

WHY DID I NOT QUIT?

Case study – Zuzanna Sztachańska

New Opportunities for Drop-out Young Athletes
to Continue in Sports – New Opps



- Polish triple and long jumper
- Almost 13 years of training experience
- Multiple U20 and U23 Polish Championships Medalist
- Polish Academic Champion in long jump
- Personal Best of 13.14m in triple jump and 6.20m in long jump



- Extremely important to have a good relationship with coach
- Relationship based on cooperation with respect
- Key to good results



COULD R-BREAKING INJURIES?



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- Have been through multiple injuries
 - Anterior tibial apophysitis
 - Partial semimembranosus muscle tear
 - Achilles tendon rupture
- Could have ended but didn't
- Determination and hard work is everything
- However support system and environment are also crucial



- Individual studies organization
- Financial support in buying equipment, sports camps, physiotherapist and supplements
- Support in resolving studies-related problems
- Scholarships and contracts

