


SPORTCENTRUM
papendal



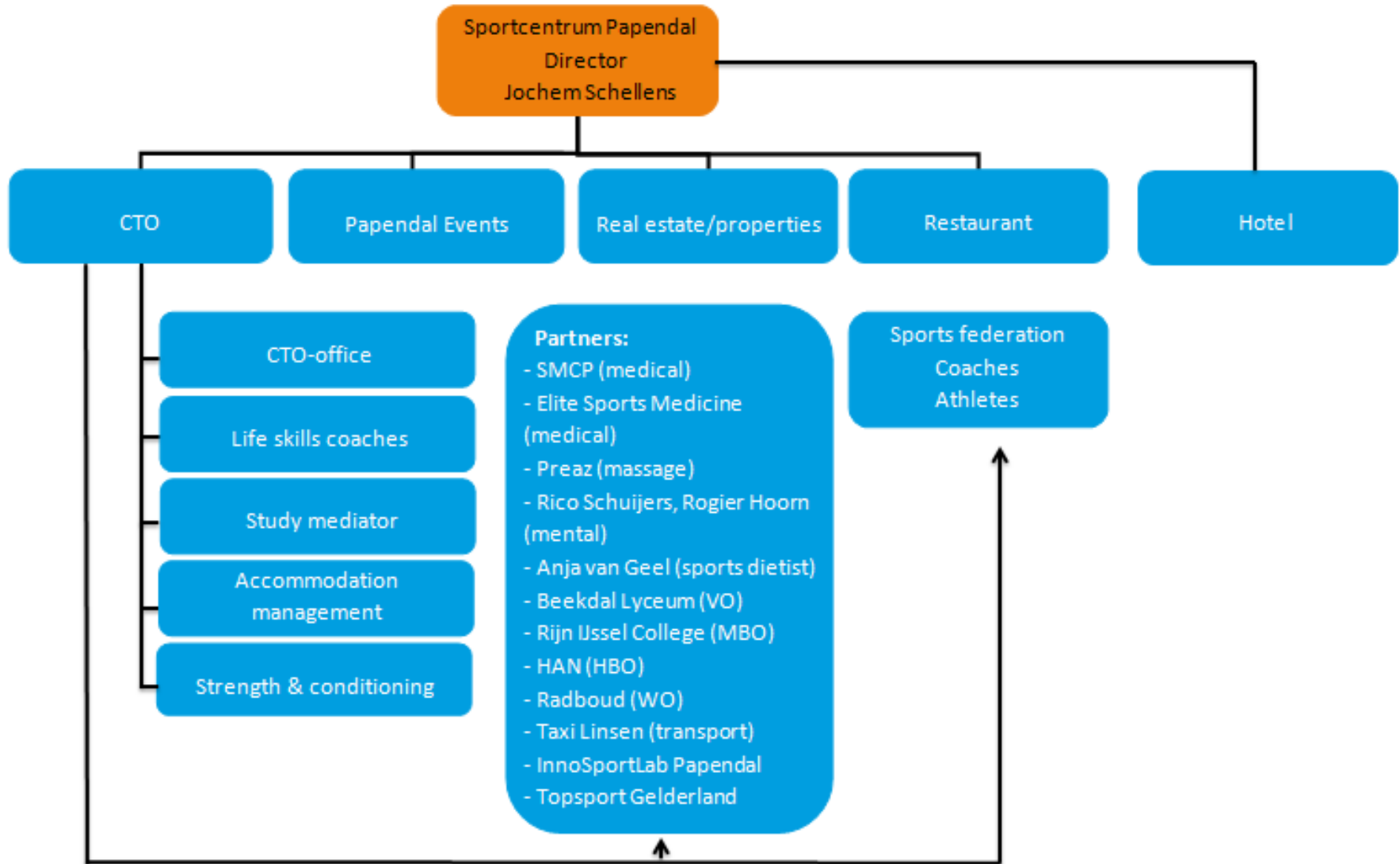
Papendal, 23 september 2014



Proces of training centers in the Netherlands

- After Athens 2004: centralizing fulltime programs with the best facilities based on international standards
 - Principal: train, live and study at the center
 - Benefits: elite sports culture, sharing knowledge, standardized quality and procedures, all over efficiency
 - Since March 2009 four CTO's en five NTC:
 - CTO: Heerenveen, Amsterdam, Eindhoven and Papendal
 - NTC: Water polo-Utrecht, Sailing-Scheveningen, Beach volleyball-Scheveningen, Triathlon-Sittard
 - Subsidy: ministry of health and sports
 - General strategy by the NOC.
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Organizational structure Papendal



Sports Center Papendal

- 45 employees
- Exploitation 10 mln Euro's
- Commercial activities
- Master plan start in 2006, realization 2016
- New facility Arnhemhal since December 2012
- Realized with grant from ministry of sports, province and town of Arnhem

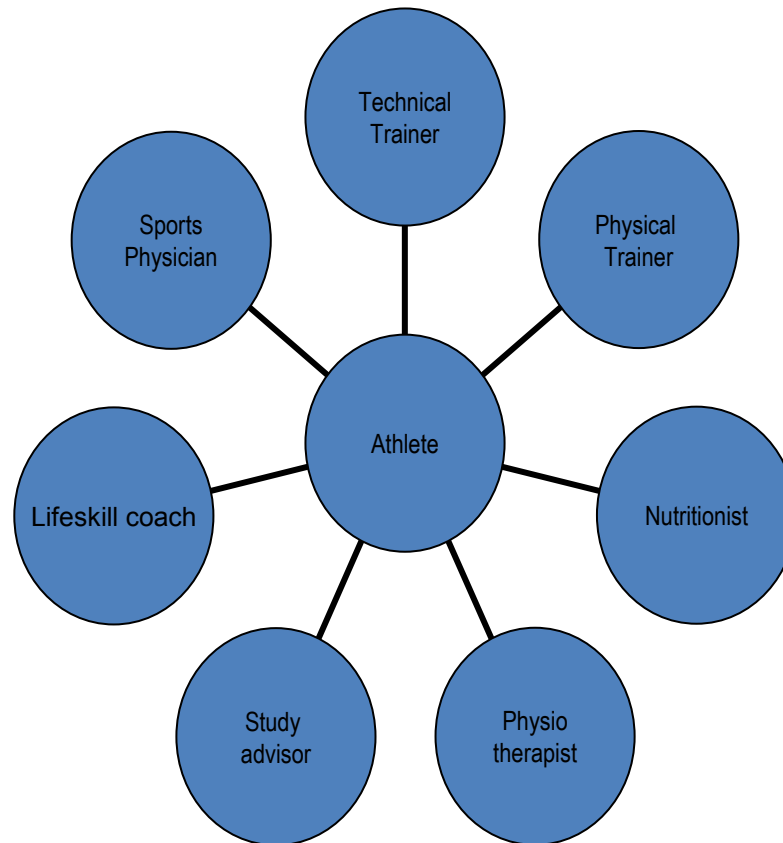


CTO Papendal

- Started in 2006 with the Handball Academy
- Now 12 sports federations and 300 fulltime elite athletes
- 170 elite athletes living at or nearby Papendal
- Programs are the responsibility of the Federation (daily coach), CTO facilitates
- Minimum age of 15 (exceptions of 14)
- Since 2012 database Athletic Logic for all experts and communication
- Sports center independent since 2013



The team



Sports

Fulltime

- Athletics (O and P) (talents and seniors)
- BMX (talents and seniors)
- Talent cycling
- Track cycling
- Paralympic cycling
- Boxing
- Handball
- Shooting
- Bobsleigh/skeleton (talents and seniors)
- Archery (talents and seniors)
- Volleyball (talents and seniors)
- Wheelchair basketball (talents and seniors)
- Table tennis (talents and seniors O en P)
- Paralympic soccer

Parttime

- Hockey men
- Equestrian (O and P)
- Korfbal



Living and transport

- Sports hotel 105 rooms, 1 person per room/bathroom
- Sports flat 60 rooms, 'independent living'
- Warnsborn 50 rooms plus bathrooms
- Since February concierge
- Contact real estate agents
- Transport by mini vans for school/station



Elite sports restaurant

- Chef Erik te Velthuis
- Focus on elite sports nutrition only
- Focus on sports specific and individual needs
- Ideal combination of scientific input and a quick practical output/translation
- Precise information concerning the intake of the athlete
- Innovation (sports quark, sports bar)



Nutrition expert

Two way path:

Educational, workshops, a lot of possibilities:

- 'Beginners at Papendal': standard information (carbohydrates, proteins)
- 'What do you eat': food intake versus training schedule
- Cooking course with elite athletes at the sports flat
- And: training at height, recovery, healthy snacks etc.

On request by coach, physician or life skills coach

- Personal meetings

Nutritionist works closely together with Erik of the restaurant



Strength and conditioning

- Staff of six S&C coaches
- Head coach Australia, Scott Dickinson, Coordination SCP Brigitte
- 3 staff employed by SC Papendal, 2 by NOC
- Scheduled hours (the amount of hours is appointed by NOC)
- Individual programs
- 4 fully equipped rooms



Sports Science

- In cooperation with Innosportlab Papendal
- Focus on nutrition, sleep, recovery, physiology and performance monitoring
- Realization sportslab
- Coaches address their questions
- Cooperation: sports sciences (universities), industry
- Very successful project: Recovery Month



Medical services

- In co-operation with two external medical centers
- Not exclusively for the center also public
- “Own” doctor and physiotherapist per program
- Daily two hour CTO walk-in consulting hours
doctor/physiotherapist
- Registration Athletic Logic
- Agreements general practitioner/
dentist Arnhem
- Still good health insurance required



Mental services

Sports psychology

Two way path:

Educational

- Talents: Mental skills (4 meetings sports specific)
- Parents: "Parent of an elite athlete (2 evenings)

On request by coach or life skills coach

- Personal meetings



Education (1)

- Centre for elite sports and **EDUCATION**
 - Netherlands until 16 years obliged to go to school
- Not integrated in the center, no ownerships, all functioning by co-operation
 - Secondary school, high school, higher education, university
 - Partly given at the center
- Improving year by year
 - Subsidy secondary school
 - extra private lessons
- Projects: physiotherapy, academy
physical education, sports management



Education (2)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 08.00 | Work-out | Work-out | Work-out | Work-out | Work-out |
| 09.00 | | | | | |
| 10.00 | Change clothes/ transport | Change clothes/ transport | Change clothes/ transport | Change clothes/ transport | Change clothes/ transport |
| 11.00 | School | School | School | School | School |
| 12.00 | | | | | |
| 13.00 | | | | | |
| 14.00 | | | | | |
| 15.00 | Transport/ change clothes | Transport/ change clothes | Transport/ change clothes | Transport/ change clothes | Transport/ change clothes |
| 16.00 | Work-out | Work-out | Work-out | Work-out | Home |
| 17.00 | | | | | |
| 18.00 | Change clothes/ eat | Change clothes/ eat | Change clothes/ eat | Change clothes/ eat | |
| 19.00 | Homework? | Homework? | Homework? | Homework? | |
| 20.00 | | | | | |
| 21.00 | | | | | |
| 22.00 | Rest | Rest | Rest | Rest | |

Study mediator

- Prevention:
 - Introductory meeting
 - Meeting every 6 weeks
 - Structural contact with coaches and educational institutes
 - Insight grades and absence Secondary education
 - Training camps / missing exams
- Acute problems
- Also:
 - Guidance choice continuation schooling
 - Guidance internships
 - Important source policy changes
 - Office Sports hotel (Monday till Friday)



Life skills coaching

2006, lessons learnt from the past:

Created a special job for personal development

The earthquake

- Leaving parental home
- Living with other athletes
- New school
- Fulltime training schedule
- Weekends at home, social contacts
- Long periods away from home
- Age with a lot of personal development

Conclusion

Many new goals

Planning/managing new life





Life skills coaching

1. Personal development

- Self knowledge
- Independence
- Self regulation
- Self solving abilities
- Insight own behavior and consequences
- Making their own decisions and taking responsibility for their actions

2. Coaching acute problems

If required active role; life skills coach taking the lead



Life skills coaching

3. Subjects

- Structuring daily life
- (re) organizing living-training situation
- Controlling own life
- Nutrition, sleep, planning, parents, finances, dilemmas

4. What else

- Coaching group process
- Workshops
parent of an elite athlete
- Organizing Cooling down café

Confidential






Life skills coaching

Method

- Introductory meeting
- Structural meetings every 6 or 7 weeks
- 24/7
- Visible for athletes and coaches (training/competitions/eating together/workshops/Cooling Down Café)
- Work conferences with other coaches of CTO's

Examples

- Defensibility, assertiveness, independence, role of parents
 - Relationship parents/coach/other athletes/
 - Communicating, planning
 - Neglecting him/herself
 - Pressure surroundings
 - Eating disorder
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Regional role

What do we do for the region (Eastern Netherlands)?

- Work together with regional partners and federations.
- Set up and professionalize regional programs for youth (mostly minus 18).
- Facilitate this regional programs.

Why do we do this?

- Our experience with junior and senior programs can be useful for the younger talents as well. That's why the NOC asked us to take a role in this.
 - Try to close the 'gap' between regional training and CTO training.
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Regional role

Focus

- Good coaches, good facilities, good athletes.
- Introduce a coach driven situation.
- Realize a uniform why of working, for example; same content of workshops and similar facilities.

Main goal

Young talents must be better prepared when they enter the CTO!!



Questions?

