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



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# Reasons for drop-outs

- 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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# 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



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