



MOVE YOUR BODY
STRETCH YOUR MIND

Workshop 6: Life after high performance sports and the social responsibility of the state





1. Who is a high performance athlete?

- not only absolute world top athletes
- professional; semi-professional, amateur athletes – special care for athletes who compete at a high national level and need second (professional) career
- the majority of athletes try hard but do not achieve
OG
- do athletes need (or deserve) a special status after SCT – no advantages, but certainly no disadvantages due to their athletic career



2. Who has a social responsibility?

- responsibility of the society – social problem
- responsibility of sport organizations?



We agreed on:

- 1. the importance of career planning during active sport career (SC)
- 2. the importance of education (more educated athletes have more professional opportunities, less social problems)
- 3. the importance of education of coaches



Best practice:

- Scotland (ACE program – career planning, life skills planning)
- Germany (counselling for A, B and C carded athletes during SC; looking after A, B athletes after SCT)



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Thank you!

Hope to see you again in Oulu.

