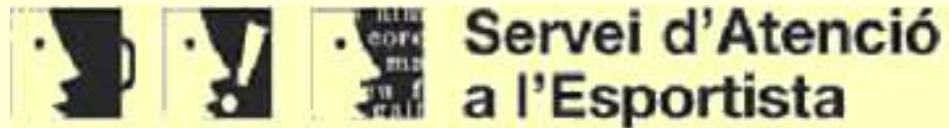


# Athletes Care Program (SAE)



Mr. Francesc de Puig  
Director CAR  
Centre d'Alt Rendiment (CAR )  
Barcelona (Spain)



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## Athletes Care Program (SAE)



The **comprehensive training** of athletes is one of the priorities of the CAR of Sant Cugat

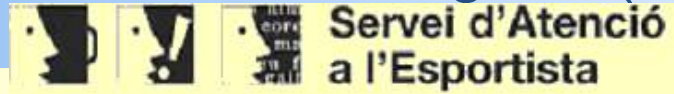
The need to help sportspersons achieve a complete preparation in learning habits, for better adaptation to the outside World, were the main reasons why the CAR of Sant Cugat believes that a project like this was necessary.

It was important to us that similar programs existed in other countries like Canada, Australia, New Zealand and France.

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## Athletes Care Program (SAE)



Sometimes these and other systems of aid and support for high-level sportspersons are unknown by the current athletes.

One of the roles of SAE is to provide all this information to the sportspersons.

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Comprehensive training help for sportspersons

Help for sportspersons in sports performance

- Professional academic guidance
- Personal project Guidance
- Advice in search for the work
- Coordination and management with others programs for the sportspersons

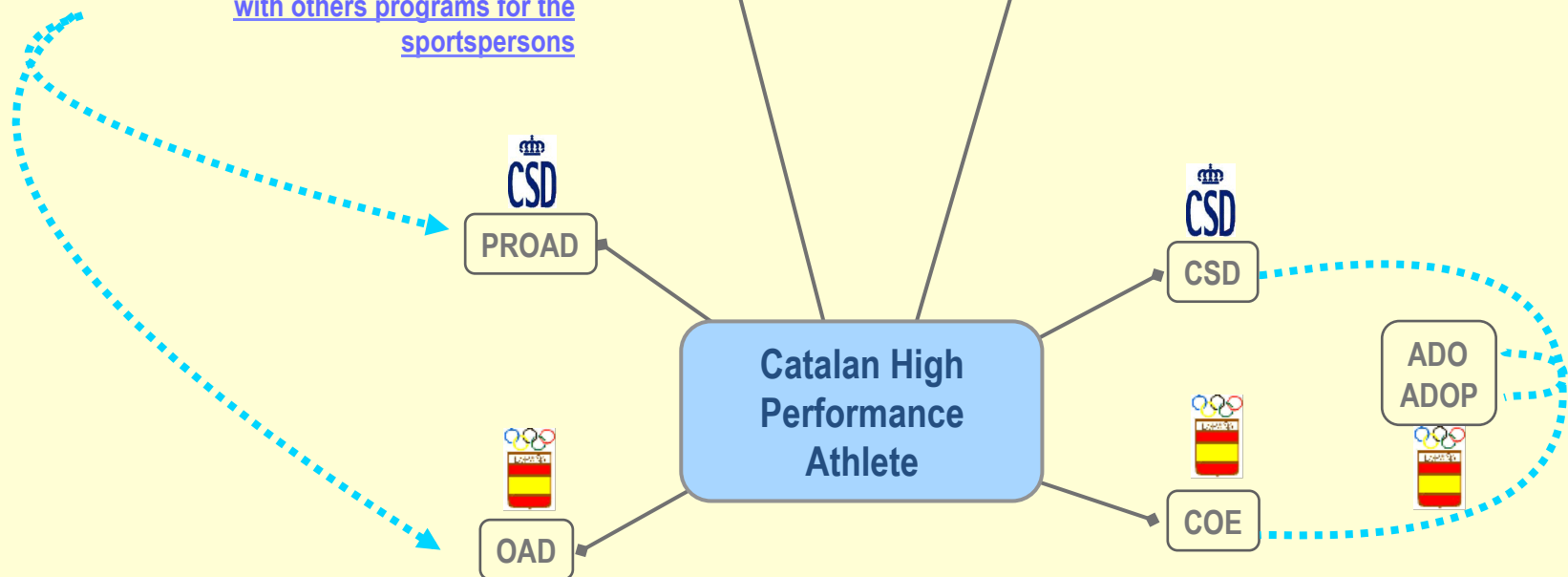


SAE



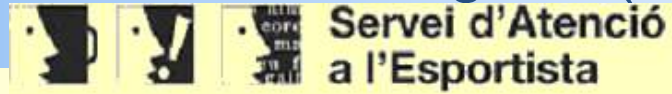
ARC

- € Economic awards
- € Economic grants
- Sports grants
- Medical and scientific services





## Athletes Care Program (SAE)



We base our work on four main Principles:

- a. - Attention to sports training (CAR).
- b. - Training and education (CAR HS and SAE).
- c. - Access to employment (SAE).
- d. - Personal development (CAR and SAE).

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## Athletes Care Program (SAE)



From interviews conducted during the last season we can say that the demands of sportspersons have focused on three concepts:

- A. How to continue improving their education while maintaining their dedication to sport. Here there has been an increase in the number of sportspersons who want to return to their abandoned studies.
- B. Support and supervise the search for a job.
- C. Assessment when sportspersons retire from competitions.

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# Athletes Care Program (SAE)



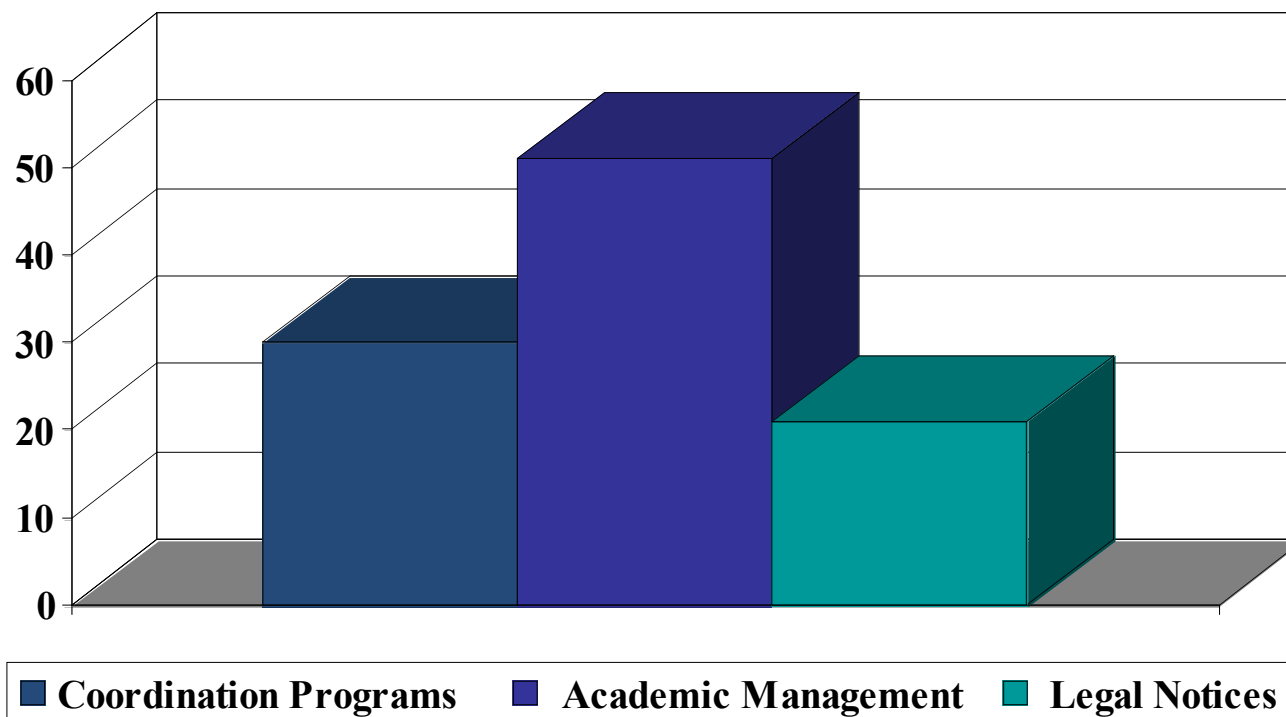
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## Program Management

### Athletes

#### coordination and administration

- Average 21 years
- men 48,6%
- women 51,4%







# Athletes Care Program (SAE)



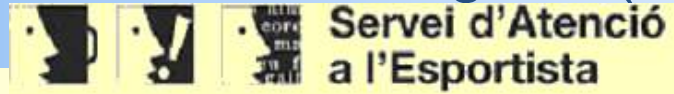
## 1) For the younger group

We propose to define a Personal Project to help the sportspersons know what his real target is: Sport.





# Athletes Care Program (SAE)



## 1) For the younger group

We understand a Personal Project triple reflection on the current situation, the desired future and the means to achieve it.

It is important to base this reflection on what is known, contrasting knowledge not assumptions. He has to know what he wants, take time to develop, follow and revise.

As a summary we can understand the Personal Project as a way to help the athlete in the decisions to be taken in his life, in which sport is the key.



# Athletes Care Program (SAE)



## 1) For the younger group

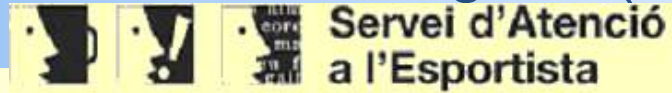
In this group of young people there are two moments of crisis:

- a.- At the end of high(secondary) school and the beginning of University.
- b.- At the end of university studies

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# Athletes Care Program (SAE)



## 1) For the younger group

In this group of young people there are two moments of crisis:

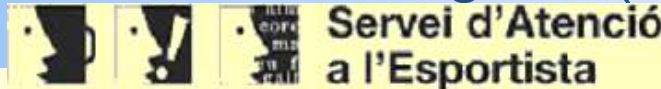
a.- At the end of high(secondary) school and the beginning of University.

**In the first case, there are two ways to follow up**

- 1.- How to handle the two projects (academic and sports).
- 2.- Leaving one of the two.



# Athletes Care Program (SAE)



## 1) For the younger group

In the first case, there are two ways to follow up  
1.- How to handle the two projects (academic and sports).

### Into first group, we work in several ways:

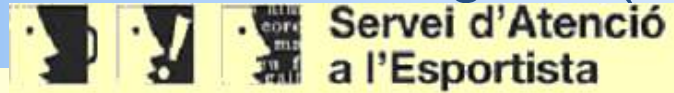
- Support programs in Universities.
- To monitor and advise them the in first year of University so that they can adjust to their new lifestyle.
- Personal Management (how to use the time).
- Help them to accept that the study time for a high-level sports person can be different.

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# Athletes Care Program (SAE)



## 1) For the younger group

In the first case, there are two ways to follow up  
2.- Leaving one of the two.

With the second group, it's good to work with:

- The creation of a Personal Project if they don't have one.
- Find alternative training programs:  
languages, computing, and other entrance exams.



# Athletes Care Program (SAE)



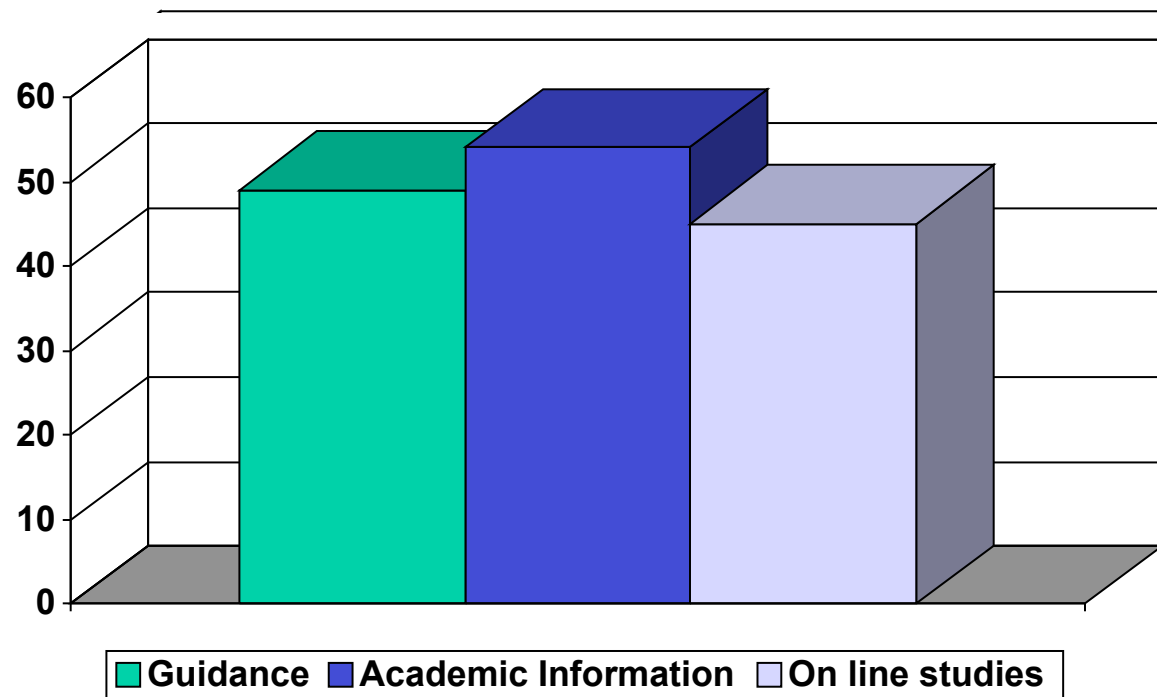
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## Academic and Labour Guidance

### Athletes

#### Academic orientation and/or professional

- Average 22 years
- men 58,2%
- women 41,8%





# Athletes Care Program (SAE)



## 2) A second group

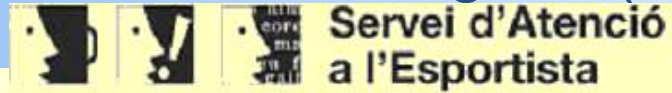
Are the sportspersons whose ages range between 24/25 years old.

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# Athletes Care Program (SAE)



## 2) A second group (24/25 years old)

They want to work because they are starting to think about ¿what to do?, when they leaves high sports level .

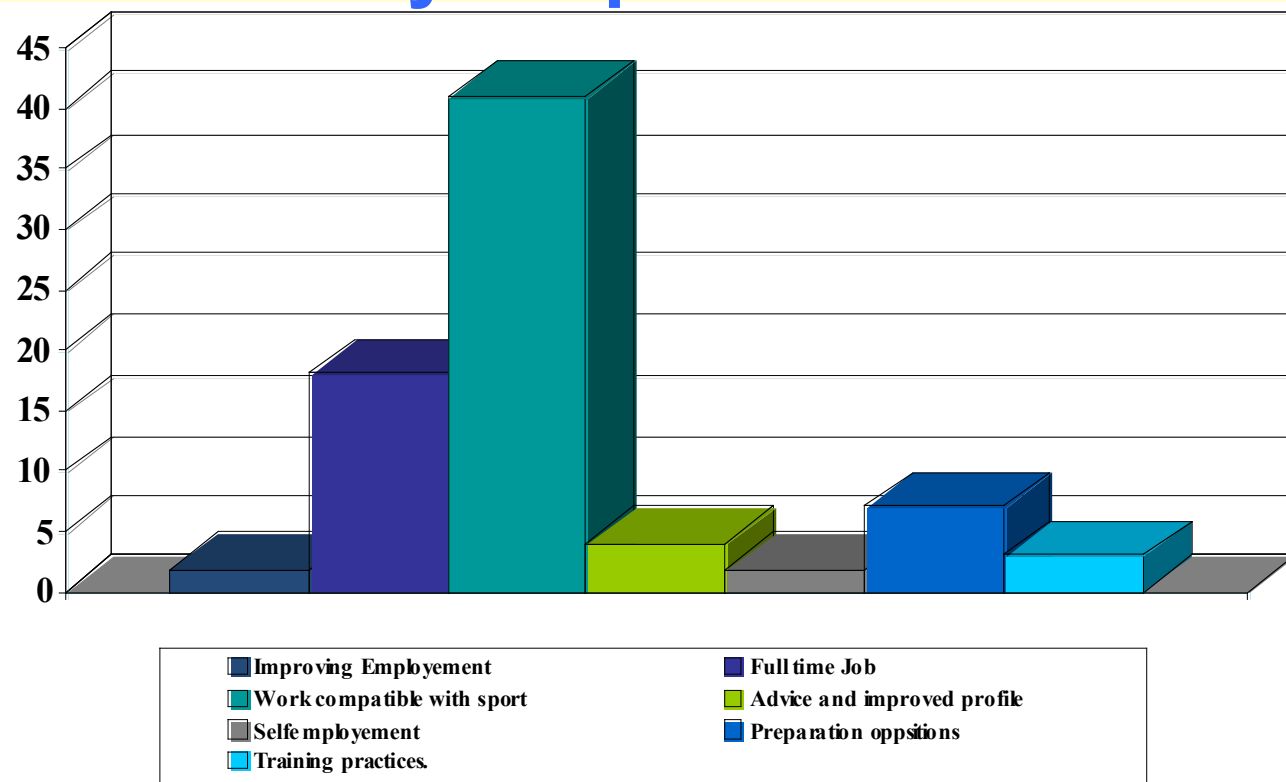
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## Job Opportunities Support Athletes Profile by Requirements

**Athletes**

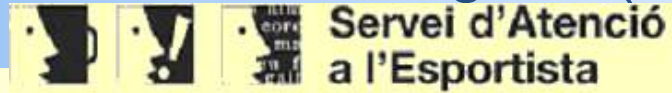
**Labor advice**

- Average 25 years
- men 63,9%
- women 36,1%





# Athletes Care Program (SAE)



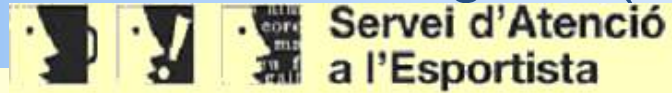
## 3) The last group ( 28 and 35 years old)

### 3) The last group

Are the older sportspersons with a very large international sports curriculum, who have decided to retire. Often athletes are between 28 and 35 years old.



# Athletes Care Program (SAE)



## 3) The last group ( 28 and 35 years old)

The importance is to value everything that sport has meant to them and how it has affected their personality.

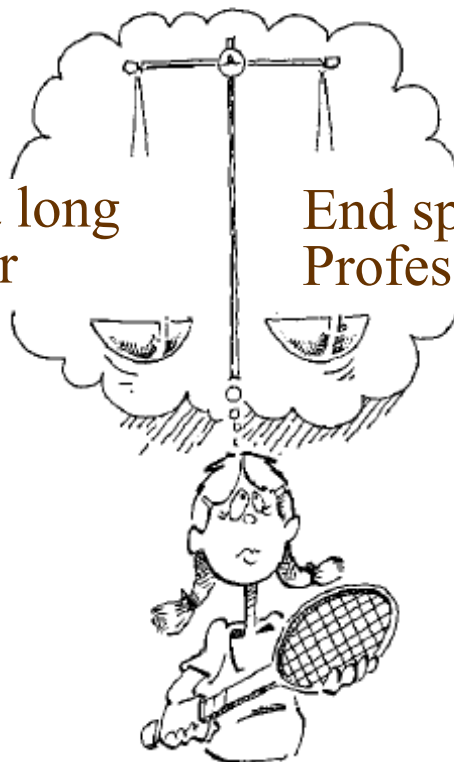
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**Long sports careers as well as the end of sports career are two concepts that always deserve special attention.**

## SAE's Success

Guarantee a long sports career

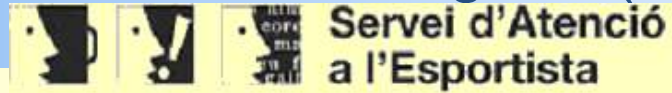
End sports career with Professional alternatives



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## Athletes Care Program (SAE)



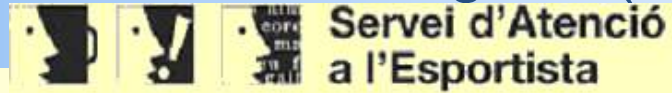
The SAE has shifted in parallel eyes to the business world to go beyond the guidance and backing the sportspersons.

Therefore SAE seeks the involvement of the business world in the overall education of the sportspersons, while providing the company with skilled worker with values, characteristic of high-level sports, which will be beneficial in the business world.

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## Athletes Care Program (SAE)



**With this idea offered above, this autumn we launched a new program with the following objectives:**

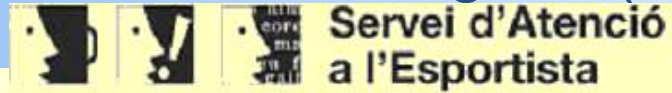
**1 .- To provide the necessary aid for sportspersons by mean sponsoring in order to develop their academic and sporting career properly.**

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# Athletes Care Program (SAE)



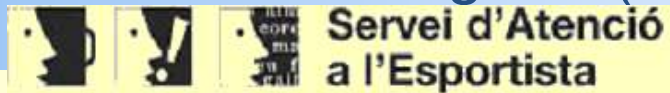
## Objectives:

**2 .- To promote the early work experiences in sportspersons, especially those in the transitional phase towards the end of his career. Also to the former sportspersons.**

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# Athletes Care Program (SAE)



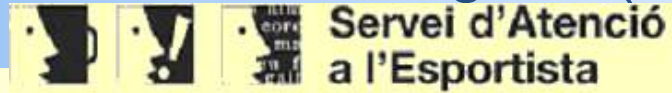
## Objectives:

**3.-Work experience in companies involved in the program.**

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# Athletes Care Program (SAE)



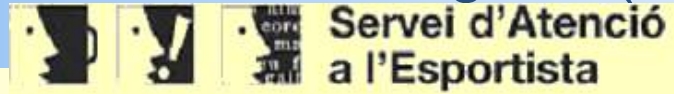
## Objectives:

**4.-Integrate the best academics, sports and work with the goal of comprehensive training of athletes.**

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# Athletes Care Program (SAE)



## Objectives:

**5.-Recognition Program as a mark of social responsibility in sport.**



## Athletes Care Program (SAE)



# Athletes Care Program (SAE)

***Thank you for your consideration***

**Mr. Francesc de Puig**  
Director CAR  
Centre d'Alt Rendiment (CAR )  
Barcelona (Spain)

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