

# Athlete Life Development

## Getting the Balance Right

### Example workshops

#### **The Road to the Top (Introduction to lifestyle for young athletes)**

**Typical duration:** 1 hour

**Suitable for:** young athletes of all levels, age 12 and older

**Previously delivered to:** athletes attending Wexford Athletics Summer Camp

This is an inspirational talk outlining the how the rocky road to the top can be far more interesting than a free ride to success. Basic lifestyle and sports science principles are introduced in an inspiring and interesting way as athletes are reminded to both fight for their goals and enjoy the journey.

#### **Planning for Success (Lifestyle level I)**

**Typical duration:** 1½ - 2 hours

**Suitable for:** high performance/aspiring student-athletes age 16 and older.

**Previously delivered to:** high performance programme participants at University of East London; University of Hertfordshire; University of Brighton, among others. This is our most popular workshop.

Popular  
workshop

This is a very interactive workshop covering goal setting, time management, seasonal planning, decision making, and creating a support network. Real life examples are used to inspire the athletes as they explore their own management and planning skills. The emphasis can be shifted depending on the group, with more time spent on decision making in groups of athletes about to make major career choices or transitions. Athletes will be encouraged to put forward their own specific issues, and discuss workable solutions and action plans.

#### **Personal Management Skills for Performance Athletes (Lifestyle level II)**

**Typical duration:** 1½ - 2 hours

**Suitable for:** high performance/aspiring student-athletes age 16 and older.

**Previously delivered to:** high performance programme participants at University of East London and University of Hertfordshire.

This is a follow on from the planning for success workshop and looks at managing lifestyle in a more advanced way (recommended to be delivered 6 to 12 months later), dealing with the stresses of competing at a high level, decision making, managing travel, building a support network, building your brand, dealing with the media and coping with transitions. It is most suitable for high performance athletes making decisions about University choices, or about to transition into university life, though can be adapted to suit any group of high performance athletes. Anti-doping can also be covered.

#### **Preparing for Life after Sport (Lifestyle level III)**

**Typical duration:** 2 hours

**Suitable for:** high performance athletes age 18 and older.

This session can be for high performance athletes of any age, not just those that are approaching retirement. It emphasises the importance of having distractions outside of sport (from a performance point, as well as for increasing their chances of work after they retire from sport). Real life examples of athletes who have had a successful sporting career alongside full time work will be highlighted. Career planning will be covered, and other useful skills like job

searching, CV writing and interview skills can also be touched upon. Decision making and goal setting can also be covered in this context.

### **The Travelling Athlete**

**Typical duration:** 1 ½ hours

**Suitable for:** Any group of athletes likely to travel extensively with their sport, or about to embark on a major trip

**Previously delivered to:** University of Birmingham athletes before a racing tour in the US, Irish team managers before the World University Games in 2007.

This workshop helps to prepare for domestic and international travel, and to maximise plans in order to overcome some of the negative stresses associated with travel. Topics covered include: Reducing the stress of travel – planning and preparation • The art of packing • Reducing the boredom of travel • Travel nutrition • Dealing with jet lag • Training and competing in extreme environments – heat/humidity/altitude • Making the most of a training camp abroad • Medications and health abroad • Race day organisation and routines • Dealing with disruptions to your routine. This workshop can be adapted to cover any specific issues related to upcoming trips abroad (e.g. warm weather training camp, major championship etc.).

### **Coping with Setbacks**

**Typical duration:** 1 ½ hours

**Suitable for:** Any group of athletes likely to travel extensively with their sport, or about to embark on a major trip

**Previously delivered to:** Sports Scholars at University of Birmingham.

This inspirational talk covers plenty of real life examples of how top athletes have overcome major setbacks on the road to success. The role that setbacks play in preparing an athlete for success will be covered, and advice will be given on how to overcome injury, illness, loss of funding, and other setbacks along the way.

### **The Female Athlete**

**Typical duration:** 2 hours

**Suitable for:** Coaches and parents of athletes of all ages. Can be adapted for athletes

**Previously delivered to:** Coaches, athletes and parents at England Athletics; endurance runners and triathletes at University of Birmingham

Topics covered include the importance of iron, injury risk, the female athlete triad (bone health, eating disorders and menstrual disruption), and body image and self-confidence issues among female athletes.

### **Athlete Welfare**

**Typical duration:** 2-3 hours

**Suitable for:** Coaches and parents of athletes of all ages

**Previously delivered to:** Open workshop for coaches in County Wexford

This workshop covers a variety of athlete health and welfare issues, including the female athlete triad, overtraining and underperforming athletes, long-term athlete development, dropout, managing transitions, dealing with times of stress, developing awareness of pressures that athletes are under. Rest, recovery and periodisation can also be covered if required.

### **Nutrition, Injury Prevention and Health Basics for Young athletes**

**Typical duration:** 1 hour

**Suitable for:** Young athletes age 10-16, and their parents

**Previously delivered to:** Athletes on Wexford Athletics Summer Camp; Swimmers at Shropshire County Development Squad; Athletes at St Joseph's AC.

Popular  
workshop

This is a basic, fun introduction to nutrition, injury prevention and basic health management session for young athletes.