

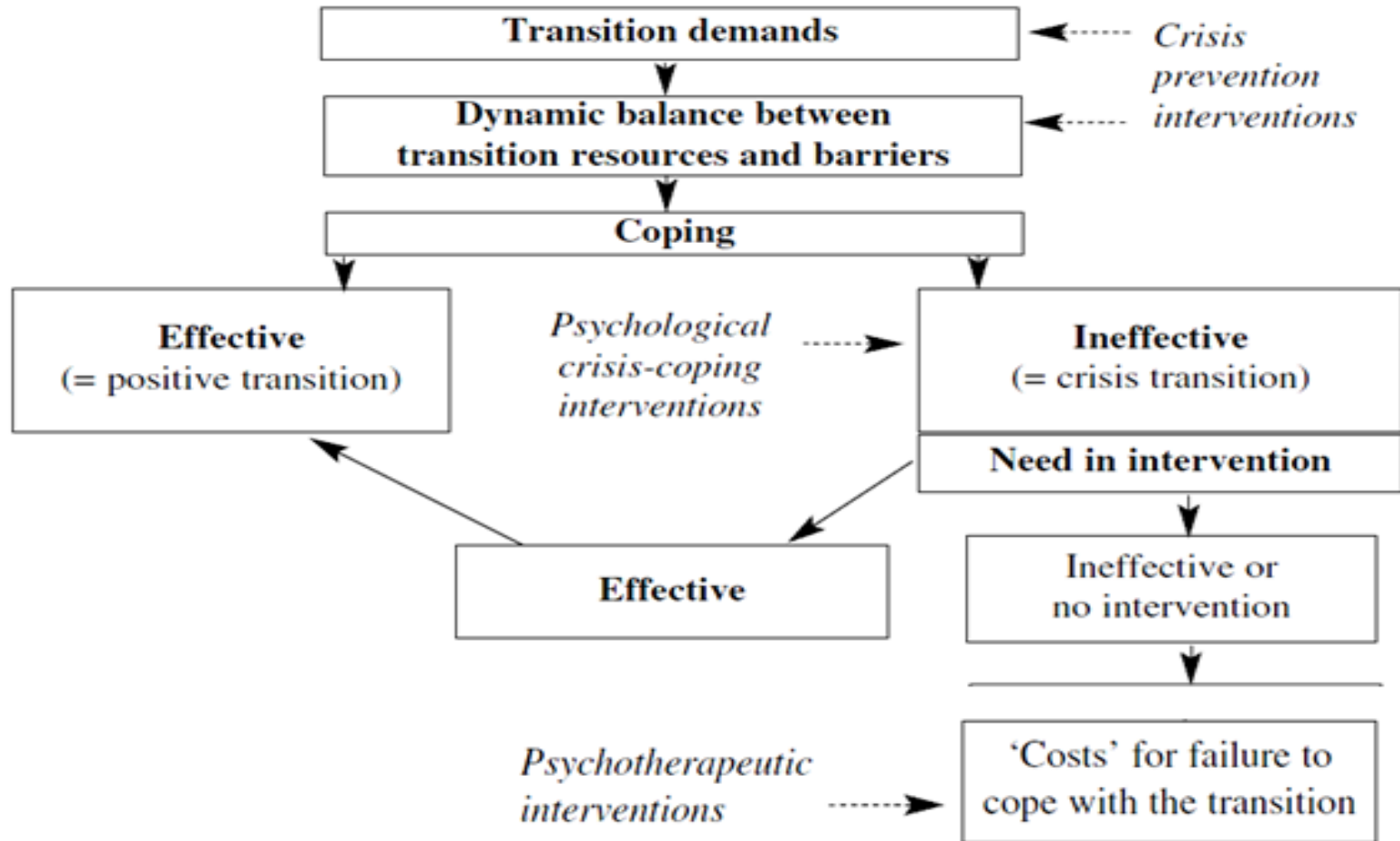


CAREER TRANSITIONS

Adam Kelly

SPORT CAREER TRANSITION MODEL

STAMBULOVA (2003)



WYLLEMAN AND LAVALLEE (2004)

MODEL OF CAREER TRANSITION

Age	10	15	20	25	30	35
Athletic Level	Initiation	Development	Mastery	Discontinuation		
Psycho-logical Level	Childhood	Adolescence		Adulthood		
Psycho-social Level	Parents Siblings Peers	Peers Coaches Parents	Partner Coach	Family (Coach)		
Academic Vocational Level	Primary education	Secondary education	Higher education	Vocational training Professional occupation		

Note: A dotted line indicates that the age at which the transition occurs is an approximation.

LONG TERM ATHLETE DEVELOPMENT (LTAD) BALYI AND HAMILTONS (2005)

- Active Life
- Train to Win (M 18+, F 17+)
- Train to Complete (M16-18, F 15-17)
- Train to Train (M 12- 16, F 11-15)
- Learning to Train (M 9-12, F 8-11)
- FUNdamentals (M 6-9, F 6-8)
- Active Start



LEARNING TO TRAIN AND TRAIN TO TRAIN: PARENTAL SUPPORT

- Analysing parental support over a 12 month period in 193 children Wuerth et al (2004) found:
 - Mothers are primary source of praise and understanding
 - Fathers give a greater amount of directive behaviour
 - Athletes with successful transitions had a higher parental involvement
- Family encouragement, involvement and investment maybe a hinder than a facilitation
- Strong socio-cultural and family values can affect career paths and choices

(Taylor and Wilson 2005)



TRAIN TO COMPETE AND TRAIN TO WIN: ELITE SPORT

- Bloom (1985) critical phase in development
 - Dedication, specialization, behaviours and beliefs
- Bruner et al (2008)
 - 22% Previous level helps enter elite sport
 - 12.8% Earned playing time
 - 11% Comment made by the coach
- Wylleman & Lavallee's (2004) quote sport psychologist should reflect on
“developmental, interactive, and interdependent nature of transitions and stages faced by individual athletes”

CAREER DECISIONS

- Student athletes (n=189)
- Compared time spent practicing, identity, career decision and self efficacy.

Results:

Higher time practicing, less exposure to other roles and belief that career is unaffected by decisions = lower self efficacy.

Participants who spent 20-30 hours practice few expect to play professionally.

Brown et al (2000)

ACADEMY TO 1ST TEAM TRANSITION

- Coaches perspective (Finn and Mckenna 2010)
- Sources of Strain (links to Bloom 1985)
 - Managing free time, coping with boredom (n = 9)
 - Behaviours and cognitions (n = 9)
 - Self management and Girlfriends (n = 7)
- The use of meaning-focused coping (MFC) strategies.

“appraisal based coping which the person draws on his or her beliefs (e.g. religious, spiritual), values and existential goals to motivate and sustain coping and well-being during a difficult time”

(Folkman 2008 p.



GUEST



SUCCESSFUL TRANSITIONS

- Athlete needs to be resilient and learn to cope with adversity

- Problem focused coping
 - Emotional coping
 - Avoidance coping
- } Help reduce stressors

(Brewer 2009)

- Successful transitions only occur when athlete and psychologist have identify common goals

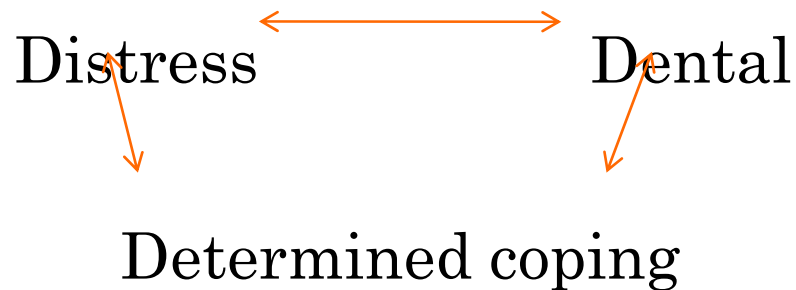
(Andersen 2000)



AFFECTS OF INJURY/ILLNESS

- 7 Stages of Injury

(Steadman 1993)



(Heil 1993)

<http://news.bbc.co.uk/sport1/hi/cricket/7604447.stm>

<http://www.youtube.com/watch?v=VNyq9bsLlrl&feature=related>



EARLY TERMINATION

Wippert and Wippert (2010)

- Nation Ski team 17 out of 42 retirements were forced released:
 - Stronger psychological distress
 - More severe crisis
 - Longer transition period
 - Connected to social evaluated threat and forced failure

○ Finn and Thomas (2007)

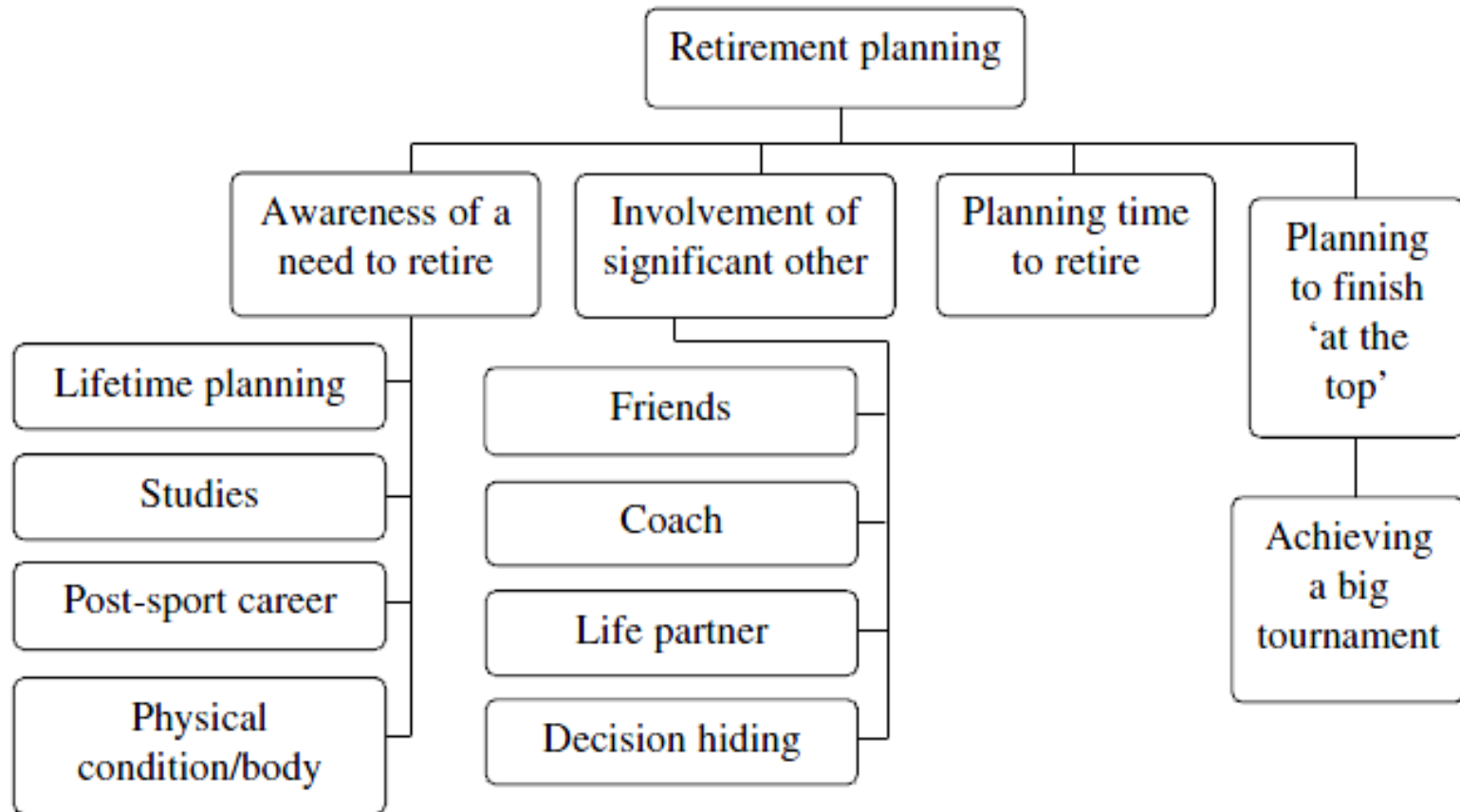
Case Study

- Rugby Union Player forced to retire felt betrayed, moral outrage and social exclusion
- Ten months to move on to a new career



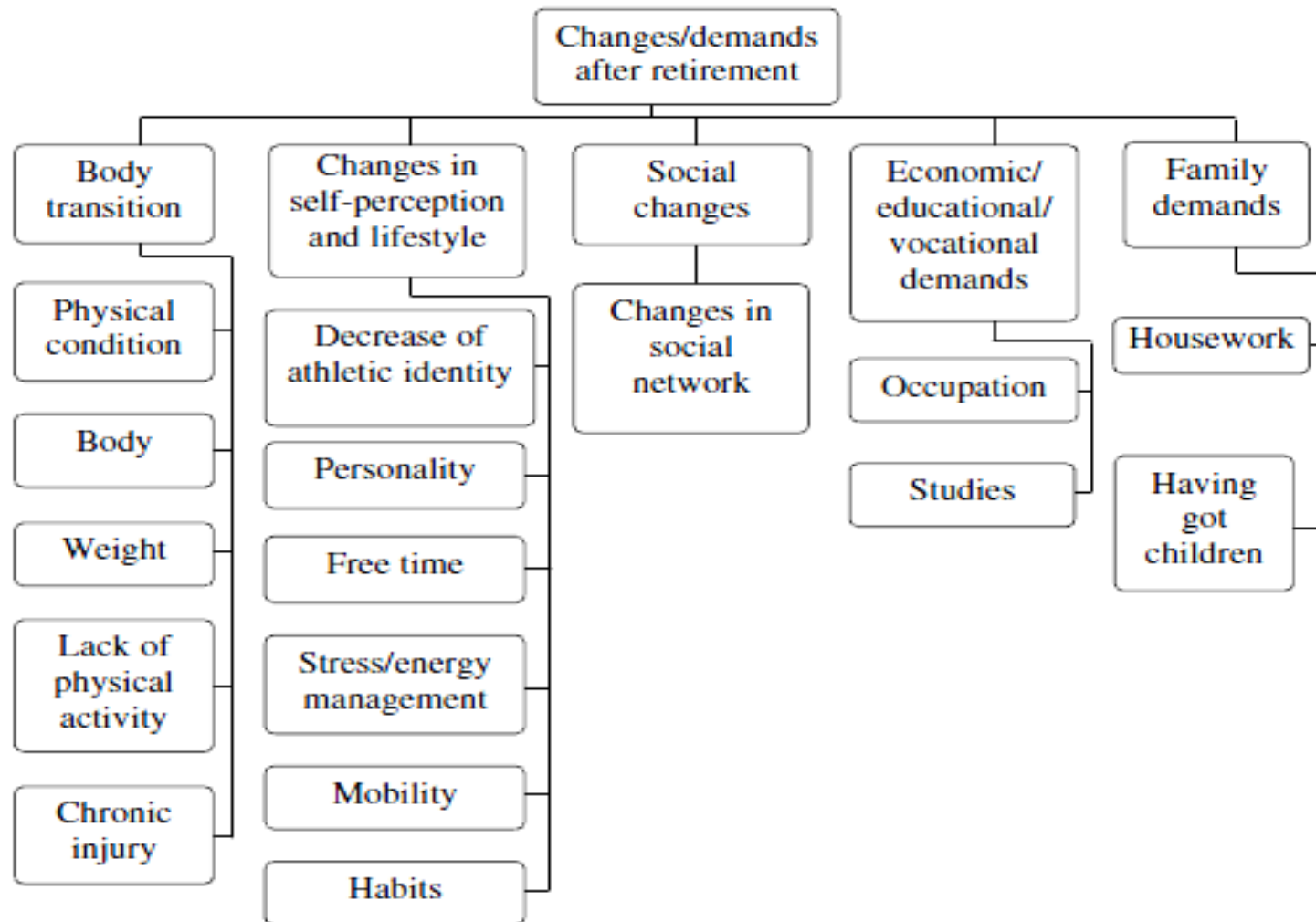
KADLCIK AND FLEMR (2010)

SUCCESSFUL TRANSITION



KADLCIK AND FLEMR (2010)

CHANGES POST RETIREMENT



PROGRAMS FOR RETIREMENT

- The Canadian Olympic Athlete Career Centre 1985
- Elite Athlete Program in Australia 1989
- Career preparation
- Help redirect energy, time and routines
- Facilitate social support outside sport

(Gallucci 2008)




ANY QUESTIONS

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