition Skills Weight Loss for Health Concerns Only		Athletes Understand Ethical & Moral Values & Appreciation for Wrestling Some Weight Management Guidelines Introduced		
Elite Performance Support	N/A Matches/Yr = 0-12	Matches/Yr = 0-20	Introduction to Basic Performance Support Staff & Philosophies Matches/Yr = 0-20		Matches/Yr = 12-36	Matches/Yr = 24-48
Tactical	Expect Little to No Tactical Development at This Age	Introduction to Structured Practices	Introduction to Basic Sport Offensive & Defensive Strategies	Understanding Strategy of Mat Technique (Action/Reaction)		
Technical	Expect Little to No Technical Development at This Age	Basic Athletic Movements Are Learned	Basic Skills in Wrestling Are Learned	Exposing Athlete to the Core Skills of Wrestling	Exposing Athlete to Core Techniques of Wrestling	
Psychological	Social Interaction with Peers & Maintaining Fun or Activity	Positive Outlook, Cooperation with Others, Social Interaction & Fun	Passion for Wrestling, High Self-Esteem Perceived by Self & Mastery Climate	Ability to Focus Throughout Practice & Openness to Learn New Techniques	Take Criticism as Critical Feedback & Understand Causes of Winning/Losing	
Physical	Explore Basic Body Skills, Coordination & Gross Motor Movements <u>When Should We Start Lifting?</u>	Developing Awareness, Coordination & Body Skills Through Games & Activity		Advancing Basic Movements & Combinations of Movements Through Repetition		



International initiatives

- Athlete's World Foundation
- Talented Athlete Scholarship Scheme (U.K.)
- Online Academy (FIFPro)
- Convention d'Insertion Professionnelle (France)
- Auf dem weg nach Olympia (Germany)

WOA

OLY

OLYMPIANS

ACTIONS



ACTIONS

**Retired Olympians to mentor
Olympians undergoing life
transition**

Knowledge is power.

Along with power comes responsibility

and we have to try to convince athletes that



“THE MOMENT
OF VICTORY IS
MUCH TOO SHORT
TO LIVE FOR THAT
AND NOTHING ELSE”

and that

MARTINA NAVRATILOVA

Athletes who follow dual career:

- Live a better life (because they have less stress, they feel safer for their life after sport, etc.).
- Develop more their sporting potential.
- Become more sociable.
- Become less inclined to do drugs.
- Find descent and interesting jobs when they finish their sporting career.



SUSTAINABLE DEVELOPMENT GOALS

KNOWLEDGE PLATFORM

HOME

SDGS

HLPF

STATES

SIDS

UN SYSTEM

STAKEHOLDERS

TOPICS

PARTNERSHIPS

Inclusive And Equitable Education: Leaving No One Behind



Joining forces to

LEAVE

NO ONE

BEHIND

THANK YOU FOR YOUR ATTENTION

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<https://dimitrisgargalianos.wordpress.com/mission-statement/>

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