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# SPORTSMANS EDUCATION AND TRAINING FOR DUAL CAREER





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# SPORTS PEOPLE EDUCATION AND TRAINING FOR DUAL CAREER



## Handbook of Best Practices

**PROJECT REFERENCE NUMBER: 613520-EPP-1-2019-1-BG-SPO- SCP**

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# Introduction

The augmented attention athletes' dual career has attracted in recent years has brought significant advances to the field, both in knowledge and in applied practices. In this document we present a selection of Good Practices that can be implemented for elite cyclists. This selection is a product of reports from the SET4DC partners and further desk research for dual career programmes for athletes.

Our research has identified that similar practices have been implemented across European countries. These address dual career needs at different stages of cyclists' career, notably, with more emphasis on educational aspects. Interestingly, a variety of agents that can act as providers or mediators for the development of athletes' dual career have been involved in such Good Practices: Educational Authorities, Universities and Schools, Sport/Cycling Authorities Federations, and Organizations, Olympic Committees. Below we have grouped such Good Practices based on the different career stages presenting, the involved agents, a description of the practices, and their expected impact.





# Education

## Secondary

### Higher Vocational

### Non-forma



Involved Agents	State – Ministry
Focus	<b>Secondary Education</b>
Description	The Ministry of Education in Romania allow those athletes in higher education preparing for major international competitions are offered a special session baccalaureate exam.
Impact	This policy facilitates elite cyclists to complete their secondary education without delays, while keeping high cycling standards and facilitates transition from school to university for elite cyclists.
Reference/Sour ce	<a href="https://lege5.ro/Gratuit/gi3dmnru/legea-educatiei-fizice-si-sportului-nr-69-2000&amp;d=2017-03-27">https://lege5.ro/Gratuit/gi3dmnru/legea-educatiei-fizice-si-sportului-nr-69-2000&amp;d=2017-03-27</a> DC4AC (2019). Handbook of Best Practices in Dual Career of Athletes in DC4AC project participating countries. Available: <a href="https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf">https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf</a>



<b>Involved Agents</b>	State – Ministry
<b>Focus</b>	Higher Education
<b>Description</b>	<div data-bbox="683 402 981 799" data-label="Image"> </div> <p data-bbox="299 834 1059 932">The Ministry of Ministry of Human Capacities in Bulgaria offers scholarship covering university tuition fees and living expenses to support high-level athletes.</p>
<b>Impact</b>	<p data-bbox="299 972 1059 1117">This action addresses the need for financial support, identified as the most important need for dual career student cyclists. The scholarship helps elite athletes to concentrate on preparation for sports competitions while studying.</p>
<b>Reference/Sour ce</b>	<p data-bbox="299 1164 1059 1391"><a href="https://smartsport.bg/program/38/?lang=bg">https://smartsport.bg/program/38/?lang=bg</a> DC4AC (2019). Handbook of Best Practices in Dual Career of Athletes in DC4AC project participating countries. Available: <a href="https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf">https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf</a></p>

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<b>Involved Agents</b>	<b>State – Ministry</b>
<b>Focus</b>	<p>Higher Education</p> 
<b>Description</b>	<p>Ministry of Education in Romania offer to elite student athletes free accommodation in student campus. In addition, student athletes engaging in major competitions are offered a prolonged or open examination session.</p>
<b>Impact</b>	<p>These policies facilitate elite cyclists to adhere to their university studies and increase their opportunities for a successful dual career in the field. These measures help elite athletes financially but also enable them to concentrate on preparation for sports competitions while studying.</p>
<b>References, sources</b>	<p><a href="https://lege5.ro/Gratuit/gi3dmnru/legea-educatiei-fizice-si-sportului-nr-69-2000&amp;d=2017-03-27">https://lege5.ro/Gratuit/gi3dmnru/legea-educatiei-fizice-si-sportului-nr-69-2000&amp;d=2017-03-27</a> DC4AC (2019). Handbook of Best Practices in Dual Career of Athletes in DC4AC project participating countries. Available: <a href="https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf">https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf</a></p>



<b>Type of organization</b>	<b>Universities / Olympic Committee</b>
<b>Focus</b>	Higher Education
<b>Description</b>	The Olympic Committee of Hungary in collaboration with Higher Education Institutes have agreed that the top 30% of elite athletes can have waived tuition fees for higher education. Athletes below the top 30% are offered reduced tuition fees. In addition, all athletes can have a flexible timetable and exam schedule which is compatible with their training and competing schedule, and tutor who can help them with their studies.
<b>Impact</b>	These policies facilitate elite cyclists to adhere to their university studies and increase their opportunities for a successful dual career in the field. In addition, the policies help elite athletes financially but also enable them to concentrate on preparation for sports competitions while studying.
<b>References, sources</b>	<a href="http://www.mob.hu/egyuttmukodesi-megallapodasok-1">http://www.mob.hu/egyuttmukodesi-megallapodasok-1</a> DC4AC (2019). Handbook of Best Practices in Dual Career of Athletes in DC4AC project participating countries. Available: <a href="https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practice%20s.pdf">https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practice%20s.pdf</a>

<b>Involved Agents</b>	<b>National Sport Academy</b>
<b>Focus</b>	Higher Education
<b>Description</b>	In France, each regional training center must sign a general agreement with an educational structure where athletes can continue their academic education.
<b>Impact</b>	The purpose of the agreement is to facilitate the athletes' time schedule, enable them to personally schedule exams during competitions and provide them with academic counseling.

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## Involved Agents National Sport Academy

<b>Focus</b>	<p>Higher Education</p> <div data-bbox="532 375 1034 878" data-label="Image"> </div>
<b>Description</b>	<p>The National Sport Academy of Bulgaria has decided that elite athletes are admitted to the higher education program of study without an entrance exam.</p>
<b>Impact</b>	<p>This policy encourages elite cyclists to study and increase their opportunities for a successful dual career in the field. The initiative contributes to the development of knowledge and skills related to cycling/sport career.</p>
<b>Reference/Source</b>	<p><a href="https://www.nsa.bg/bg/page,709">https://www.nsa.bg/bg/page,709</a></p>





**Involved Agents**

Olympic committee/ Cycling Clubs/Universities



**Focus**

Higher Education

**Description**

The Italian Olympic Committee in collaboration with Cycling Clubs and Universities developed a programme to reward athletes who have won Olympic/World/European championships medal and national coaches to enter and attend Higher Education Institutes, through distance courses, with supporting scholarships, waived or reduced tuition fees, and tax facilitations.


**Impact**

Top cycling athletes/coaches will have the opportunity, outside of their sporting careers, to gain knowledge in fields that will most likely lead them to a second successful career


**References, sources**

Curtotti, D., Moscatelli, F., Cibelli, G., Colella, D., & Cangelli, L. (2015). "Dual Career" Program: a New Model from the University of Foggia. Available at:  
[https://www.researchgate.net/publication/312846136\\_Dual\\_Career\\_Program\\_a\\_New\\_Model\\_from\\_the\\_University\\_of\\_Foggia](https://www.researchgate.net/publication/312846136_Dual_Career_Program_a_New_Model_from_the_University_of_Foggia)



<b>Involved Agents</b>	<b>National Sport Academy</b>
<b>Focus</b>	Vocational Education and Training
<b>Description</b>	<p>National Sport Academy of Bulgaria offers to graduate student-athletes consultancy with regard to preparation for job interviews - preparing CV, motivational letter, interviewing also for participation in activities with legal relations with employers. In addition, it provide support to athletes to network with business and employers in the field of sport.</p> 
<b>Relevance to SET4DC</b>	This action helps addressing the need for the development of soft skills that can help initiating a dual career.
<b>Impact</b>	Development of knowledge and skills related to exploiting job opportunities.
<b>References, sources</b>	<p><a href="http://www.nsa.bg/en/">http://www.nsa.bg/en/</a> DC4AC (2019). Handbook of Best Practices in Dual Career of Athletes in DC4AC project participating countries. Available: <a href="https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practice%20s.pdf">https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practice%20s.pdf</a></p>



Involved Agents	State – Ministry
Focus	Vocational Education and Training 
Description	Elite athletes are offered training for acquiring a professional qualification related to sport professions, such as Assistant Coach, Fitness Assistant Instructor, and Organizer of Sports Events and Championships.
Impact	These policies facilitates elite cyclists out of formal education for a successful dual career in the field through the development of knowledge and skills related to cycling/sport career.
References, sources	<a href="http://www.nsa.bg/en/">http://www.nsa.bg/en/</a> DC4AC (2019). Handbook of Best Practices in Dual Career of Athletes in DC4AC project participating countries. Available: <a href="https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf">https://ec.europa.eu/programmes/erasmus-plus/project-result-content/eac1f6dc-aeab-42cd-93a8-f01a89b68043/Final%20Handbook%20of%20Best%20practices.pdf</a>

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Involved Agents	
	<p><b>Cycling Federation &amp; Cycling Clubs</b></p> 
<b>Focus Description</b>	<p><b>Vocational Education and Training</b></p> <p>The Federation of Cycling, under the supervision of the General Secretariat of Sport, organizes School for Cycling Coaches. The school is addressed to elite / former elite athletes and provides diplomas that enable participants to work as coaches at different coaching levels (Level C to Level B), depending on previous qualifications/academic degrees.</p> <p>The cycling club Podilatikos Omilos Volou pays the fees for its cyclists/former cyclists to participate in these Schools to develop their knowledge and expertise on training/coaching. Subsequently, the club provides places to participants to work with the head coached of the club.</p>
<b>Impact</b>	<p>The participation in the coaching schools enhances cyclists’ knowledge and skills towards training and coaching cyclists. In addition, working next to established training helps participants to get their first experiences as coaches under the guidance of senior coaches.</p>
<b>References, sources</b>	<p>Cycling Federation &amp; Volos Cycling Club. Personal communication.</p>




# SPORT DEVELOPMENT & SUPPORT

<b>Involved Agents</b>	<b>Universities &amp; Cycling Clubs</b>
<b>Focus</b>	Sport Support & Development
<b>Description</b>	Trikala Cycling Club is liaised with local Sport Science Department for the shared benefit of the club, the athletes, and the university. The club encourage cyclists to participate in scientific research conducted by the university. The University in return offers, free of charge, physiological, psychological, and performance assessment for cyclists.
<b>Impact</b>	This practice helps cyclists to understand performance evaluation and introduces them to the sciences of sports/cycling. Cyclists understand how the body works, are motivate to work harder achieving training/performance goals, but also become interested studying performance. The assessment helps trainers/coaches of the club to develop training plans to address the needs of each cyclist.
<b>References, sources</b>	Trikala Cycling Club. Personal communication.

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<b>Involved Agents</b>	<b>Cycling clubs</b>	
<b>Focus</b>	Sport development / Networking	
<b>Description</b>	<p>For several years there has been an exchange with clubs from Bulgaria and the SSV Gera invites Bulgarian children to Germany to ride and train together with them. With the Ostthüringen Tour and the Apres Tour Gera, the club organizes two large races, which are internationally staffed and offer the young athletes the opportunity to compete across national borders.</p>	
<b>Impact</b>	<ul style="list-style-type: none"> <li>✚ Networks with associations abroad are established and maintained.</li> <li>✚ Promotion of young cycling talents beyond national borders.</li> <li>✚ The clubs learn from each other. Athletes get to know other cultures and can build friendships.</li> <li>✚ New ideas arise in the work in cycling, as you can see how the structures are in other countries and clubs.</li> </ul>	
<b>References, sources</b>	<a href="http://www.ssv-gera.de">www.ssv-gera.de</a> / <a href="http://www.s-event.de">www.s-event.de</a>	



<b>Involved Agents</b>	<b>Cycling clubs</b>
<b>Focus</b>	Sport development / PROGRAMA PROAD
<b>Description</b>	<p>The program PROAD aims to compensate the debt that society has with this group of athletes who so worthily represent their country. The consideration of High-Level Athlete is the result of a long and intense preparation and dedication, which in many cases hinders or prevents the construction of alternative projects that allow the athlete an adequate socio-labour insertion. The PROAD adds to the expansion of measures contemplated in the new regulations and is a valuable support tool that will act proactively, offering athletes personalized attention during their sporting career so that it culminates in a successful social and labour integration. The PROAD establishes an individualized attention and telematic structure that integrates and offers information, advice, guidance, intermediation and management of all those resources that High-Level Athletes may need to facilitate their professional transition process at the end of their sporting activity. This structure is constituted</p>

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	<p>by a network of tutors-consultants assigned to the athletes who analyse together with them their training and professional itinerary, diagnosing and detecting their needs.</p>
<p><b>Impact</b></p>	<ul style="list-style-type: none"> <li>✚ To detect the different needs that DAN (High Level Athletes) may have when developing their professional training while performing their high level sporting action.</li> <li>✚ To integrate the different resources that cover those needs and demands.</li> <li>✚ To generate, if they do not exist, the resources or tools that give the most accurate response to the specific needs of the DAN.</li> <li>✚ To facilitate the DANs access to these resources that will allow to improve their employability degree and, therefore, favour their incorporation into the labour market when they decide to finish their sporting activity.</li> <li>✚ To mediate to promote the compatibility between the DAN sports activity and the professional training processes outside the sports world.</li> <li>✚ To reach collaboration agreements with those institutions, entities, organizations or companies that participate directly or indirectly in this social and labour process and that wish to collaborate in the incorporation and permanence in the labour market of this group. • From when and until when The program was launched in 2008 and is still active. Since then, total of 1500 athletes have signed up to it.</li> </ul>
<p><b>References, sources</b></p>	<p><a href="https://proad.csd.gob.es/index.php">https://proad.csd.gob.es/index.php</a></p>





Type of organization	Government/ Universities / Sport Confederation
Focus	Global dual career support/consultancy
Description	<p>Programmes implemented by the Swedish Ministry of Education and aimed at developing dual career environments. The programmes offer:</p> <ul style="list-style-type: none"> <li>- Collaboration between academia and cycling to support dual careers.</li> <li>- Flexible studies, with individual study, lectures and examinations.</li> <li>- Support from networks of experts (for example, in physiology, medicine, psychology and nutrition)</li> <li>- Support for balancing study, sport and private life and managing career transitions.</li> </ul>
Impact of the practice	The actions contribute to the development of knowledge, skills and competences of cyclists. Collectively the program address in a global way the needs for the development of a successful dual career throughout the different transitions of cyclists.
References, sources	<a href="https://www.rf.se/omriksidrottsforbundet/">https://www.rf.se/omriksidrottsforbundet/</a>

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