

Dual Career – an innovative sports concept



Dual Career varies from country to country

- Different sociocultural backgrounds
 - This created different systems
 - All of which are still in development



International examples for Dual Career

Russia	Early specialisation	Career transition in need of improvement
USA	Organised by colleges	No longer than 5 years – continuation only as pro
UK/IRL	Performance Lifestyle Programme	Regional approach
AUSTRALIA	Athlete Career Education Lifeskills for Elite Athletes	Limited effectiveness for athletes
CANADA	Decentralised voluntary mentors	Heavily influenced by USA – scholarships from the USA
SWEDEN	Decentrally organised	Solidarity principle versus winning
SPAIN	Autonomous University of Barcelona	Streamlining of structures due to financial crisis
FRANCE	High degree of centralisation, EAS member (European Athlete as Student)	Consultancy for various professions, barely limited



Common features of international Dual Career

Albert J. Petitpas, Professor of Psychology / Director of the Center for Youth Development and Research &

Thaddeus J. France, Professor of Physical Education,
both at Springfield College USA, summarising the issue of Identity Foreclosure and Athletic Participation:

- Athletes tend to invest a lot of time and energy in their sport and may therefore not display explorative behaviour, which is a decisive factor in developing a sense of their own identity.
- Strong commitment to the sport as a primary source of identity and as an early phase of their adopted identity



Challenges in the preparation of a Dual Career

- Premature conditioning to the sport
 - Low degree of identity formation by trying out different themes
 - One-sided approach to the future



Dangers of a sole athletic career

- Strongly dependent on success and failure in the sport
 - Little bandwidth can lead to frustration
 - Injury or age lead to withdrawal with few options



Worldwide Issue

Existential fear in athletes – unemployed despite winning a gold medal

FAZ article dated 06.11.2014, Mona Jäger

Poor Elite Athletes

“They look great, are cheered on and hailed – elite athletes are to be envied.

Or so one might think. A glance at their bank account reveals the downside: on average, professional athletes earn less than € 2000.”

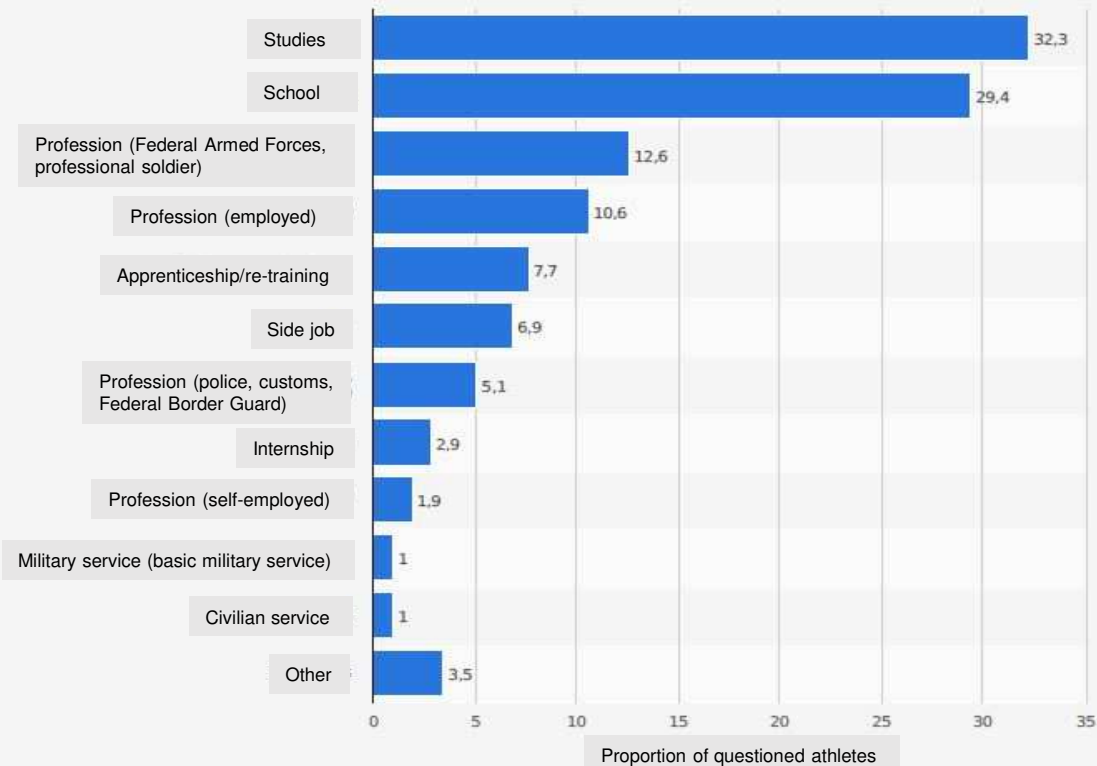
Spiegel online, 24 July 2012



More opportunities for athletes



Activities of German elite athletes apart from their sports



Source:
Bundesinstitut für Sportwissenschaft
© Statista 2015

Additional information:
Germany: 07.10.2009 to 08.11.2009; 1,133 respondents;
elite athletes

statista



There is more than one road to success

- Overarching structures within one country / system can be further improved.
 - The formation of a strong identity is particularly important for the development of an athlete.
 - Athletes are provided more weight and visibility as reliable and value-oriented employees in commerce.



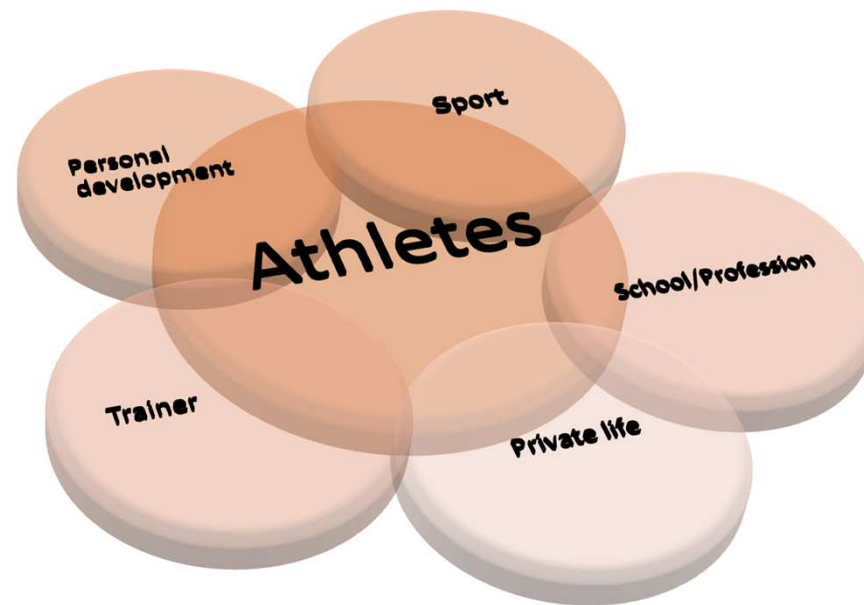
Mental training for Dual Career

The concept of “young but not aimless”

- self-management made easy –
training and coaching for elite students



Stress field I



Stress field II



German-Chinese Symposium BMI December 2016

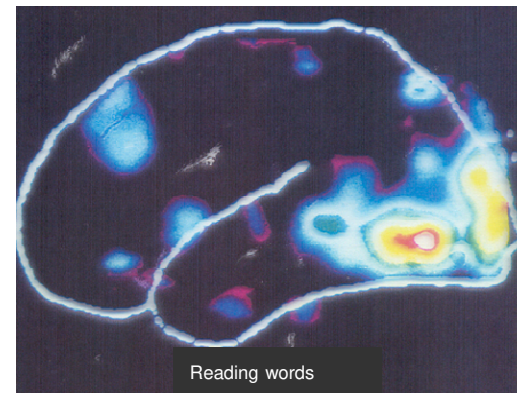
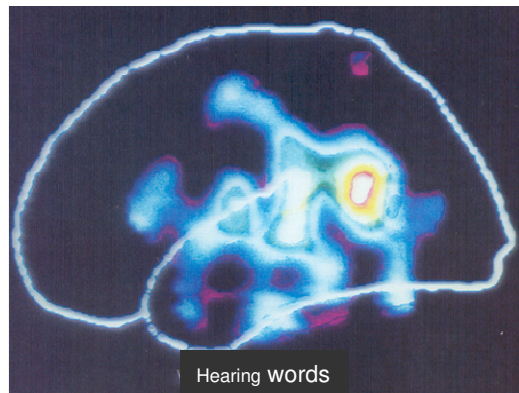
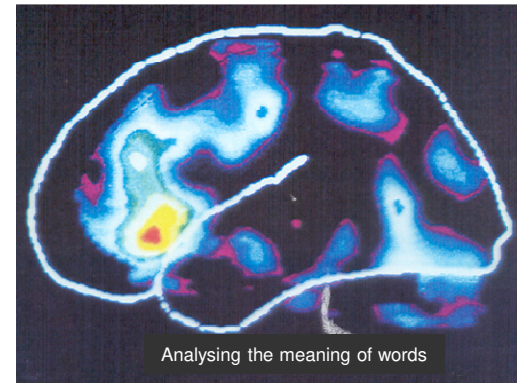
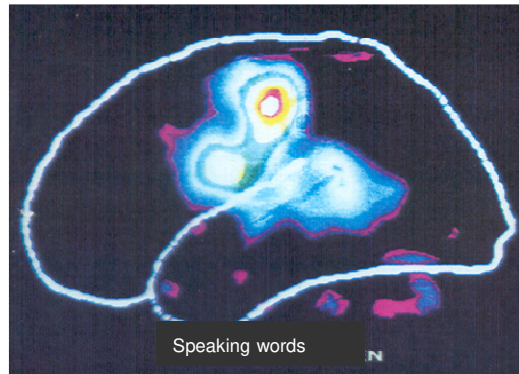


Mental training for elite students

- Individual consideration to individual personalities in training and coaching
- Psychoeducation and emotion management
 - Various methods such as **wingwave** – bilateral hemisphere



Self-management = emotion management

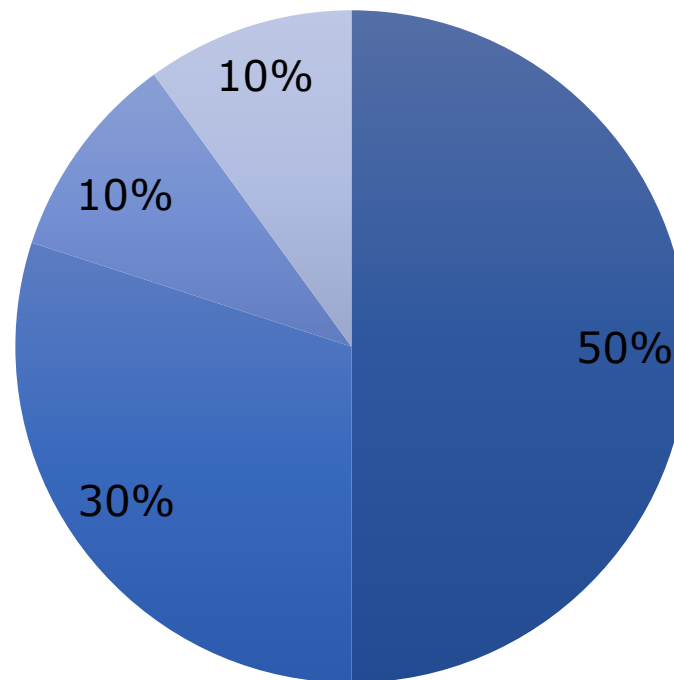


Interaction with language. Red and white areas signal high energy consumption, while blue and purple areas stand for low energy consumption. The four images show that, in each case, large groups of nerve cells work together. Stern 48/1993.

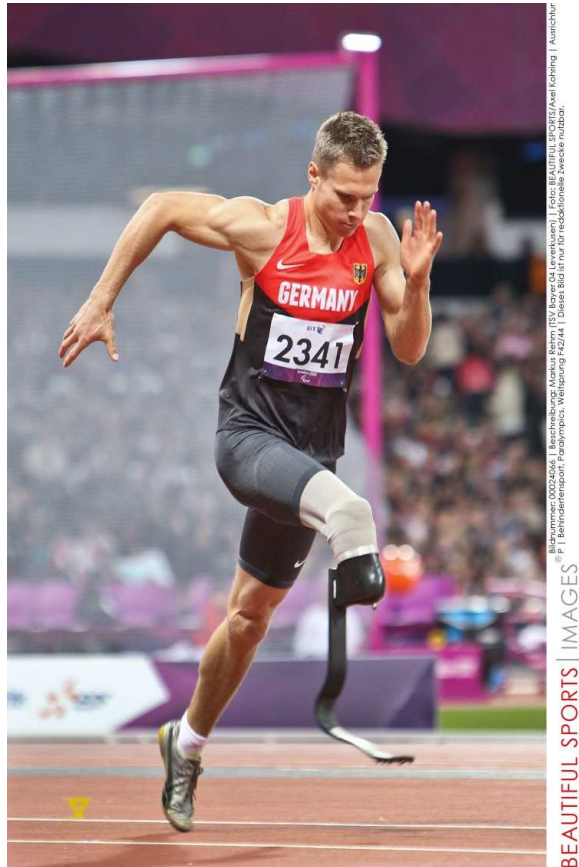


Trained groups TSV Bayer 04

■ Athletes ■ Trainers ■ Teachers ■ Boarding school management



The elite of the Dual Career TSV Bayer 04



Markus Rehm

- long jumper
- orthopaedic technician

“For me it is important that I understand and can be there for other people.”



The elite of the Dual Career TSV Bayer 04



Britta Heidemann

- fencer
- book author
- China Business

“My sport, the work for China, my studies – I need all of this to be successful!”



Statements of Dual Career athletes

“It could be over at any
moment.”

Linda Stahl, javelin thrower and doctor





Thank you for your
attention

