

STAYING IN SPORT AFTER DROP-OUT

Case study – Bartłomiej Lassek

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

Final seminar, Lodz, 23.01.2025



**Co-funded by
the European Union**



Why I did not quit?



Co-funded by
the European Union



- Discipline: swimming
- 18 years of training experience
- Multiple medalist at the Polish Senior Championships
- Multiple Academic Champion of Poland
- Participant of international meets: National Interclub Swimming Championships (France), Chemnitz Swim-Cup (Germany),
- Master class athlete, long-time member of the Senior National Team



Jakub Pecio Fotografia

- Overcoming one's own weaknesses,
- Competitiveness,
- Being in a group - making friends/acquaintances,
- Relationship between player and coach (authority),



Injury in the Olympic year as a breaking point for the threshold of giving up a career as a competitive athlete:

- Activation of trigger points in the area of the scapular elevator muscle due to overtraining
- The end of the season in April 2016 and the questions of what's next?
- Recovery and redefining sports goals
- The importance of club support and significant others



2017-2019 (NEW CHAPTER)



Co-funded by
the European Union



ACADEMIC SYSTEM:

- Individual organization of studies
- Financial support from the ACSS program (sports equipment, physiotherapy, dietary supplements) and sports scholarship at the University of Lodz
- Support from lecturers
- Opportunities and possibilities created by studying

CLUB SYSTEM:

- Open communication
- International training camps

SPONSORING:

- Barter cooperation with a swim store and a cosmetics company

KEEPING A TRAINING DIARY:

- Diary of your thoughts and those of your training groupmates
- Motivation in moments of doubt
- Writing down your training plan



Why did I quit?



Co-funded by
the European Union



- Considering **pros/cons** for September 2019 season start
- COVID-19 pandemic
- Increasing need for professional development:
 - Doctoral school + second major (management)
 - Swimming academy manager + Swimming instructor (instructor course honored by the Polish Swimming Federation)
 - Camp supervisor
 - Speaker during swimming competitions (also in English)
 - Technical support during swimming competitions
 - Volunteering (EUSA Games - basketball)
- Economic factors (finances, independence, development)
- Motivation (desire to leave in harmony with oneself/feeling of lack of sports burnout)
- Focus on forward-looking priorities

New opportunities for me to stay in sport



**Co-funded by
the European Union**



In which roles have I stayed in sport?



Co-funded by
the European Union



- University lecturer (passing on sports experience through teaching and research activities)
- Swimming coach/instructor (promoting competitive and amateur sports and physical recreation)
- Retired athlete (competing in the Academic Championships of Poland, the Polish Championships of Higher Education Employees in Volleyball, Polish Masters Swimming Championships)
- **SPORT IS ABOUT HEALTH AND LIFESTYLE!**