

EAS CONFERENCE APELDOORN, THE NETHERLANDS

Title: **Education and Sports, *how to Coach Your Student-Athlete?***

From November 23rd – 25th, 2007 the European Athlete as Student Network (EAS) (www.eas-network.eu) organized an international conference that facilitated the discussion regarding the current challenges, concerns, and issues of the student-athlete. In order to maintain an open dialogue we decided to title the conference:

Education and sports: How do you coach your student/athlete?

The conference was attended by people from nine (9) different European countries. Given the small delegations and the time available during the conference the main aim of the conference was encouraging the dialogue, informational exchange of information (i.e., advantages and disadvantages discussion, costs and benefit analysis, etc). Concrete methods created with thorough discussion will be generated after the weekend and shared with all whom participated in this international conference.

Friday November 23rd

The congress was opened by the chairman of the board of ROC Aventus, mr. Heimen van Andel. After his speech the president of the EAS-network, mr. Risto Keskitalo from Finland welcomed the guests.

Mr. Jacob Kornbeck, of the Sports Unit of the European Committee talked about the White Paper on Sports. His power point is added.

After the presentation of mr. Kornbeck, prof .dr. S. Karsten, University of Amsterdam, presented the results of a survey among student-athletes of vocational education in the Netherlands (power point is added).

After these presentations the dinner started with the program described below.

During aperitif: Pro's & Con's wall

Participants were asked to write reasons on designated 'post-its' with reasons why research should be investigated in other countries. In particular, participants should focus on:

- Identifying the benefits of researching your student-athletes.
- Identifying the costs and/or limitations of the current research approach.
- Integrating the research methods in order to study your student-athletes.
- Comparing and contrasting the advantages and disadvantages of this research.
- Reporting other reasons why this research should or should not be conducted on your specific student-athlete population.

The "post-its" will be collected and placed appropriately on the designated 'Pro's and Con's Wall' prominently displayed for you to peruse.

During dinner: Discussions (mini Open Space)

1. Take a few minutes to make an inventory of discussion topics. An example of discussion topics may include, but should not be limited to:
 - a. What can we do to conduct similar research?
 - b. What can we do to solve certain challenges presented to student-athletes?
 - c. How can research be funded?
2. Topics will be distributed to different tables. Participants should join the table with the topic that is most interesting and, hopefully, will cultivate engaging dialogue.

3. Depending on the number of discussion items created, we should be able to discuss two or three topics. At the beginning of each round, you will be asked to identify which topic/table you wish to join. A moderator will audibly call out how much time remains for each respective topic (i.e., 15 – 20 minutes per discussion topic).
4. One person will be assigned to each table to record the discussion. This individual will take copious notes of the discussion and will be required to verify important subjects that emerged through discussion and then will be asked to submit the report to the organizers of the conference. The organizers will be responsible for collecting, photocopying, and consequently distributing the documents to the entire conference membership the following day.
5. Because this approach asks for a flexible 'dinner-format', the organizers will provide a buffet-style type of dinner.

During aperitif the following questions were put on the "pro-contra"-wall:

- How do you combine sports and education in Holland?
- How to study motivation towards sport and/or academic career of students?
- How do you make national governing bodies communicate with higher education?
- How do you define health management in high performance sport?
- How do you define, create and assure academic flexibility for elite athletes in higher education?

During dinner the participants discussed about these questions. The secretaries of each table were students of Koninklijke Scholengemeenschap Apeldoorn, a school for secondary education with a bilingual stream.

Saturday November 24th

Before the keynote speaker, mr. Bas van de Goor (golden medallist Olympic Games at Atlanta; Dutch volleyball team, power point is added), mr. Theo Berben, director Social Department of Apeldoorn, welcomed our guests on behalf of the City of Apeldoorn.

After the two speeches the workshops began:

Workshop A - FranklinCoveyEducationalGroup

PREPARING FOR SUCCESS

In this interactive workshop you will experience the power of 'The 7 Habits of Highly Effective People' of Stephen R. Covey. His book 'The 7 Habits of Highly Effective People' has sold over 15 million copies worldwide.

Experienced and licensed trainers will show you how they work with the 7 Habits in the fields of sports, education and business.

The 7 Habits of Highly Effective People help you develop your own leadership. The 7 Habits will help you to understand more about yourself, your relations/interaction with others and the results you achieve.

This inspiring workshop will show you the power that is within yourself.

Workshop B - Education through organized youth sport

In addition to the family and the school, sports provide adolescents with specific developmental and educational challenges. The goal of this workshop is to focus on the contribution of organized youth sport to adolescents' antisocial and prosocial behaviour, and to gain insight into educationally relevant factors that were hypothesized to explain differences in antisocial and prosocial behaviour in four consecutive studies. In three cross-sectional studies and an intervention study, the influence of factors such as norms

and values in youth sports, fair play, respect for each other, and the relationship with the coach, were studied. A total of $N = 1030$ male and female athletes, aged 9 to 19 years (competitive swimming, soccer, basketball, athletics, and taekwondo), participated in the studies. Which factors showed a relation with antisocial and prosocial behaviour of young sportsmen and sportswomen? Which relation is the most salient? During the session these questions will be answered, based upon the research. The function of the coach receives special attention. We will focus on behaviour both within the sports context (on- and off-field) and behaviour in general or outside the sports context. There will also be a comparison between the influence of school on students' academic achievement and the influence of organized youth sport to adolescents' behaviour. The research shows what should be a primary target in the curriculum of any coach or training institute, and an important aim for sports clubs that want to take responsibility for the educational needs of their young athletes.

Workshop C - Randstad Topsport Academy

In this workshop we point out how top sport athletes combine Top sport and Study at the "Randstad Topsport Academie" in Deventer. Saxion University in Deventer and Randstad Netherlands join forces to create extra facilities for young, successful, high potential topsportathletes.

Randstad, as a famous employment agency, shows great commitment with top sport athletes in the Netherlands.

Saxion University tries to encourage individual topsportathletes by creating several study facilities during their sport career. During this workshop some students will be present to answer your questions.

Workshop D - Veluws College

A workshop about the coaching of athletes / students in Dutch General secondary education.

In this workshop you will be informed about the way students in The Netherlands can successfully combine their education with their career in sports.

Since 1992 the LOOT- foundation and the participating schools have enabled students to opt this combination. This initiative has already produced many world and Olympic champions. Veluws College has been a LOOT-school since 2006. The school-representatives will inform you about the general idea of LOOT and the way the school realizes this from day to day.

After the workshops we visited the Omnisportcentre Apeldoorn. This is a centre for indoor cycling and athletics and a topsportshall for Piet Zoomers / Dynamo, the Dutch national champion of volleyball.

Sunday November 25th

The program started in "Paleis het Loo", the royal palace of the former queen Wilhelmina of the Netherlands. The participants were welcomed by an aldermen of the town hall.

After the welcoming words of the aldermen, Risto Keskitalo, chairman of the EAS-network, gave his position to Bengt Nybelius. Nobody was against the fact that Bengt Nybelius of Dalarna University (Sweden) will be the chairman for the next years.

After this point we discussed the remarks of the "friday-dinner".

- *How do you combine sports and education in Holland?*

In the Netherlands there are different possibilities. Johan Cruyff University (Hogeschool van Amsterdam): high potentials in sports can only participate in one study: economics. Randstad Topsport Academy (Saxion Hogeschool) has the same study.

In secondary vocational education there are Johan Cruyff Colleges (only one study) and Randstad Topsport College (you can combine more studies and sports).

In secondary education there are the so-called LOOT-schools. They facilitate study and sports and get some money from the government.

- *How to study motivation towards sport and/or academic career of students?*

Sweden: sport and education are equally important

Italy: there is a new program: training and formal education; the problem is; the top sports dream does not come true.

Germany: an athlete is not only interested in money, they want to be successful in sport and their academic career; this does not count for soccer: the money pressure is higher. Some key words from this discussion: communication between educational bodies and sports bodies, a survey to study motivation towards sport, more understanding by teachers.

- *How do you make national governing bodies communicate with higher education?*

To few communication between minister of sport and minister of education. In the UK they have managed to put sport on the agenda by combining the educational and health benefits.

- *How do you define health management in high performance sport?*

Sport is healthy, but high performance sport can be unhealthy. It is the responsibility of trainer, coach, to point out that high performance sport can be unhealthy.

- *How do you define, create and assure academic flexibility for elite athletes in higher education?*

Integration of sports into education: some key conclusions: you have to build up a network inside the educational institute, you have to use a well known athlete as ambassador, sports clubs and school have to work together.

After a tour in the palace, the town hall of Apeldoorn offered a lunch and after that we ended the congress and everybody went to Amsterdam Airport.