

DUAL CAREER: CAR MODEL

05.19.2016

CAR



CENTRE D'ALT
RENDIMENT

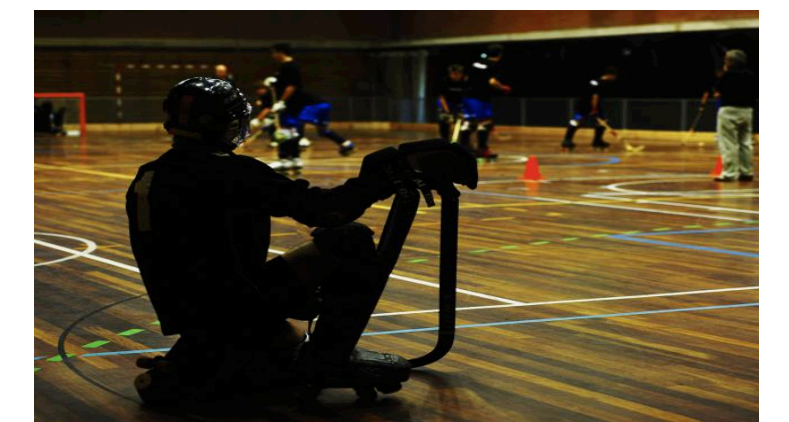
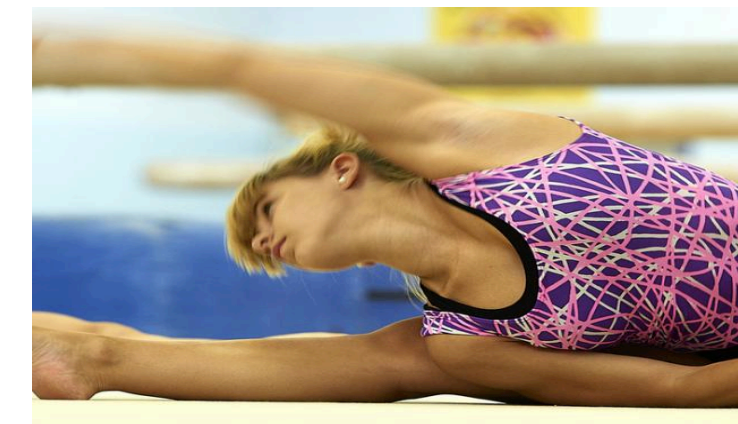
Objectives CAR



1. OBJECTIVES CAR

INTEGRAL PERSONAL DEVELOPMENT

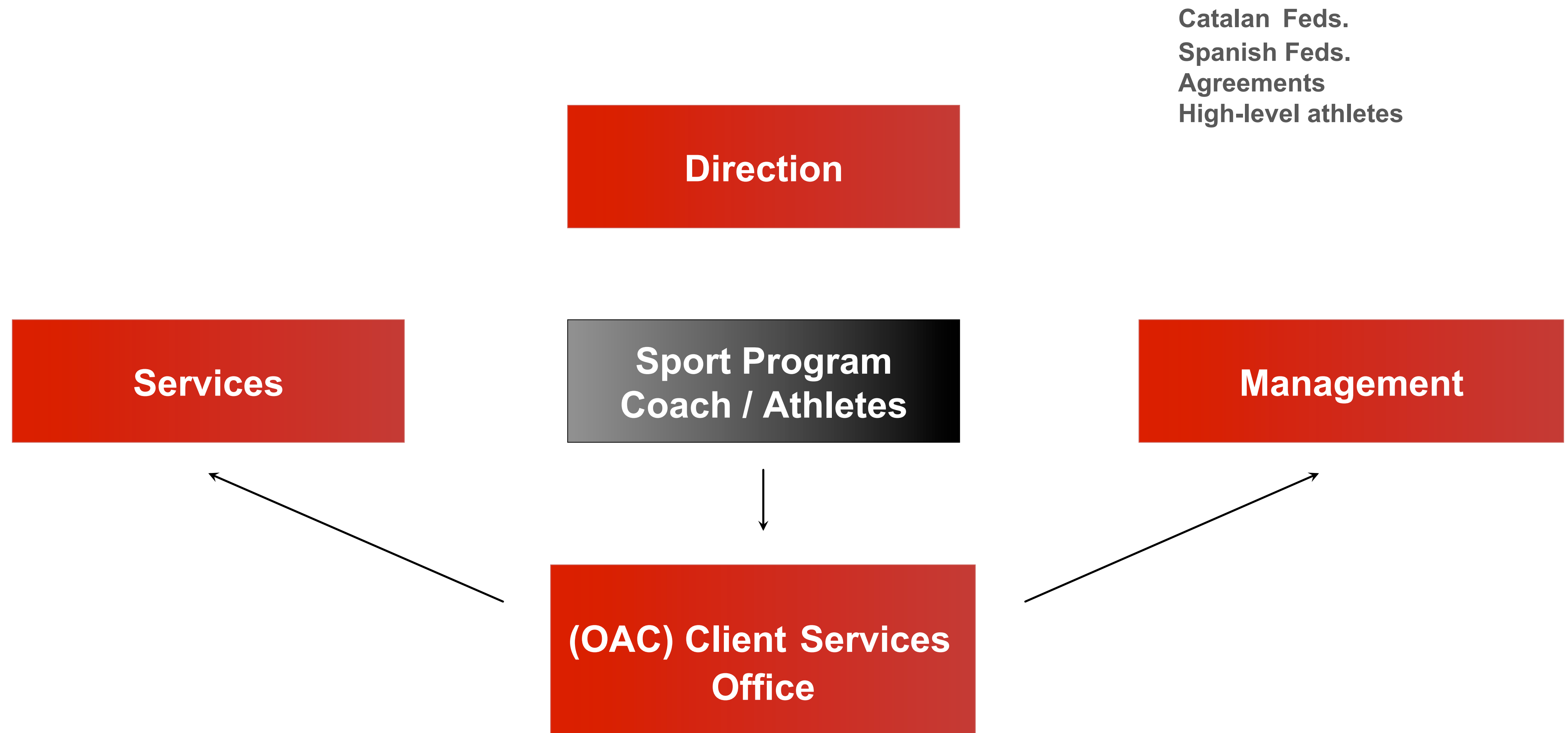
- ✓ To offer athletes and coaches venues and services.
- ✓ To contribute towards an integral personal development.
- ✓ To spread knowledge to sport community and society



Structure CAR



2. STRUCTURE CAR



2. STRUCTURE CAR

6

Services

Sports

Dual Career

Science, Medicine & Technology

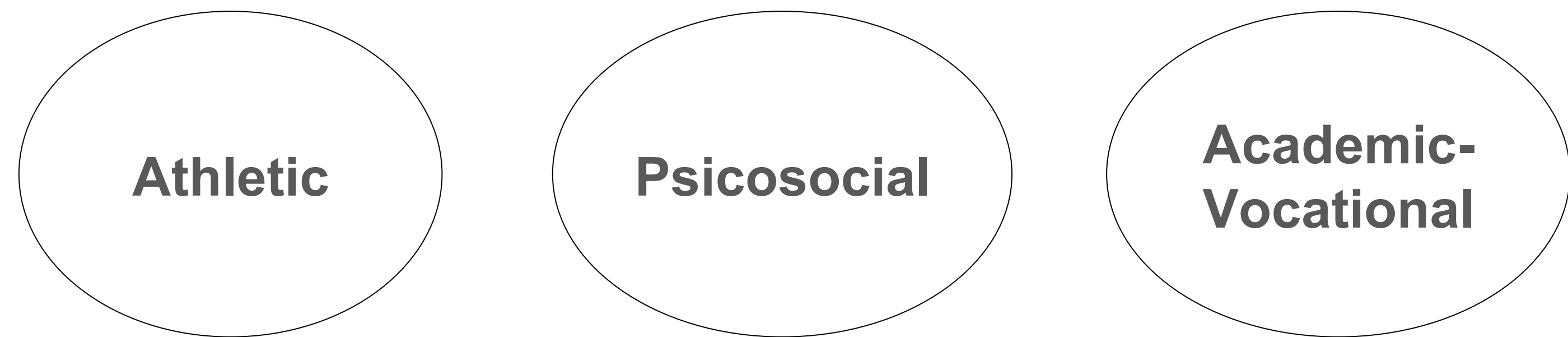
DUAL CAREER CAR



3. DUAL CAREER CAR

Dual career encapsulates the requirement for athletes to successfully initiate, develop and finalize an elite sporting career as part of a lifelong career, in combination with the pursuit of education (or work)

Priority to give tools and alternatives to make compatible



3. DUAL CAREER CAR

age 12

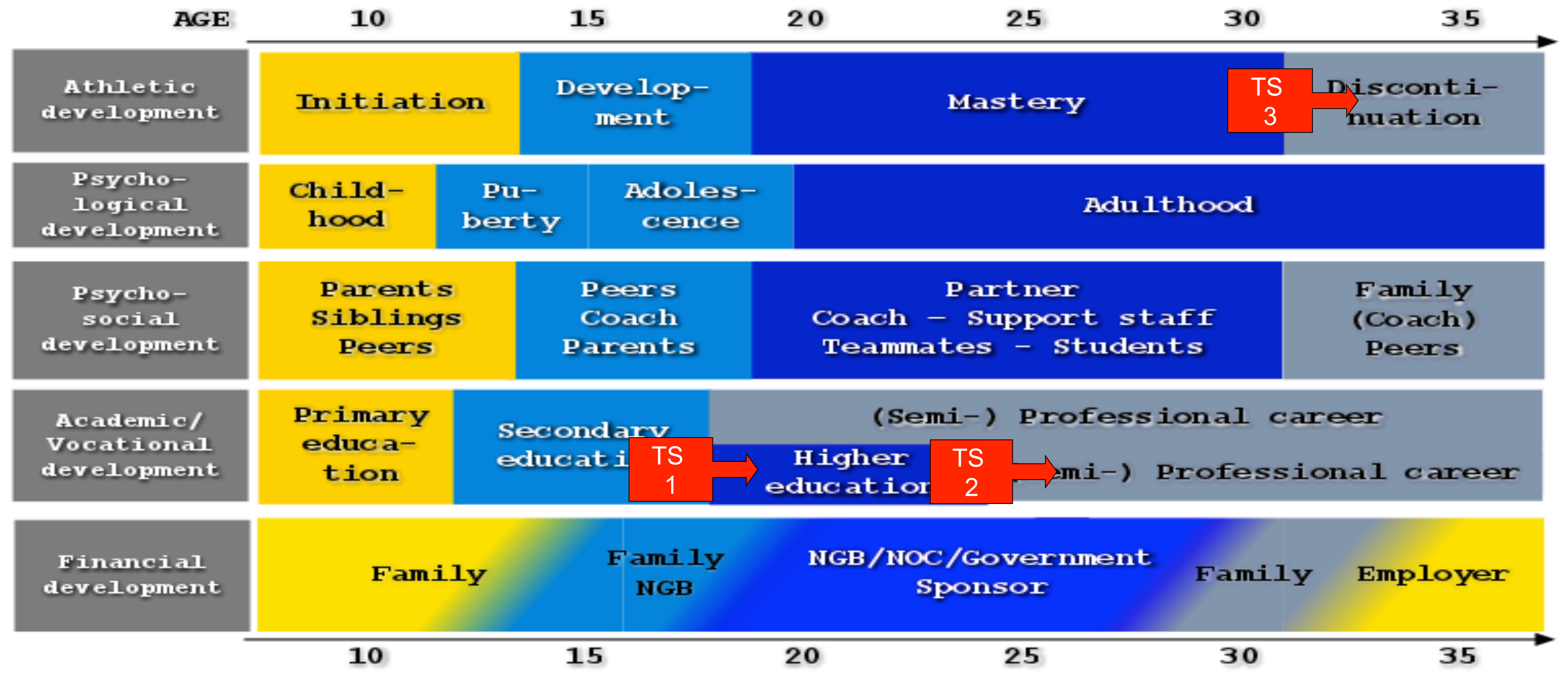


age + 30

←→ Average grant 4 years

←→ Grant 18 years

3. DUAL CAREER CAR



Holistic Athletic Career Model (Wylleman, Reints & De Knop, 2013)

3. DUAL CAREER CAR

Residence Mentor
Support adaptation lifestyle
Interview and regulations

All ages



Career Assistance
Vocational Orientation
Professional Orientation

+18 age



Secondary School (ISCED2)
High School (ISCED3)

12-18 age

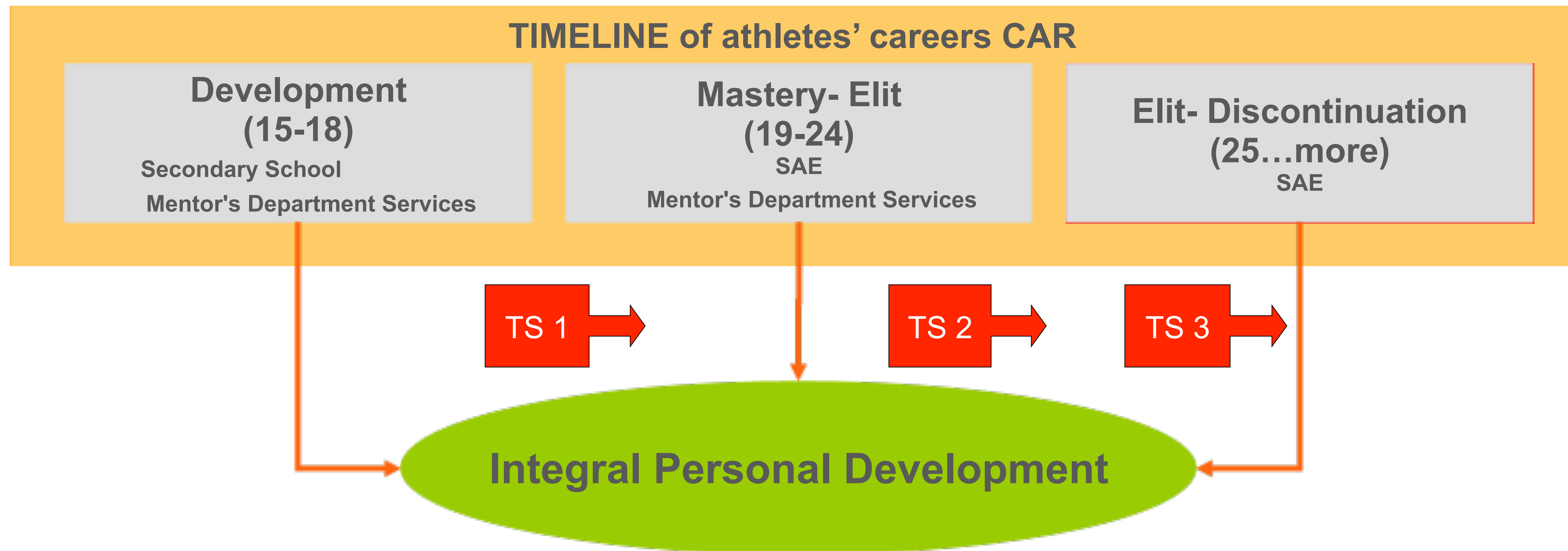
Vocational Education(ISCED5)

16-... age



3. DUAL CAREER CAR

Transversal and on going coordination with athlete during the different stages: sport, academical, vocational and psycho-social



3. DUAL CAREER CAR

Perspective in assisting athletes

Preventive:

Help athletes to become better aware of forthcoming transition demands and to develop in a timely manner all necessary resources for effective coping.

Alfermann & Stambulova (2007)

To facilitate through counseling intervention

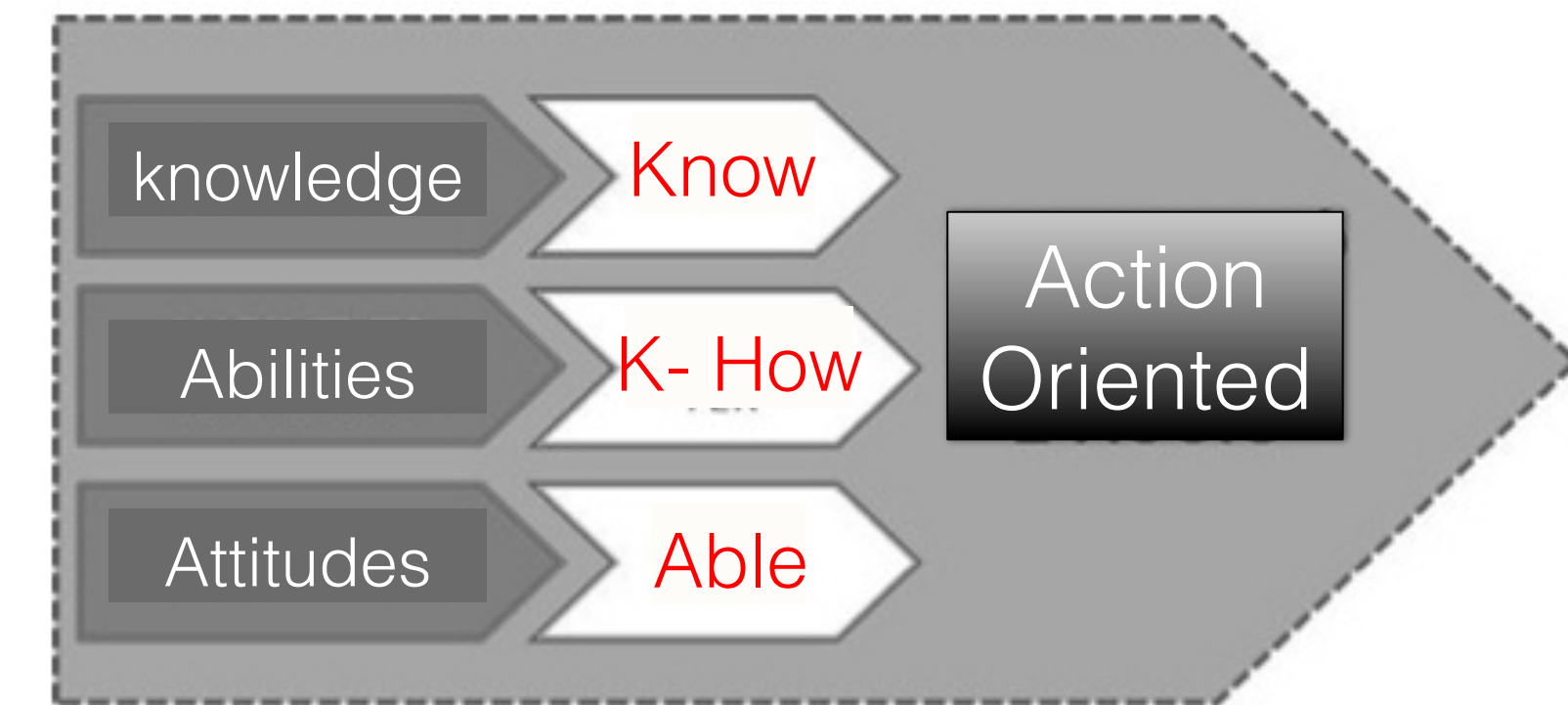
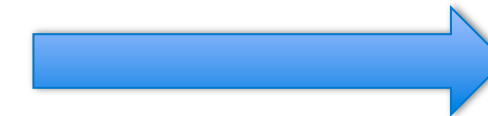
1. With a culture of anticipation.
2. With a culture of project
3. With a culture of action

Defrenne (1998)

3. DUAL CAREER CAR



Woman 16 years
Weightlifting
International Level
1 High School (ISCED3)



Interviews:
DC provider-Family
Mentor- Athlete
Sport Psychologist- Athlete

Intervention through
Mentor

HS coordination
PSD coordination
Interdisciplinary Model

Transversal Competencies:

Relationship

- Communication
- Interpersonal relationship

Identification

- Placed in the specific context

Confrontation

- Responsibility
- Organization and planning
- Negotiation

3. DUAL CAREER CAR



3. DUAL CAREER CAR

CAR Speakers



“Transformamos sus eventos en experiencias llenas de pasión y alto rendimiento”



Su experiencia, nuestra garantía

“Jennifer Pareja supo conectar con todos los asistentes y destacaría un aspecto que tiene mucho que ver con el mundo empresarial: si no tienes la ambición de ganar, mejor que abandones la competición.”



Alba Amigo.
Responsable Dep. Comunicación Interna.

“El grupo por completo nos sumergimos en una profunda reflexión de la gestión del cambio y entendimos como sólo nosotros mismos y nuestra actitud hacia el cambio es la clave para la consecución del éxito. En resumen, un 10 para Carla Casals, tanto en formato, como el contenido del mensaje.”



Luis Rodriguez.
Development Departament

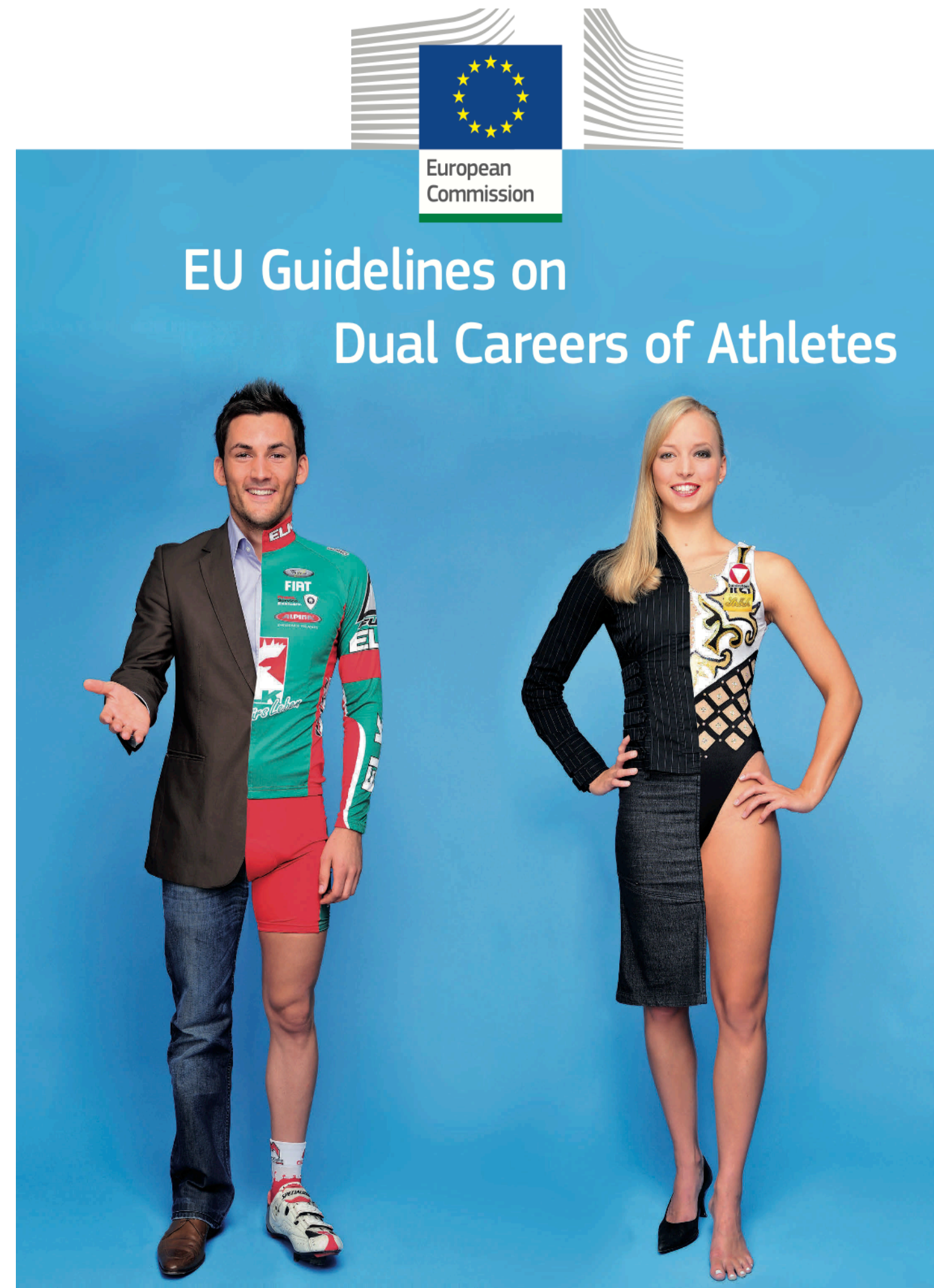
Han confiado en nosotros...



Research, Development & Dual Career



3. Research, Development & Dual Career



Examples of good practice

The High-Performance Centre of Sant Cugat in Spain has an Athletes Care Service (SAE) giving individual attention to the transitions athletes can expect in the course of their lives, in particular at the end of secondary education, the end of university education, and upon their retirement from sport. First work experiences are facilitated in local companies near the Centre. The public high school (IES CAR) which is located inside the training centre offers lessons at adapted times for the training groups.

pag 10

3. Research, Development & Dual Career

Gold in Education and Elite Sport

[WEBSITE](#)



Administrative and financial coordination



Scientific coordination



2 years
Jan 1st 2015
Dec 31st 2016

9 Full Partners

INSEP, VUB, CONI, NOC*NSF, Gdansk University of Physical Education and Sport, University of Ljubljana, UAB, Swedish Sports Confederation, and University of Stirling



Vrije
Universiteit
Brussel



CONI
SCUOLA
DELLO SPORT
GESTIONE CONI SERVIZI



UAB
Universitat Autònoma de Barcelona



RIKSIDROTTS
FÖRBUNDET



8 associated partners

Bloso, Polish National Centre of Sports Medicine, Olympic Committee of Slovenia, CAR, Halmstad University, SIS, TASS and Loughborough University.



3. Research, Development & Dual Career

Be Winner In Sport and Employment before and after athletic Retirement (B-WISER)



2 years
Jan 1st 2017
Dec 31st 2018

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