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

Drop-outs – the results of Polish research



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Reasons for drop-outs

First thoughts

- no progress - no perspectives for better results
- no perspectives for getting gratifications
- injuries
- no possibilities to change a coach or a training group



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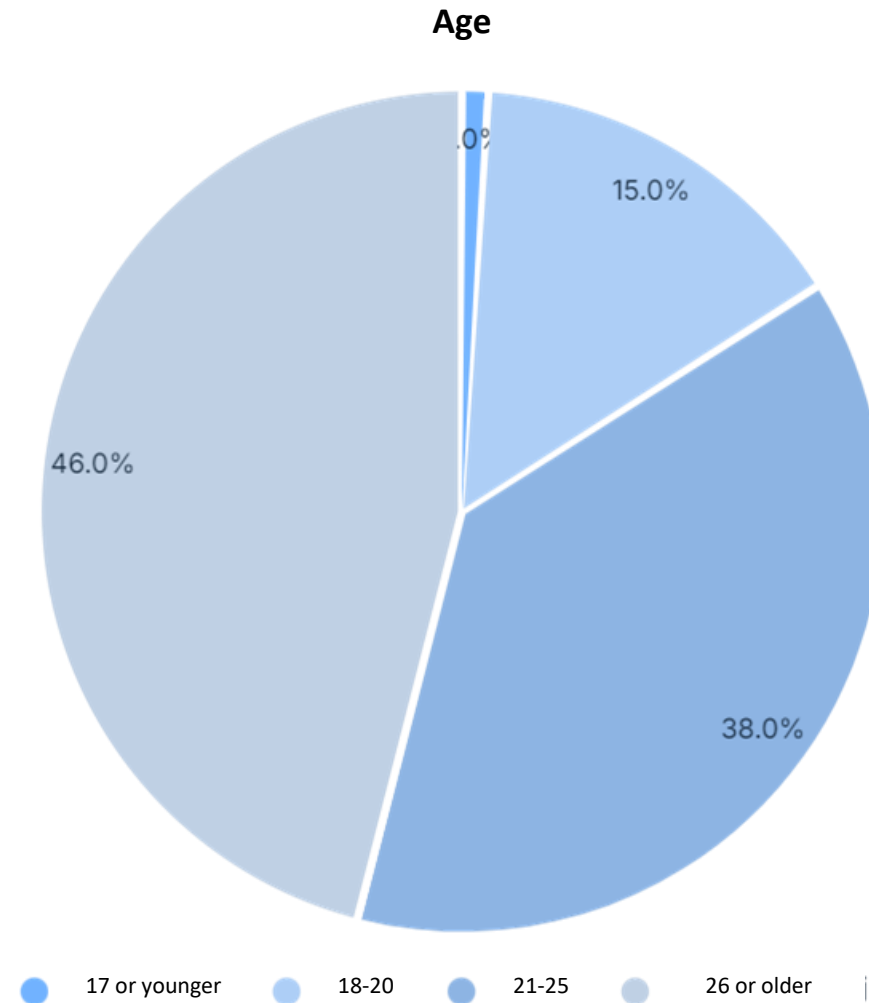


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New Opps – results

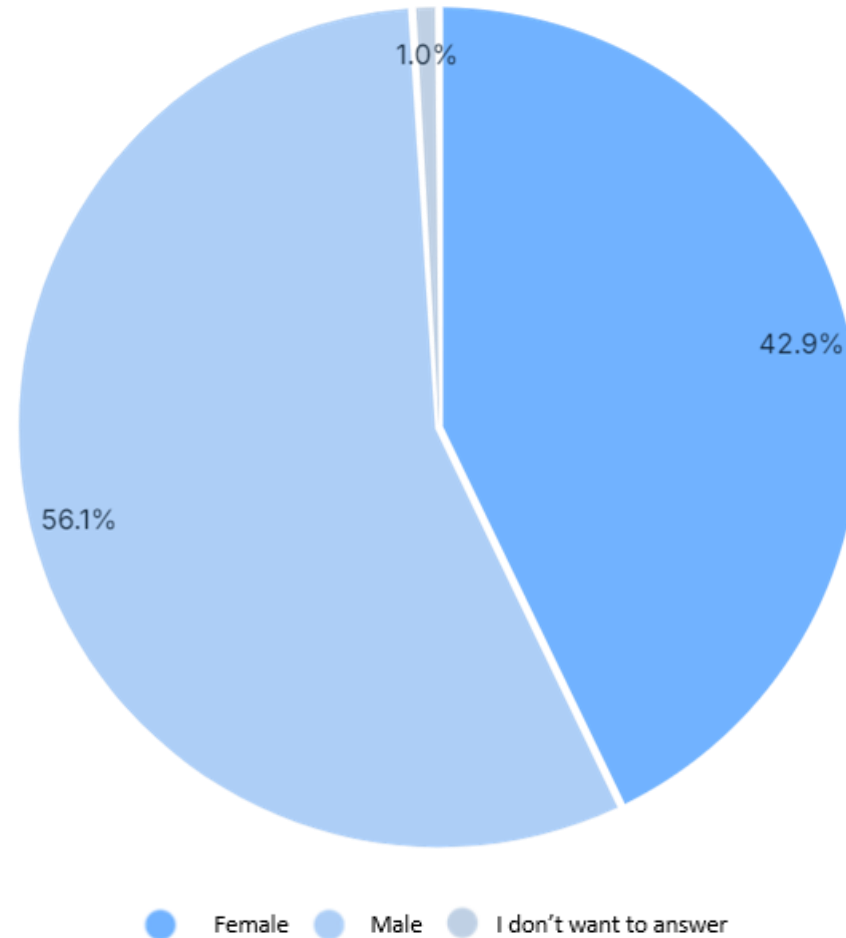




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New Opps – results

Gender



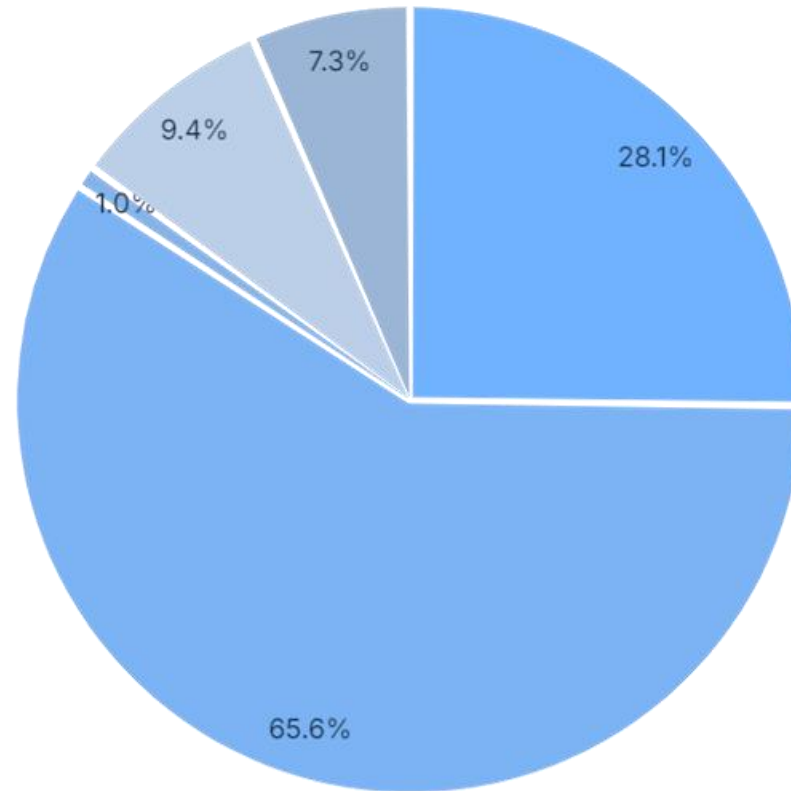
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New Opps – results

Sport



- Athletics
- Gymnastics
- Swimming
- Orienteering
- Skiing
- Wrestling
- Weightlifting
- Tennis
- Fencing
- Other
- None



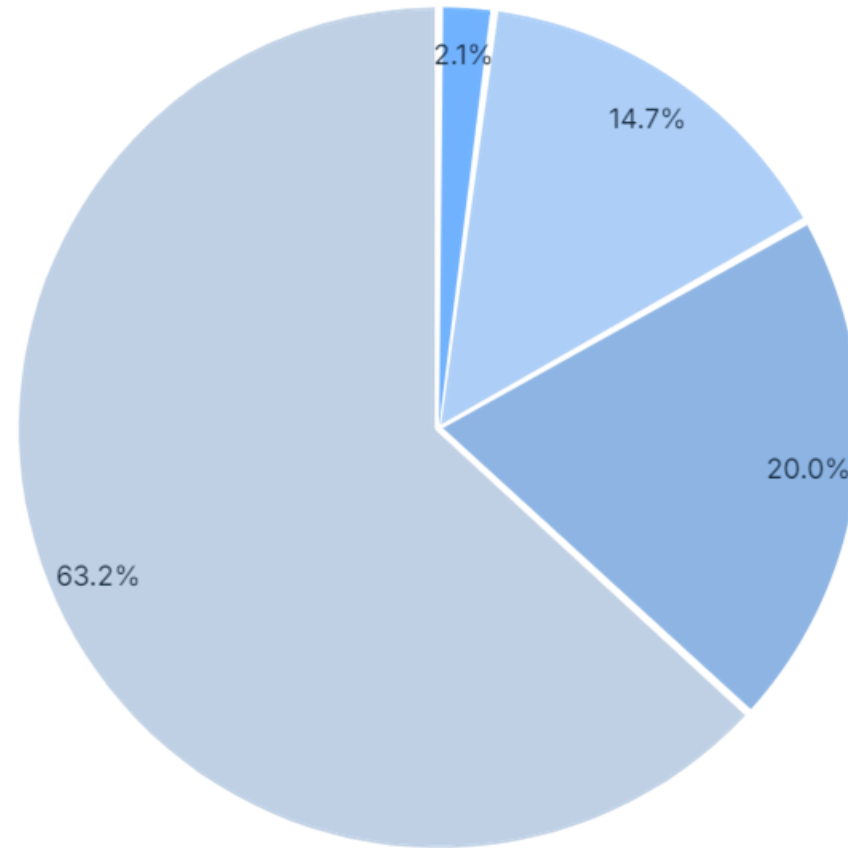
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New Opps – results

How long have you practiced individual sports in a sport club?



● 3 years or less ● 4-6 ● 7-10 ● More than 10 years

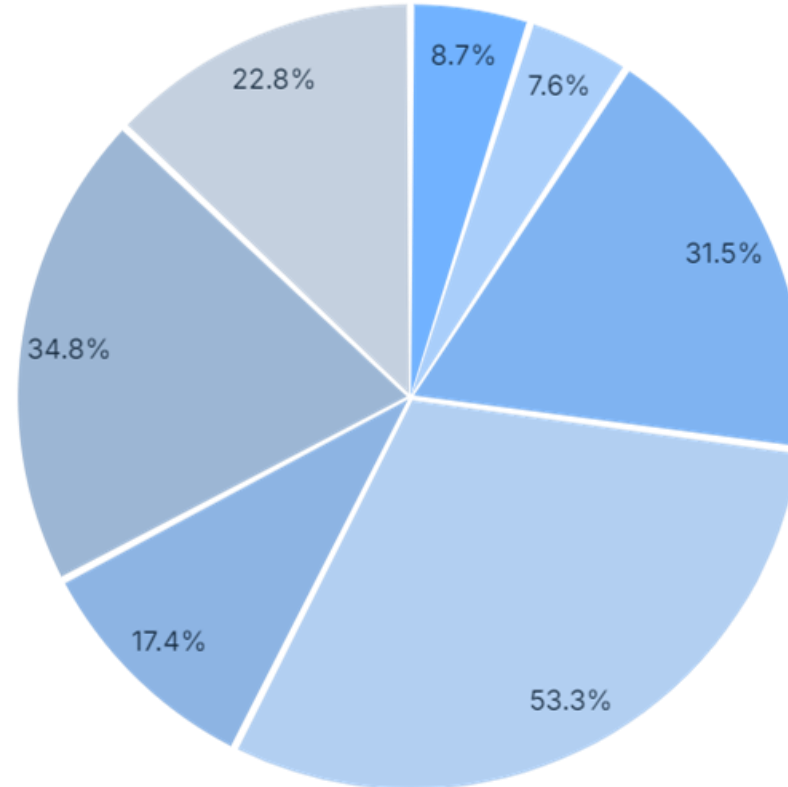




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New Opps – results

Are you currently practicing any individual sport?



- Other:
- Badminton
- Volleyball
- Trekking
- Boxing
- Tennis
- Football
- Equestrian
- Swimming
- Combat sports
- Golf
- Pickleball
- Basketball
- Kitesurfing
- Crossfit
- Athletics
- Triathlon
- Padel
- Snowboard
- Squash
- Longboard



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- Cycling
- Skiing
- Running
- Gym
- Fitness
- Orienteering
- Other
- I don't practice sports



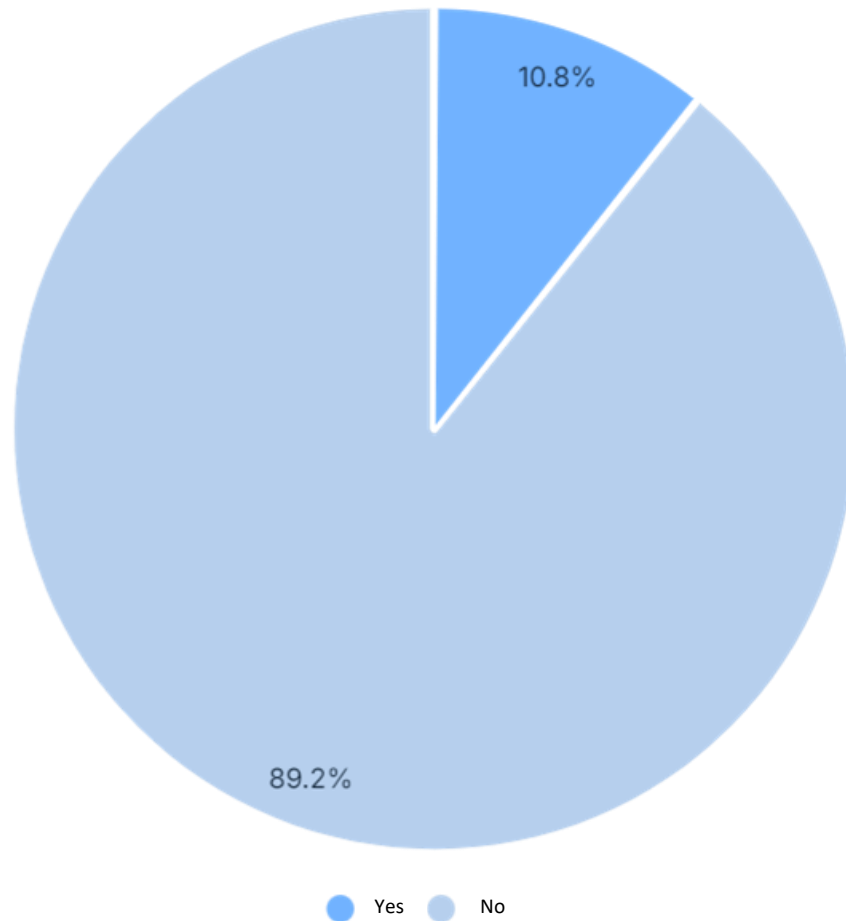
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New Opps – results

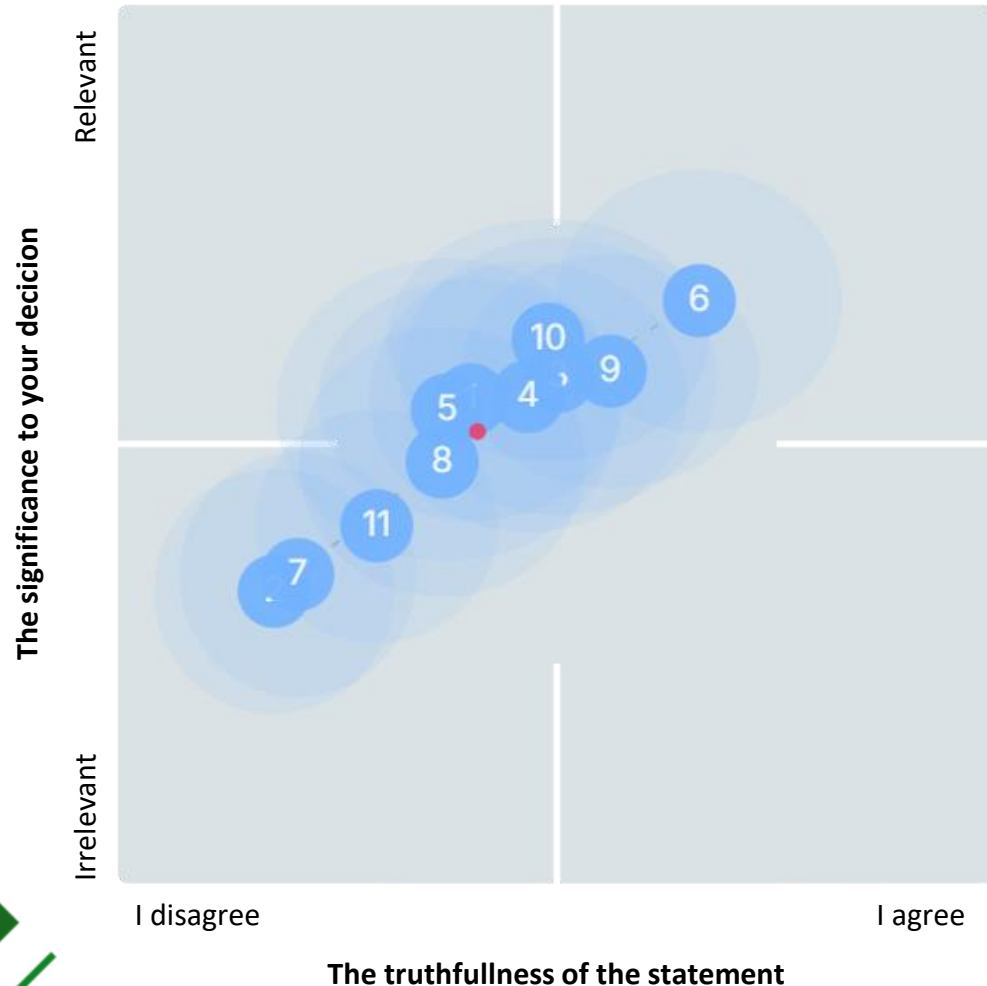
Are you currently practicing an individual sport in a sports club?





New Opps – results

I stopped my sports hobby because...



A. Dropout reasons (x: 4.7) (y: 5.6)

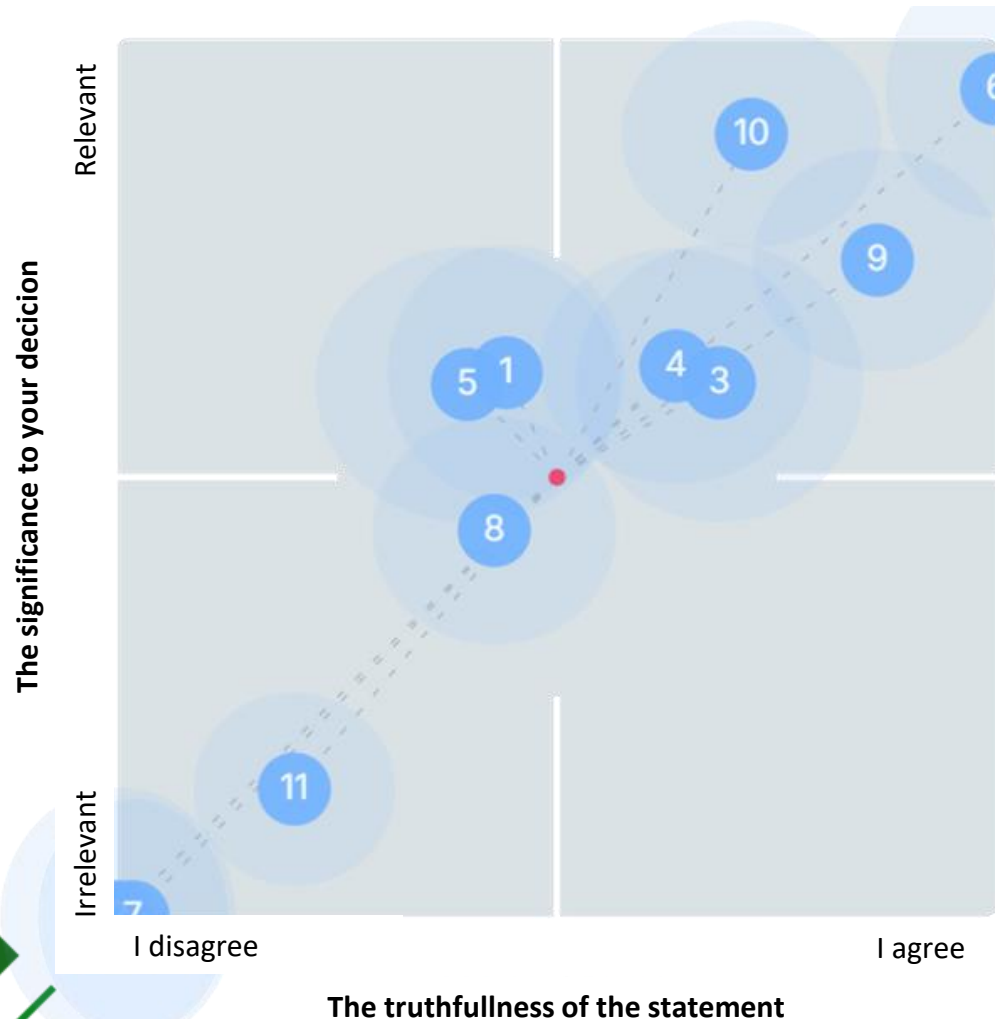
1. My abilities were not sufficient to continue competitive sports. (x: 4.6) (y: 6.0)
2. I switched to a different sport in another sports club. (x: 2.6) (y: 4.0)
3. Studies, learning or work responsibilities took up all my free time. (x: 5.5) (y: 6.2)
4. The coaching in the club did not meet my expectations. (x: 5.2) (y: 6.0)
5. My health couldn't handle sports (injuries, etc.). (x: 4.4) (y: 5.9)
- 6. I lost my motivation for elite sports. There was no gratification or excitement in sport. (x: 7.0) (y: 7.0)**
7. There were no other friends in the club practicing the same sport. (x: 2.8) (y: 4.2)
8. The conditions in my location were not good enough. (x: 4.3) (y: 5.3)
9. I didn't see future or opportunities in my sport. (x: 6.1) (y: 6.3)
10. I did not make progress in my sport results. (x: 5.4) (y: 6.6)
11. There were no fair rules in my sport, considering ex. appointing a team to the competition. (x: 3.6) (y: 4.7)





New Opps – results

I stopped my sports hobby because...



A. Dropout reasons (x: 5.5) (y: 5.5)

1. My abilities were not sufficient to continue competitive sports. (x: 5.0) (y: 6.6)
2. I switched to a different sport in another sports club. (x: 1.0) (y: 1.0)
3. Studies, learning or work responsibilities took up all my free time. (x: 7.2) (y: 6.5)
4. The coaching in the club did not meet my expectations. (x: 6.7) (y: 6.6)
5. My health couldn't handle sports (injuries, etc.). (x: 4.6) (y: 6.4)
- 6. I lost my motivation for elite sports. There was no gratification or excitement in sport. (x: 10.0) (y: 9.5)**
7. There were no other friends in the club practicing the same sport. (x: 1.2) (y: 1.0)
8. The conditions in my location were not good enough. (x: 4.9) (y: 5.0)
- 9. I didn't see future or opportunities in my sport. (x: 8.8) (y: 7.7)**
- 10. I did not make progress in my sport results. (x: 7.5) (y: 9.0)**
11. There were no fair rules in my sport, considering ex. appointing a team to the competition (x: 2.8) (y: 2.3)





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New Opps – results

I stopped my sports hobby because...

Please describe freely the reasons, factors, etc., for quitting your sports hobby.

Relations with coach

- Atmosphere and coach's commitment.
- The coach didn't support me. Changes of coaches – different coach in the morning, different in the afternoon. Difficulties in dual career – it was impossible to train and going to school at the same.
- Coach's commitment, unprofessional approach to psychology, sports nutrition. No support and understanding. Financial issues
- Demotivation and humiliation of the athletes by coaches.
- Conflicts with coach.
- Communication with coach.
- Bad relations with coach. Favorism towards male players. Poor level of education at the sport high school. The coach didn't pay attention to most athletes.
- Favoritism.
- Harassment by coach.

Personal development in other fields

- I didn't like practising sport anymore, my friends dropped out, I prefer development in other field.
- The desire for self-developmet in another field.





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New Opps – results

I stopped my sports hobby because...

Please describe freely the reasons, factors, etc., for quitting your sports hobby.

Adult life

- The lack of motivation because of no progression, the lack of time because of other duties and health issues.
- Adult life, looking for work.
- My career out of sport had greater financial potential. The desire to develop my career and prepare to be the head of the family was the key. Additionally, I would need another surgery to continue sport.
- I had no goal in continuing sport. I have achieved what I was supposed to achieve and decided to focus on developing in a different field.
- Work.
- Family.
- Change of club, too many responsibilities.

Health and mental issues

- No psychological support.
- The lack of motivation because of no progression, the lack of time because of other duties and health issues.
- My career out of sport had greater financial potential. The desire to develop my career and prepare to be the head of the family was the key. Additionally, I would need another surgery to continue sport.
- Stress and its impact on bad results.
- Mental health.
- Eating disorders.

Financial issues

- Financial issues.
 - The money in the club was only for elite athletes.
 - Coach's commitment, unprofessional approach to psychology, sports nutrition.
- No support and understanding. Financial issues.





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New Opps – results

I stopped my sports hobby because...

Please describe freely the reasons, factors, etc., for quitting your sports hobby.

Training staff

- I didn't have professional training staff.
- I didn't have a possibility to practise with coach that I liked and respected.

Dual career

- Difficulties in dual career – it was impossible to train and study at the same.
- The coach didn't support me. Changes of coaches – different coach in the morning, different in the afternoon. Difficulties in dual career – it was impossible to train and going to school at the same.
- I didn't realize a chance to combine sport with studies and earning money. Swimming is not a profitable sport which makes it more difficult to fulfilling your dreams without dedication and support for many years.

General attitude to sport

- I never wanted to practise sport as a profession or the main source of earning money.
- I had no goal in continuing sport. I have achieved what I was supposed to achieve and decided to focus on developing in a different field.
- Boring sport.





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New Opps – results

I stopped my sports hobby because...

Please describe freely the reasons, factors, etc., for quitting your sports hobby.

Club issues

- Unhealthy rivalry between athletes in the club, the atmosphere during trainings wasn't encouraging for trainings. Tension between members of club management.
- The money in the club was only for elite athletes.
- Training and exercises were not adapted to individual needs. Overtraining. Injuries.
- Change of club, too many responsibilities.

Other

- The violation of the fair play idea.
- COVID-19 pandemia – the swimming pools were closed so I had a long break and I lost motivation to improve the results.





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New Opps – results

I stopped my sports hobby because...

Could the club have made changes for you to continue your sports hobby? What kind?

No

- No.
- No, it was a well-considered decision.
- Rather not at this stage of my career.
- No, because I changed my place of residence.
- No, it was my decision and club couldn't change it.
- It couldn't because the injury ended my career.
- It couldn't but coach could be more supportive and understanding.
- You have to rely on yourself. The club doesn't give much, if anything.





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New Opps – results

I stopped my sports hobby because...

Could the club have made changes for you to continue your sports hobby? What kind?

Coaches, training and staff

- Adapting training to individual needs. Improving exercise technique. Exercises that would prevent injuries. Focus on improving athletes/ weak points.
- Change coaches. But i don't know if it would help because generally in Poland there are not so many professional coaches on the highest level in competitive sport.
- Change of training management. Change the approach to athletes.
- It could – I asked for change of a coach but no one agreed to coach me.
- Just give more support and talking with athletes. Coaches were only focused on doing their job.
- Hiring people who don't treat athletes so terribly.
- Focus on talented athletes who haven't won medals yet.
- Coach more interested in training and supporting athletes or coach who would be closer to athletes.
- Sport psychologist in the club.

Communication with athletes

- Discussing next steps of the development.
- Talking with an athlete in case of changing coach. Higher financial gratification for successes, especially at the senior category.
- It did. Coaches talked to me and even suggested to change the club.
- The club encouraged me to stay in sport but I couldn't due to health issues.
- It could encourage me to stay and develop my skills because I was told to have predisposition.





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New Opps – results

I stopped my sports hobby because...

Could the club have made changes for you to continue your sports hobby? What kind?

Financial issues

- Scholarships.
- Money.
- Financial support during studies.
- Increase the scholarship.
- Trying to find the sponsor.

Other organizational issues

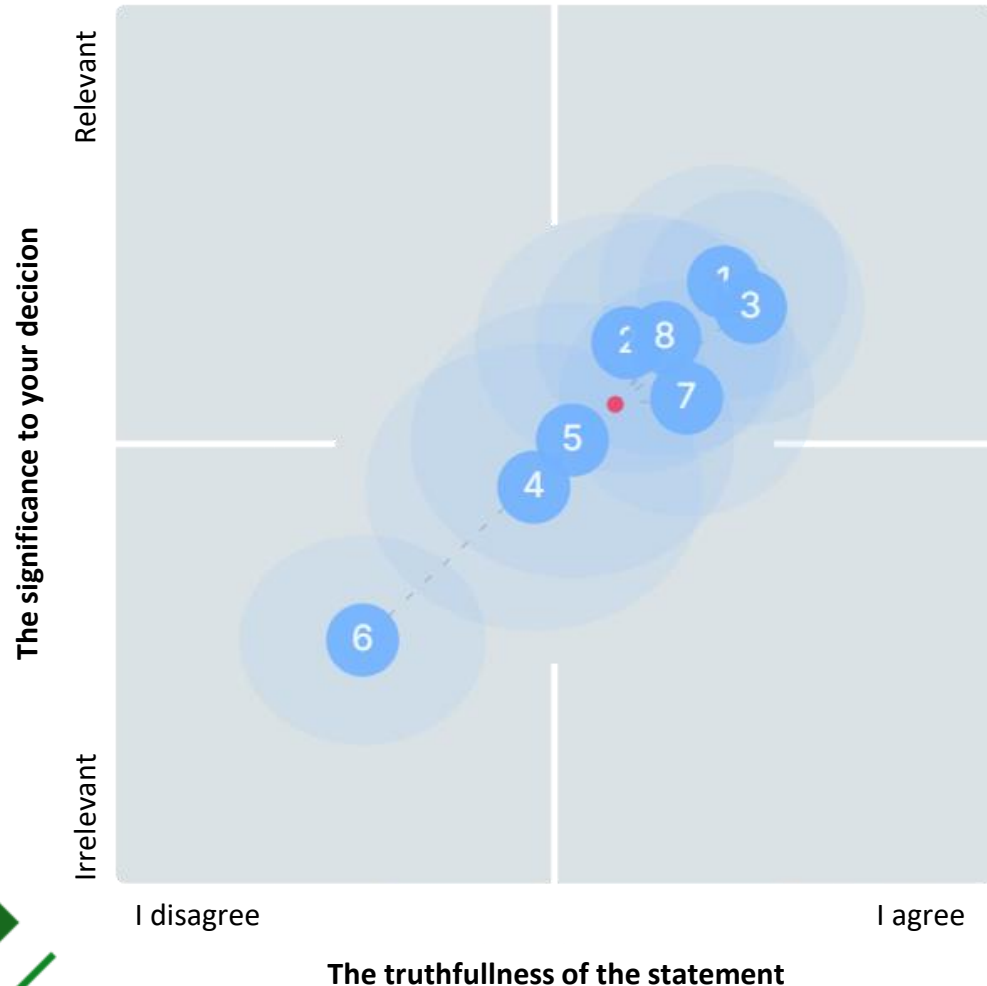
- Access to training facilities.
- Sport equipment.





New Opps – results

Reasons for initially joining the sports club



A. Reasons for initially joining the sports club (x: 6.1) (y: 5.9)

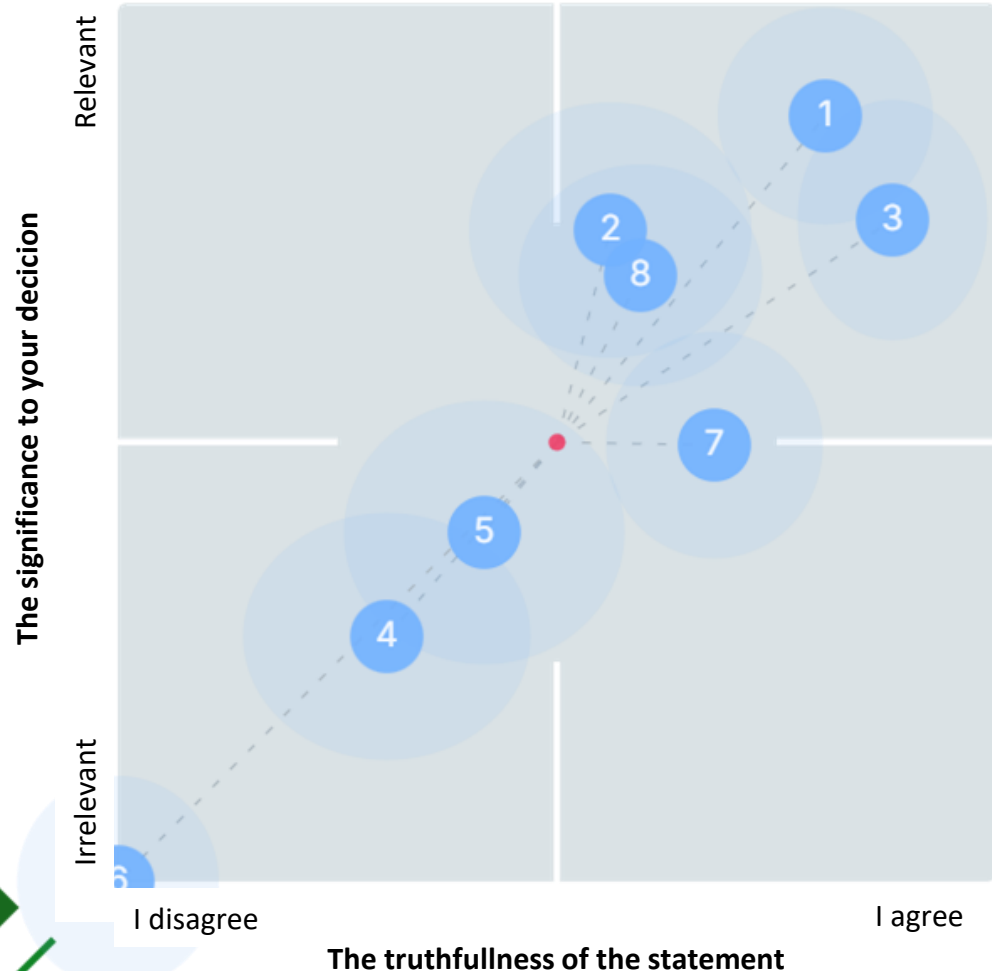
1. Good coaching was the reason I joined the sports club. (x: 7.2) (y: 7.2)
2. The club's training group was close to my home/my apartment, that's why I joined the club. (x: 6.3) (y: 6.5)
3. The club had a good reputation and/or famous athletes, that's why I joined the sports club. (x: 7.5) (y: 6.9)
4. My friends/family were involved in that club, that's why I joined the club. (x: 5.3) (y: 5.1)
5. I was advised to join the club at home, that's why I joined the club. (x: 5.7) (y: 5.5)
6. The club had great uniforms, that's why I joined the club. (x: 3.5) (y: 3.5)
7. The affordable cost of the hobby or a good offer was the reason I joined the club. (x: 6.8) (y: 6.0)
8. Was there any other reason for continuing the hobby? Describe freely. (x: 6.6) (y: 6.6)





New Opps – results

Reasons for initially joining the sports club



A. Reasons for initially joining the sports club (x: 5.5) (y: 5.5)

1. **Good coaching was the reason I joined the sports club. (x: 8.3) (y: 8.8)**
2. The club's training group was close to my home/my apartment, that's why I joined the club. (x: 6.1) (y: 7.7)
3. **The club had a good reputation and/or famous athletes, that's why I joined the sports club. . (x: 8.9) (y: 7.8)**
- 4 . My friends/family were involved in that club, that's why I joined the club. (x: 3.7) (y: 3.5)
5. I was advised to join the club at home, that's why I joined the club. (x: 4.8) (y: 4.6)
6. The club had great uniforms, that's why I joined the club. (x: 1.0) (y: 1.0)
7. The affordable cost of the hobby or a good offer was the reason I joined the club. . (x: 7.1) (y: 5.5)
8. Was there any other reason for continuing the hobby? Describe freely. . (x: 6.4) (y: 7.2)





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New Opps – results

Reasons for initially joining the sports club

Was there any other reason for continuing the hobby? Describe freely.

Health issues

- Health problems.
- Suspected ADHD.

Encouragement from other people

- I was recruited by a coach during the school competition.
- My neighbor was a coach at the club and he encouraged me to start sport.
- I was very young and that was my parents' decision.

Interests in sport and activities

- I got bored with other sports and I wanted to practise another sport.
- I was excited about athletics.
- Passion.
- I wanted to spend time actively.

Coach

- Availability of well-qualified and successful coach.
- My coach was the coach of national team.

Potential for sport

- The coach saw potential in me.
- I was told to have predisposition to sport.

Other

- High energy level.
- The desire to test myself in rivalry.
- Trainings were the part of my physical education lessons at school.
- I wanted to try something different.

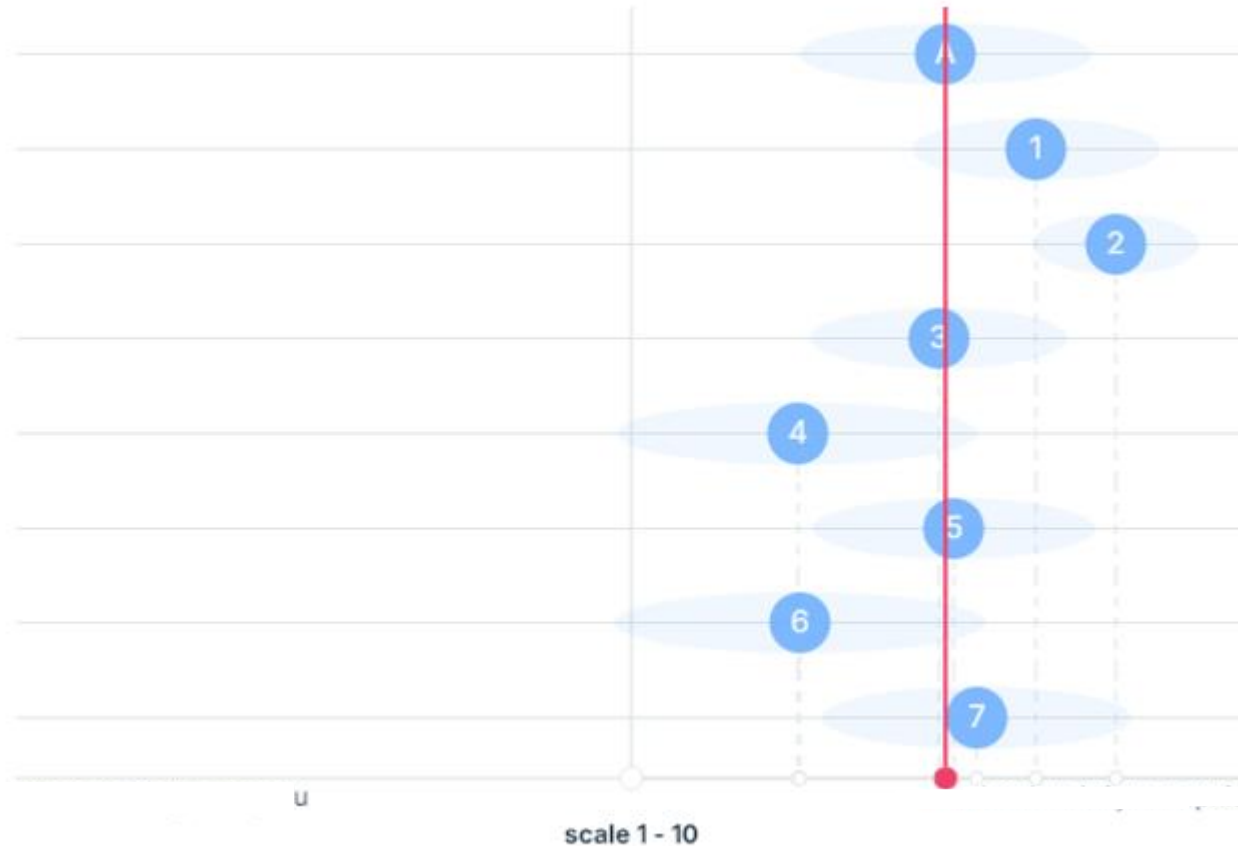




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New Opps – results

Lessons for life – influences of sports club activities on the development of your personality
What attributes did your sports hobby give to your later life?



A. Lessons for life – influences of sports club activities on the development of your personality (x: 7.8)

1. Goal-oriented mindset (x: 8.5)
2. Perseverance (x: 9.0)
3. Belief in one's own abilities (also outside of sports) (x: 7.8)
4. A lot of good friends/social circle (x: 6.7)
5. Healthy lifestyle (x: 7.9)
6. Travel routines and enjoyable trips (x: 6.7)
7. Ability to cope with stressful situations (x: 8.0)



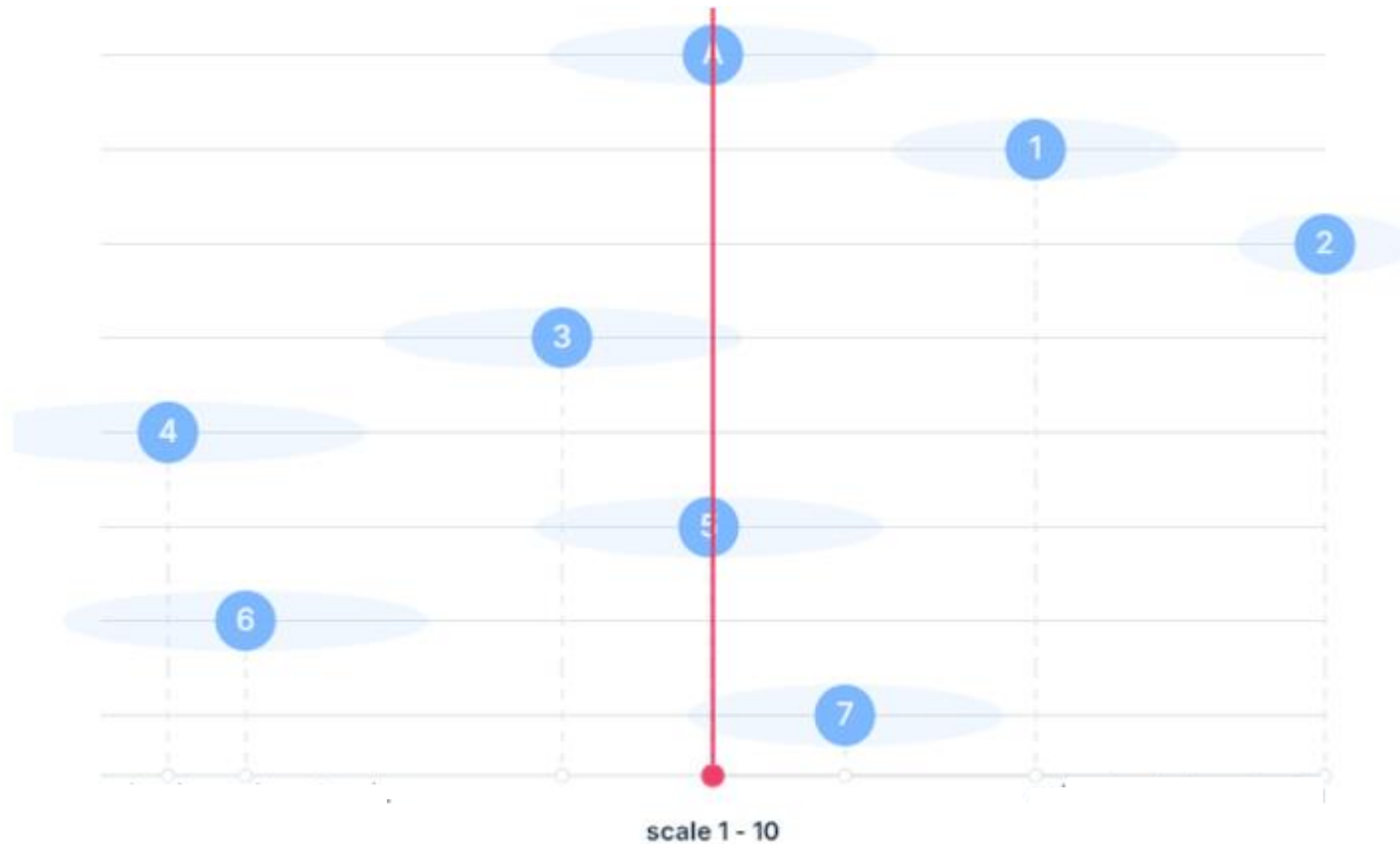
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New Opps – results

Lessons for life – influences of sports club activities on the development of your personality
What attributes did your sports hobby give to your later life?



A. Lessons for life – influences of sports club activities on the development of your personality (x: 5.5)

1. Goal-oriented mindset (x: 7.9)
2. Perseverance (x: 10.0)
3. Belief in one's own abilities (also outside of sports) (x: 4.4)
4. A lot of good friends/social circle (x: 1.5)
5. Healthy lifestyle (x: 5.5)
6. Travel routines and enjoyable trips (x: 2.1)
7. Ability to cope with stressful situations (x: 6.5)





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New Opps – results

Lessons for life – influences of sports club activities on the development of your personality
What attributes did your sports hobby give to your later life?

Personality

- Open communication,, experiences and adventures that develop personality, maturity.
- Ability to deal with problems, mental resilience.
- Self-discipline.
- Self-confidence.
- Not paying attention to the opinions of others, determination.
- Conscientiousness, perseverance.
- Self-confidence.
- Independence, assertiveness, patience.
- Self-discipline and humility.
- Self-esteem.
- Discipline, independence, coping with difficult life situations.

Appearance, mental and psysical health

- Attractive look.
- Fitness.
- Ability to physical activity without training.
- Better tolerance of pain and discomfort. Treating nudity as nothing extraordinary.
- Physical fitness, health.
- Good mental and physical health.
- Better physical and mental well-being.
- Healthy lifestyle.
- Mental strenght.

Friends

- Friends who I like and respect. They are important to me because I felt that my opinion matter
- Meeting new friends.
- Contacts.





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New Opps – results

Lessons for life – influences of sports club activities on the development of your personality
What attributes did your sports hobby give to your later life?

Time management and goals achievement

- Punctuality. Time management and prioritization of tasks.
- Ability to manage time and priorities.
- Ability to cope with failures and learn from them.
- Discipline.
- Discipline, realization the plans.
- Good organization of my own work.
- Good organization of time and the ability to do many things at once (multitasking),
- Acceptance of failures.
- Regularity, dedication to achieving goals and fulfilling duties.
- Time management.
- Good time management.
- Striving for goals despite failures.
- Goals to achieve.

Memories and travelling

- Memories.
- Travelling.

Attitude to sport

- Love to sport.
- Passion, source of income (work in sports in later years).
- Possibility to earn money as a tennis coach, participation in sports sections at the University.
- Experience and knowledge of sports.





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The ways to make young athletes stay in sport

- dual career programmes
- the development of university sport - athletes may get new possibilities, e.g. access to coaches and sport venues, scholarships, accommodation in dormitories for free
- financial support for athletes – scholarships, financial awards, possibility to do some work in the sport club, e.g.
- the club roles – supporting athletes in returning to sport after injuries, offering possibilities to change coaches or training groups, improving communication with coaches



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The possibilities to keep ex-athletes involved in sport after drop-out:

- volunteering programmes
- seminars for active athletes, helping improving their professional skills and finding alternative path in sport – as a coach, a manager, a marketing specialist, a journalist etc. involving them in
- dual career programmes (including eg. programmes for athletes who would like to become coaches - Polish Athletics Federation)
- sport management (in Poland university sport is a good way to start your career as managers/activists of university clubs)
- cooperation with educational institutions - studies in physical education, sport management, physiotherapy

