

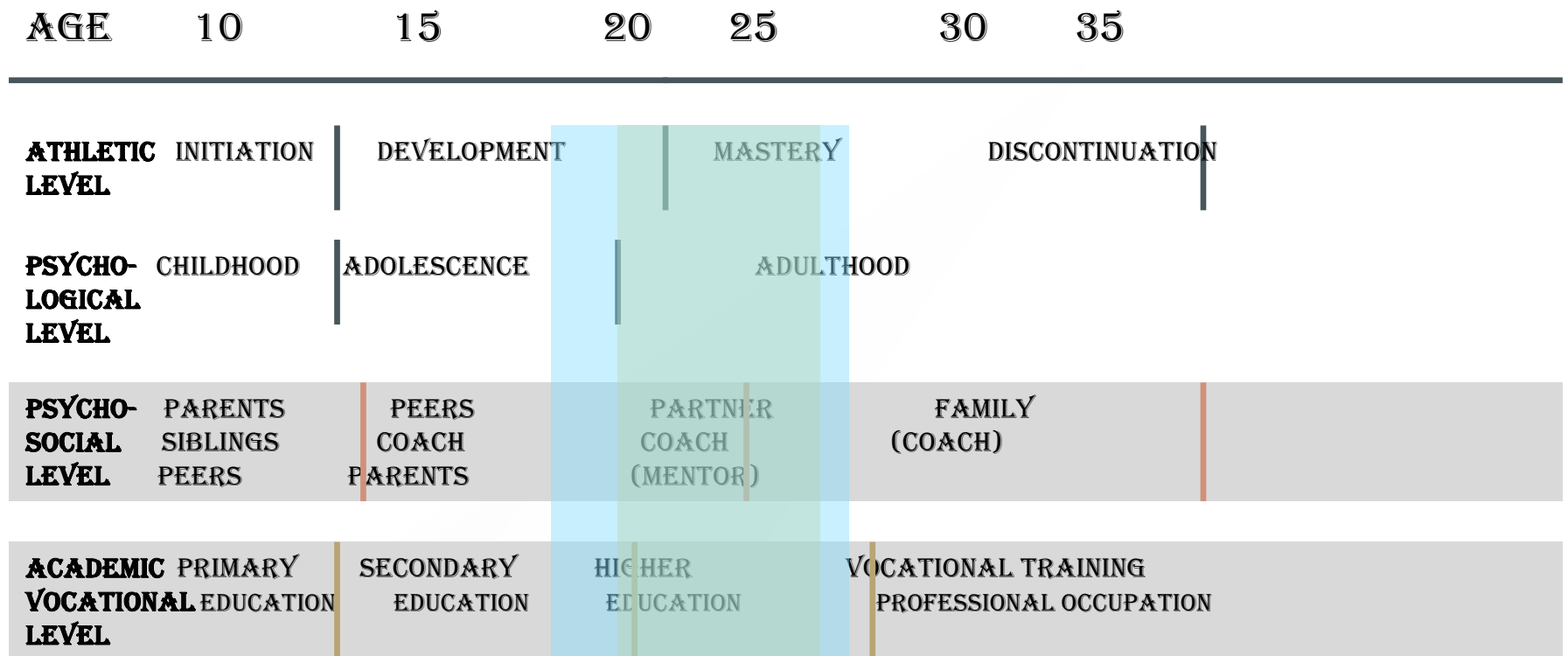
# THE RETENTION OF ELITE PLAYERS AFTER A JUNIOR CAREER



**UNDERSTANDING THE CHALLENGES FACING PLAYERS MAKING THE TRANSITION**



# DEVELOPMENT MODEL ON TRANSITIONS FACED BY ATHLETES AT ATHLETIC, INDIVIDUAL, PSYCHOSOCIAL AND ACADEMIC/VOCATIONAL LEVEL



THE AGE AT WHICH THE TRANSITIONS OCCUR IN THE GREY SHADED SECTIONS ARE APPROXIMATIONS  
 THE AREA SHADED BLUE DENOTES THE TRANSITIONAL STAGE, APPROXIMATELY BETWEEN AGES 17-23  
 THE AREA SHADED GREEN IS WHEN MOST DROPOUTS OCCUR

WYLLEMAN & LAVALLEE, 2004 - DEVELOPMENT SPORT AND EXERCISE PSYCHOLOGY

# ELITE ATHLETES

## STUDENT ATHLETE

### NEGATIVES

- TIME CONSTRAINT
- PRESSURE ON TWO ACHIEVEMENT LEVELS – SPORT AND ACADEMIC
- FINANCIAL PRESSURE

### POSITIVES

- GREATER SOCIAL MIX
- ALTERNATIVE CAREER IF

## CAREER ATHLETE

### NEGATIVES

- TIME CONSTRAINT
- ENERGY LEVELS
- DEMANDS OF THE JOB TAKE PRIORITY OVER SPORT

### POSITIVES

- BETTER SOCIAL BALANCE
- FINANCIALLY MORE SECURE
- LESS PRESSURE

## PRO ATHLETE

### NEGATIVES

- SOCIAL CHALLENGES
- LIMITED CHANCE OF DEVELOPING A BACK-UP CAREER
- FINANCIAL PRESSURE

### POSITIVES

- INCREASED TRAINING & LEVEL OF SPECIALITY
- NEW BELIEFS & BEHAVIOURS

# COMMON REASONS FOR ATHLETES' PREMATURE DROPOUT FROM ELITE SPORT

- TIME CONSUMING TRAINING RESTRICTING OTHER ACTIVITIES SEEN AS NORMAL BY PEOPLE OUTSIDE SPORT.
- PARENTAL PRESSURE OF WANTING A GOOD EDUCATION AND ECONOMIC SECURITY FOR THEIR CHILDREN.
- LACK OF REALISTIC TIME PERIOD PROVIDED BY PARENTS TO CONTINUE THEIR SUPPORT FOR AN ATHLETE TO SHOW THAT THEY HAVE GOT WHAT IT TAKES TO MAKE IT AT ELITE LEVEL.
- LITTLE OR NO SUPPORT OR THE WITHDRAWAL OF SUPPORT FROM THE FEDERATION.

# COMMON REASONS FOR ATHLETES' PREMATURE DROPOUT FROM ELITE SPORT

- INABILITY TO FIND A SUITABLE TRAINING ENVIRONMENT PROVIDING THE NECESSARY RESOURCES.
- FEDERATION BEING TOO DICTATORIAL IN DEMANDING THE ATHLETE USES THEIR DESIGNATED COACH OR THREATENING WITHDRAWAL OF SUPPORT
- DIFFICULTY OF ACHIEVING SUFFICIENTLY ENCOURAGING PERFORMANCE RESULTS LEADING TO LACK OF MOTIVATION AND ENTHUSIASM.
- TOO MUCH PRESSURE OF EXPECTATION FROM PARENTS, COACH OR FEDERATION.

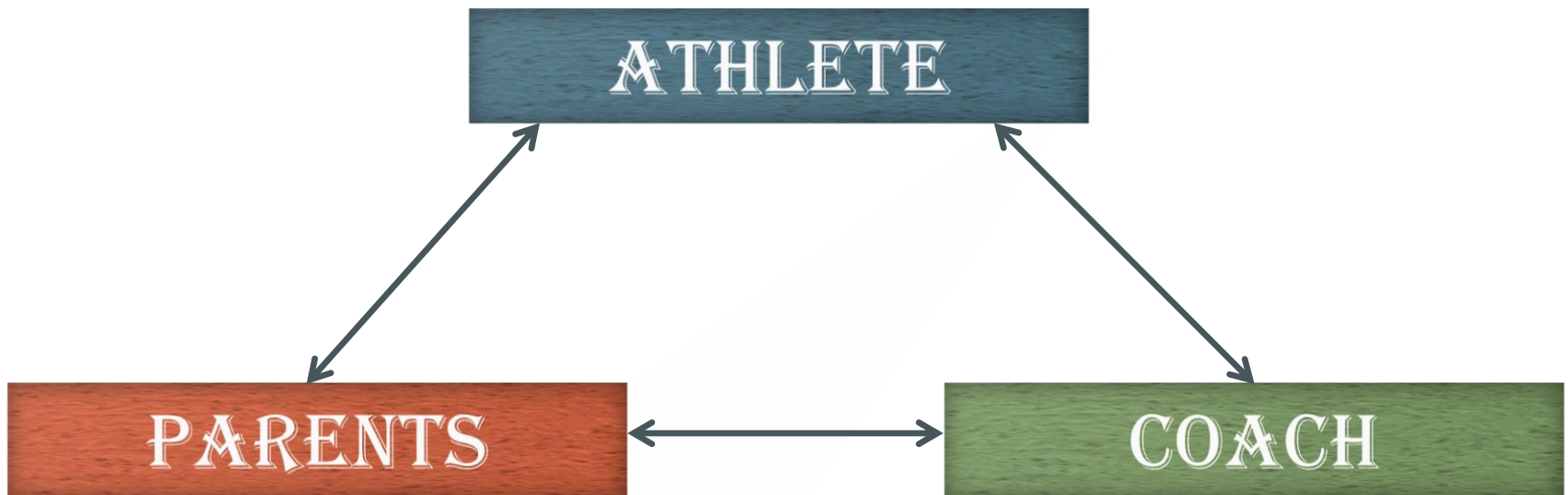
# THE 2 BIGGEST REASONS FOR DROPOUT

- **FINANCIAL – UNABLE TO CONTINUE BECAUSE OF LACK OF MONEY.**
- **LACK OF INFORMATION AND ADVICE ON WHAT TO EXPECT DURING THE TRANSITION BETWEEN JUNIOR AND SENIOR LEVELS AND INTO THE ELITE AREA OF THEIR SPORT, LEAVING THEM FEELING EXPOSED AND UNPREPARED.**

# SQUASH

- FINANCIAL PRESSURES
- LACK OF A SUITABLE COACH AND TRAINING ENVIRONMENT
- INSUFFICIENT PREPARATION & DIRECTION

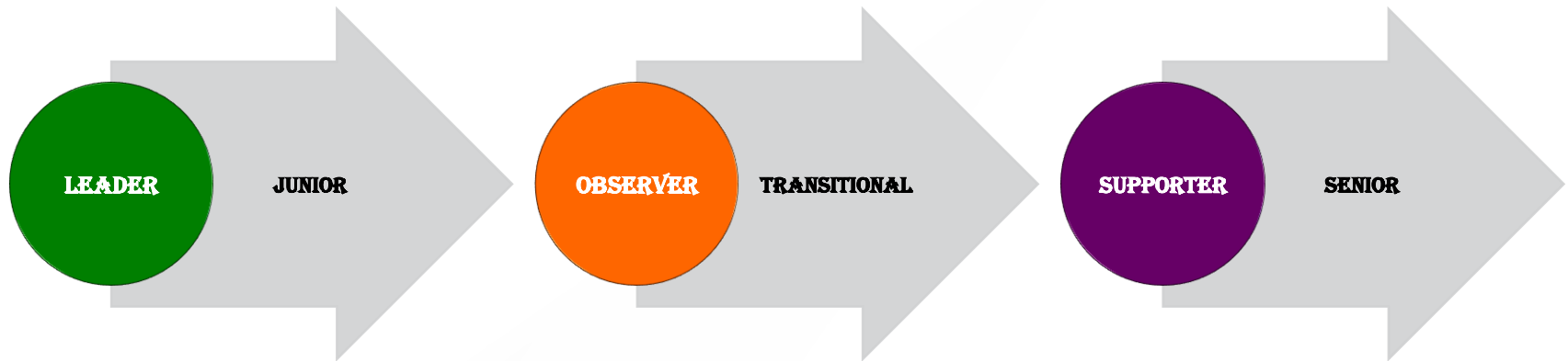
# THE ATHLETIC TRIANGLE



POSITIVE ATHLETE-PARENTS, ATHLETE-COACH, COACH-PARENTS RELATIONSHIPS WERE FOUND TO BE MAJOR CONTRIBUTORS TO THE SUCCESSFUL TRANSITION OF ATHLETES INTO A PROFESSIONAL LEVEL



# PARENTS' TRANSITIONAL ROLES

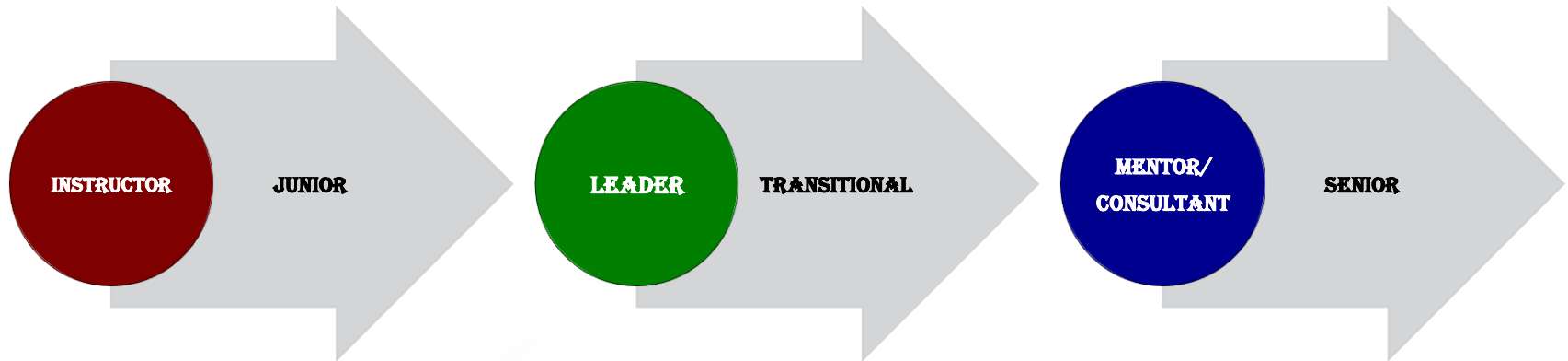


THE PARENTS' ROLE IS ALWAYS SIGNIFICANT FOR AN INDIVIDUAL'S ATHLETIC PROGRESS. IT IS BASED ON SPORT RELATED ADVICE AT AN EARLY STAGE AND EMOTIONAL SUPPORT IN ORDER TO HELP THEIR CHILDREN PROCEED FROM ONE TRANSITIONAL STAGE TO ANOTHER.

# PARENTS' ROLES DURING TRANSITIONAL PERIOD

- ECONOMIC SUPPORT
- PSYCHOLOGICAL REINFORCEMENT
- SOCIAL ASSISTANCE

# COACHES' TRANSITIONAL ROLES

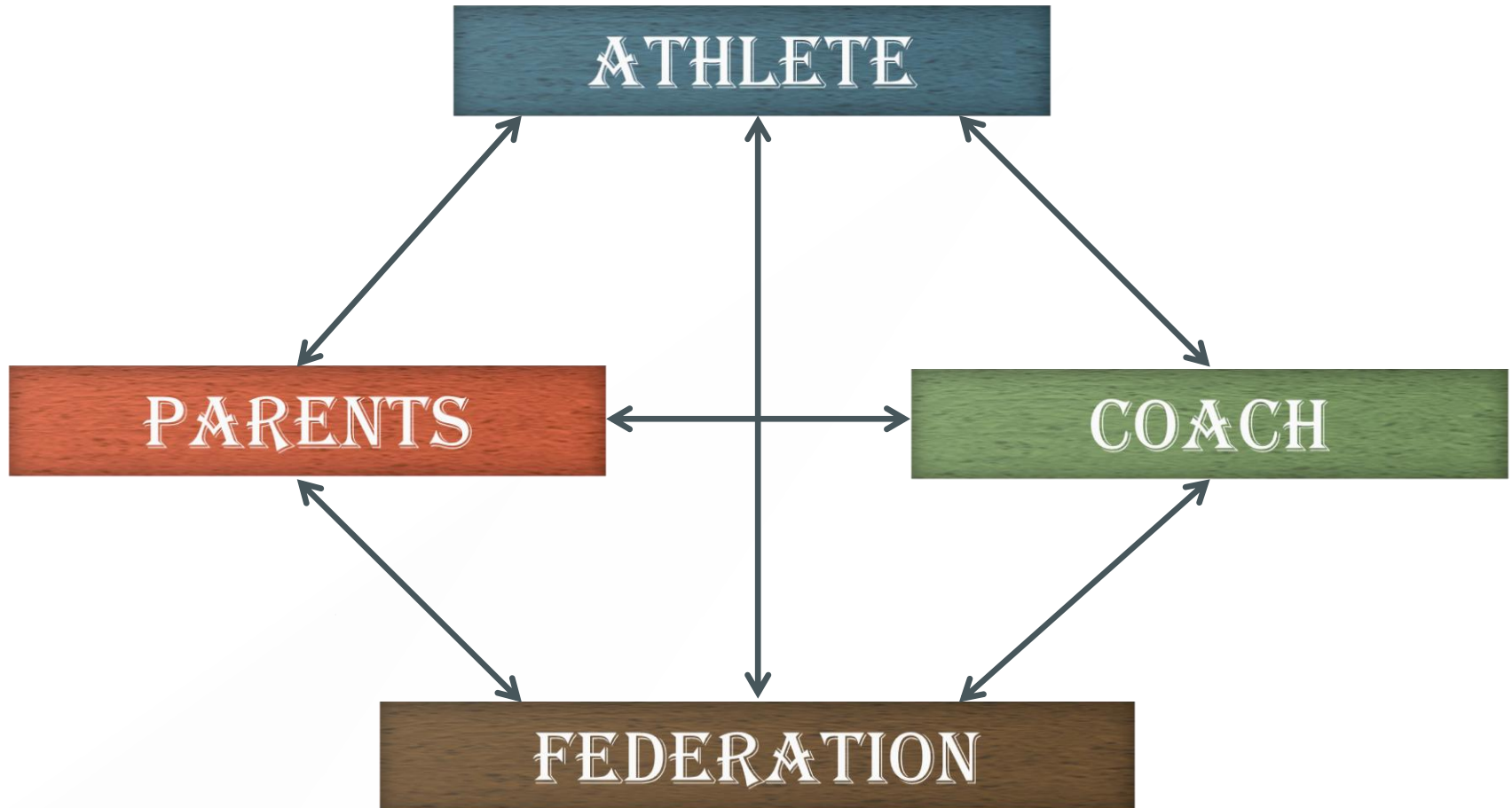


THE QUALITY OF THE COACH-ATHLETE RELATIONSHIP IS FUNDAMENTAL TO THE ATHLETES' TRANSITION TO THE NEXT STAGE. THE COACH PROVIDING POSITIVE INSTRUCTION, FEEDBACK AND ENCOURAGEMENT AND TAKING A MORE HOLISTIC VIEW WILL BE FAR MORE INFLUENTIAL THAN AN AUTOCRATIC ONE.

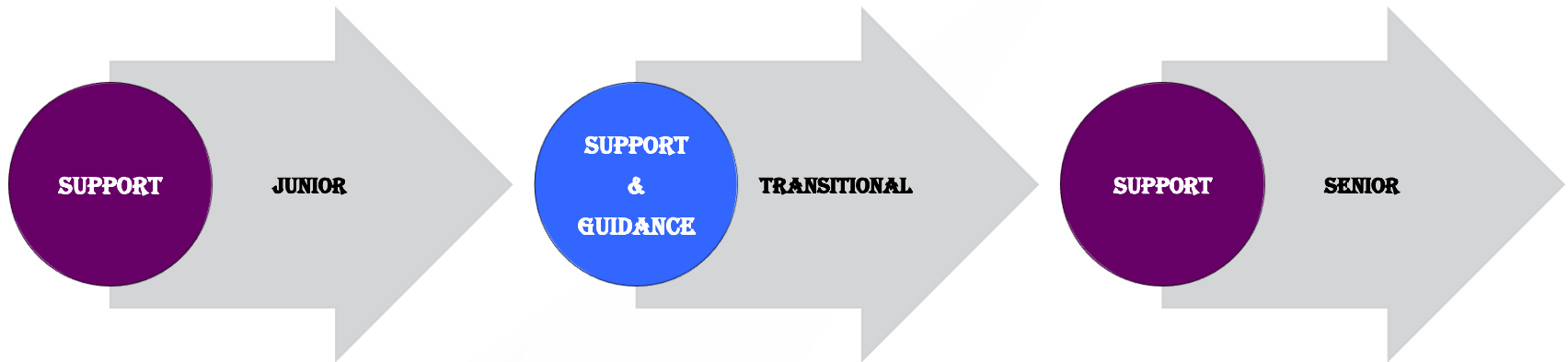
# COACHES' ROLES DURING TRANSITIONAL PERIOD

- PROVIDE A SUITABLE COMPETITIVE TRAINING ENVIRONMENT
- DEVELOP A HOLISTIC AND COGNITIVE RELATIONSHIP
- DELIVER ACCURATE ANALYSIS AND POSITIVE FEEDBACK

# THE COMPLETE TEAM



# FEDERATION'S TRANSITIONAL ROLES



THE FEDERATION'S ROLE IS NOT NECESSARILY AS FUNDAMENTAL AS THE PARENTS-PLAYER-COACH ROLES. PLAYERS CAN BECOME ELITE PERFORMERS WITHOUT HELP FROM A FEDERATION BUT A FEDERATION CAN UNDERTAKE A VALUABLE ROLE TO HELP AND SUPPORT PLAYERS IF THEY WORK COOPERATIVELY WITH PLAYERS AND COACHES.

# FEDERATION'S ROLES DURING TRANSITIONAL PERIOD

- PROVIDE DIRECT OR INDIRECT FINANCIAL AND SPECIALIST SUPPORT
- COACH EDUCATION/MENTORING
- PREPARE PLAYERS (AND PARENTS) FOR TRANSITIONAL PERIOD

# PLAYERS

THE 3 MOST IMPORTANT  
PSYCHOLOGICAL  
PRINCIPLES THAT ELITE  
ATHLETES MUST  
POSSESS ARE:

- SELF-DISCIPLINE
- HUNGER – A  
COMPETITIVE FIRE
- SELF-BELIEF

THEY MUST ALSO SHOW  
AN INDEPENDENT  
DECISION-MAKING  
SKILL





# GOVERNING BODY'S ROLES DURING TRANSITIONAL PERIOD

- UNDER 23  
TOURNAMENT  
CIRCUIT





## THE RETENTION OF ELITE PLAYERS AFTER A JUNIOR CAREER



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