



# Workshop 4: Crucial aspects of support programmes for elite athletes





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STRETCH YOUR MIND



4 student athletes,

- Petra age 25 bronze medal swimming studying medicine
- Daniel bronze fencing, age 29 studied linguistics and maths, soldier, phd
- Mathias age 28 Alpine Skier, studying at university coaching programme
- Kareena age 17 just left secondary school university physiotherapy Scottish representative hockey and badminton



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- People more than structure
- Need a responsible, dedicated person within university who is in support of sport and understands
- In sport need a former athlete or coach who has been through the system to mentor and support. Needs to understand the difficulties of combining both



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- University not aware of the demands or achievements of its athletes.
- Athletes happy to be ambassadors. Universities need to promote them.
- No flexible learning or special support within German Universities. Yes within Sweden and Scotland school



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- The balance is a game, a gamble, taking calculated risks
- Athletes are artists not freaks!!
- Education and sport combination can be difficult. Too educated too much thinking!!
- Could be bad for high performance sport.



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- Do countries want this combination as would it maybe better for medals to focus on only their sports!
- Key ingredients for programmes-self motivation, someone to mentor, ability to switch focus, not to feel guilty about the balance, younger athlete need the support particularly at the age of 18 to 20. Sports schools provide support then what?



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**Thank you!**

**Hope to see you again in Oulu.**

