Elite sport centres

Paul Wylleman

TeamNL

Vrije Universiteit Brussel

SPORT PSYCHOLOGY
& MENTAL SUPPORT
RESEARCH GROUP

The psychology of elite sport

01

Society

Sport | Psychology of excellence

Organisations | Psychology high performance management, human resources, organisational culture, dual career/career management

Teams | Interpersonal relationships, leadership, team cohesion, development expertise, interdisciplinary support, communication

Athletes Coaches | Attitude, competences, mental health, performance behaviour, career development psychological support, psychology of coaching
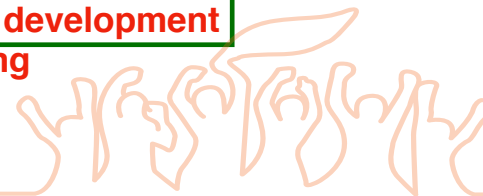
(Wylleman, 2019)

02

Athletic career challenges

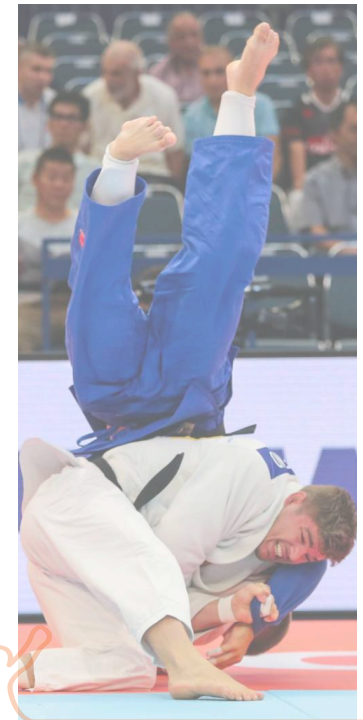|	Development		Elite	Post-career	Career challenges
Athletic development	Initiation	Develop-ment	Mastery	Disconti-nuation	False positive • False negative Over-training • Burnout Multi-/Interdisciplinary team

(Wylleman, 2019)

	Development		Elite	Post-career	Career challenges

Athletic development	Initiation	Develop-ment	Mastery	Disconti-nuation
Psycho-logical development	School-child	Puberty / Adoles-cence	Adult	

Cognitive readiness • Performance stress
Identity development • Loss autonomy
Dysfunctional integration

(Wylleman, 2019)

	Development		Elite	Post-career	Career challenges

Athletic development	Initiation	Develop-ment	Mastery	Disconti-nuation	
Psycho-logical development	School-child	Puberty	Adoles-cence	Adult	
Psycho-social development	**Parents Siblings Peers**	**Peers Coach Parents**	**Partner – Young family Coach – Support staff Teammates - Students**	**Family (Coach) Peers**	Parental pressure • Loss family support Restricted peer network Lack stability (partner) relationships

(Wylleman, 2019)

	Development		Elite		Post-career	Career challenges
Athletic development	Initiation	Develop-ment	Mastery		Disconti-nuation	
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Psycho-social development	Parents Siblings Peers	Peers Coach Parents	Partner – Young family Coach – Support staff Teammates – Students		Family (Coach) Peers	
Academic/ vocational development	Primary educa-tion	Secondary education	(Semi-) prof. athlete		Post-athletic career	
			Higher education	(Semi-) prof. athlete		

Dual career Study-Elite Sport
Dual career Work-Elite Sport
End-of-career transition

(Wylleman, 2019)

	Development		Elite	Post-career
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Financial development	**Family**	**Family NGB**	**NGB/NOC Sponsor**	**Family** **Employer**

Restricted/lack financial support
Non-selection OG/PG
Losing elite status

(Wylleman, 2019)

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Financial development	Family	Family NGB	NGB/NOC Sponsor	Family	Employer
Legal development	**Minor**		**Adult (of age)**		

Career challenges

Delinquency
Transgressional behaviour • Abuse
Legal responsiblity

(Wylleman, 2019)

	Development		Elite		Post-career	Career challenges
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Psycho-logical development	School-child	Puberty / Adoles-cence	Adult			Cognitive readiness • Performance stress Identity development • Loss autonomy Dysfunctional integration
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Academic/vocational development	Primary educa-tion	Secondary education	(Semi-) prof. athlete		Post-athletic career	Dual career Study-Elite Sport Dual career Work-Elite Sport End-of-career transition
			Higher education	(Semi-) prof. athlete		
Financial development	Family	Family NGB	NGB/NOC Sponsor	Family	Employer	Restricted/lack financial support Non-selection OG/PG Losing elite status
Legal development	Minor		Adult (of age)			Delinquency Transgressional behaviour • Abuse Legal responsiblity

(Wylleman, 2019)

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03 Support for challenges (selection)

Career challenges

Athletic development

Psychological development

Psycho-social development

Academic/vocational development

Financial development

Legal development

Performance behaviour
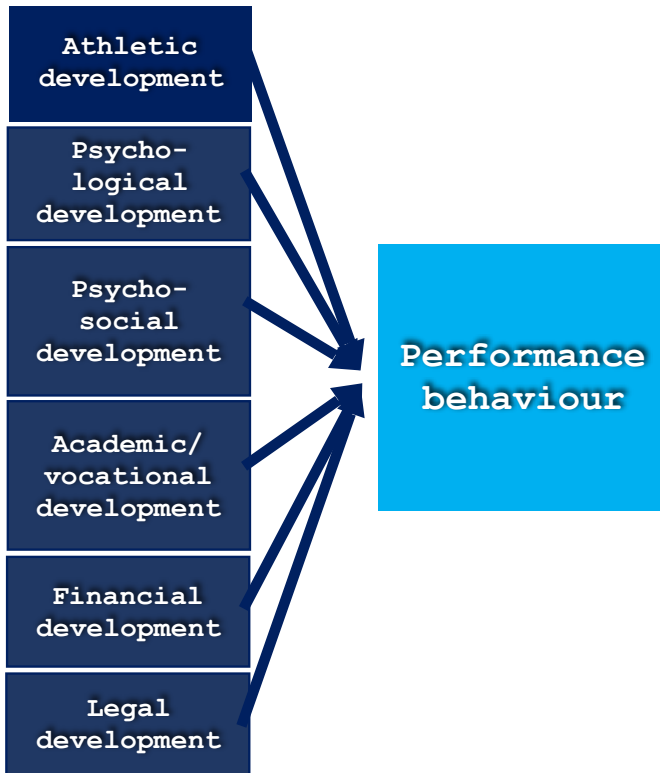
Adaptability
Communication
Decisiveness
Focussing
Maintaining optimal development
Performing under pressure
Perseverance

Planning
Problem solving
Process-focused
Protecting one's boundaries
Purposefulness
Self-confidence
Self-reflection development & performance

False positive • False negative
Over-training • Burnout
Multi-/Interdisciplinary team

Cognitive readiness • Performance stress
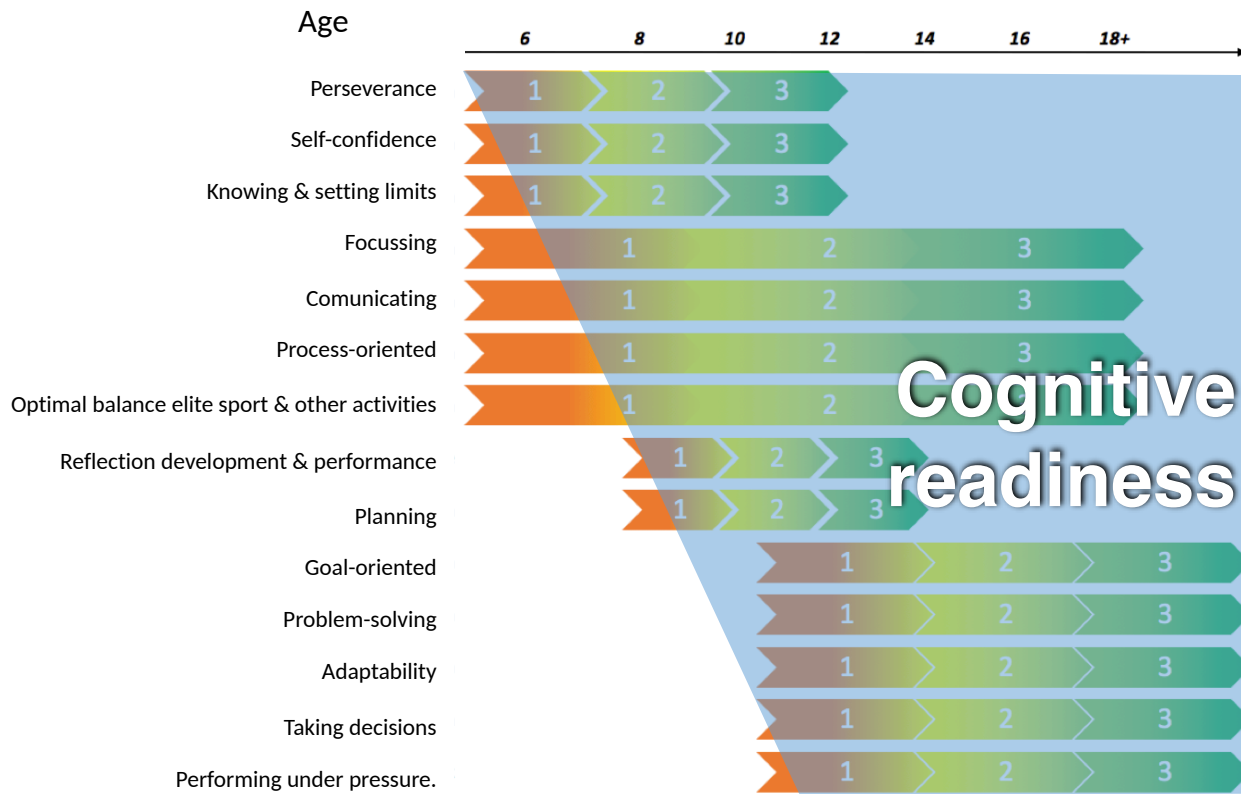Identity development • Loss autonomy
Dysfunctional integration

Parental pressure • Loss family support
Restricted peer network
Lack stability (partner) relationships

Dual career Study-Elite Sport
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(Wylleman, 2019)
(Blijlevens, Elferink-Gemser, Wylleman, Bool, & Visscher, 2018; Blijlevens, Wylleman, Bool, Elferink-Gemser, & Visscher, accepted)
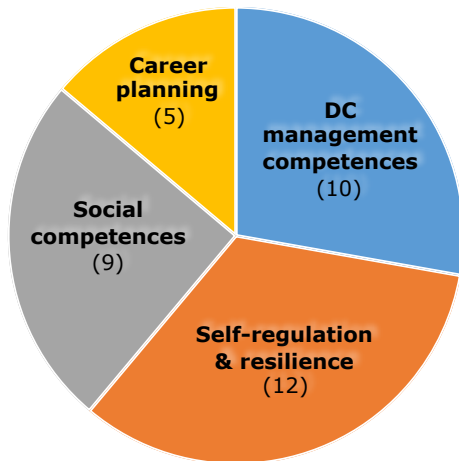
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Career challenges

False positive • False negative
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Age

| | 6 | 8 | 10 | 12 | 14 | 16 | 18+ |

Athletic development
Psycho-logical development
Psycho-social development
Academic/ vocational development
Financial development
Legal development

Perseverance — 1 2 3
Self-confidence — 1 2 3
Knowing & setting limits — 1 2 3
Focussing — 1 2 3
Comunicating — 1 2 3
Process-oriented — 1 2 3
Optimal balance elite sport & other activities — 1 2
Reflection development & performance — 1 2 3
Planning — 1 2 3
Goal-oriented — 1 2 3
Problem-solving — 1 2 3
Adaptability — 1 2 3
Taking decisions — 1 2 3
Performing under pressure. — 1 2 3

Cognitive readiness

(Wylleman, 2019)
(Blijlevens, Elferink-Gemser, Wylleman, Bool, & Visscher, 2018; Blijlevens, Wylleman, Bool, Elferink-Gemser, & Visscher, accepted)

Athletic development

Psycho-logical development

Psycho-social development

Academic/ vocational development

Financial development

Legal development

- Gold in Education and Elite Sport (GEES)
- Be a Winner in elite Sport and Employment before and after Retirement (B-WISER)

| Career planning (5) | DC management competences (10) |
| Social competences (9) | Self-regulation & resilience (12) |

| Adaptability |
| Maintaining optimal development |
| Protecting one's boundaries |
| Problem solving |
| Self-confidence. |

Career challenges

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(Wylleman, 2019)
(De Brandt, Wylleman, Torregrossa, Lavallee, Schipper-Van Veldhoven, & Defruyt, 2017)

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www.Dualcareertools.com

MAKE YOUR CHOICE AND START THE ASSESSMENT

I COMBINE ELITE SPORT WITH EDUCATION

I am a student-athlete and want to discover my competencies required for a successful combination of elite sport and studies

Take the test

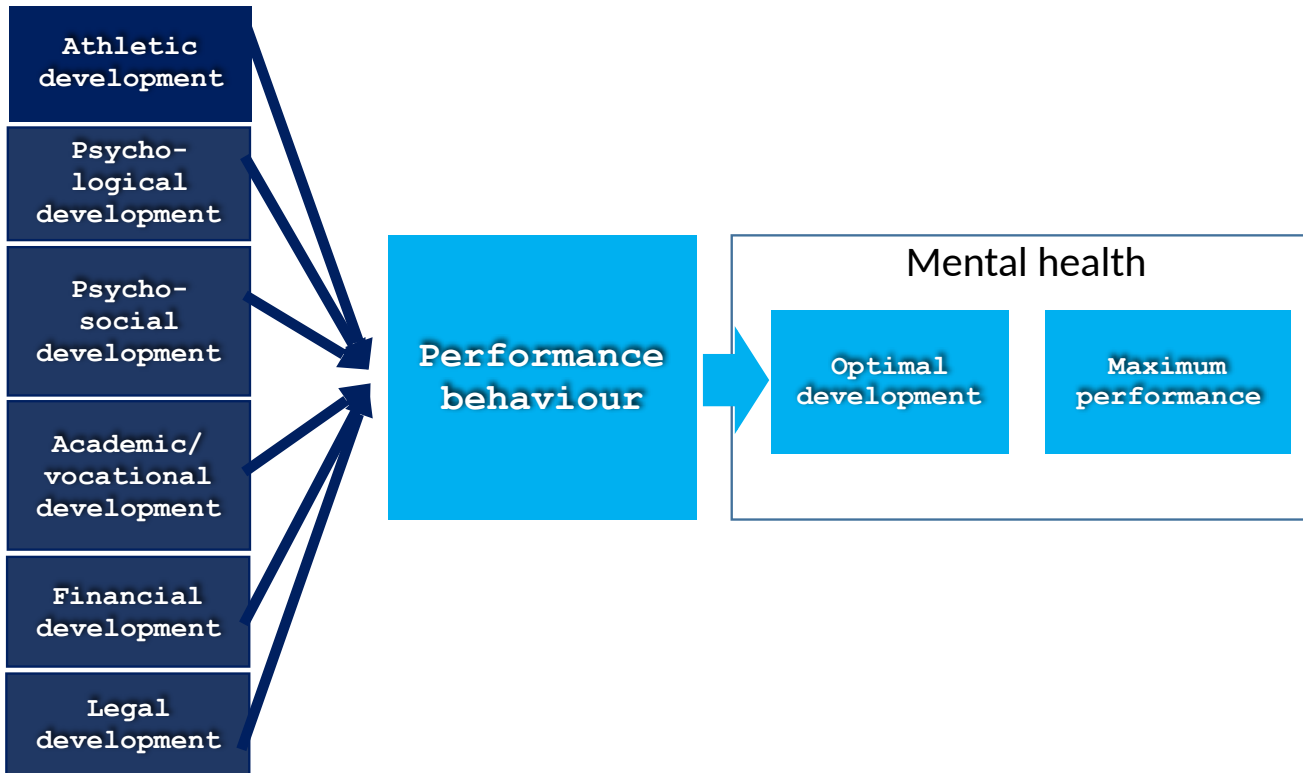**I PROVIDE SUPPORT TO STUDENT-ATHLETES**

I am a dual career support provider and want to discover my competencies required for providing quality support to student-athletes

Take the test

I AM PREPARING/MAKING THE TRANSITION FROM ELITE SPORT TO THE JOB MARKET

I am an active or former elite athlete and want to discover my competencies required for optimizing my employability

Take the test

Ten minutes

It only takes 10 minutes to complete the self-assessment

Personal report

You receive a personal feedback report at the end

360° evaluation

You can ask others to assess your competencies

Talk to an expert

You can follow-up with an expert

(Wylleman, 2019)
(De Brandt, Wylleman, Torregrossa, Lavallee, Schipper-Van Veldhoven, & Defruyt, 2017)

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Athletic development		
Psycho-logical development		
Psycho-social development	**Performance behaviour**	**Mental health**
Academic/vocational development		Optimal development · Maximum performance
Financial development		
Legal development		

Career challenges

False positive · False negative
Over-training · Burnout
Multi-/Interdisciplinary team

Cognitive readiness · Performance stress
Identity development· Loss autonomy
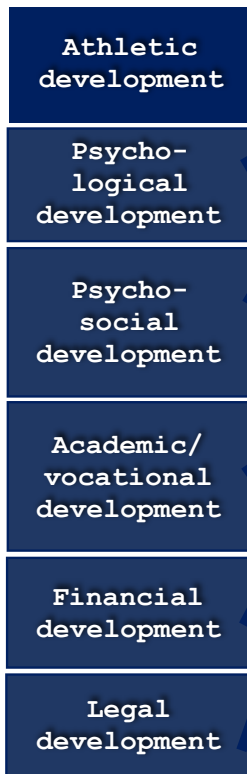Dysfunctional integration

Parental pressure · Loss family support
Restricted peer network
Lack stability (partner) relationships

Dual career Study-Elite Sport
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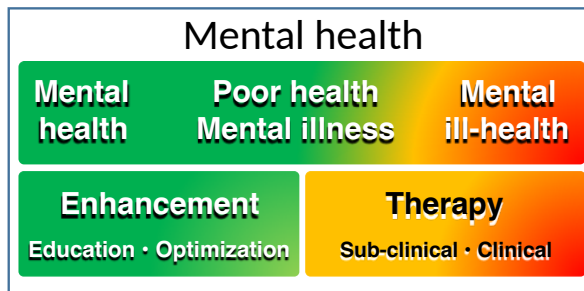Dual career Work-Elite Sport
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Restricted/lack financial support
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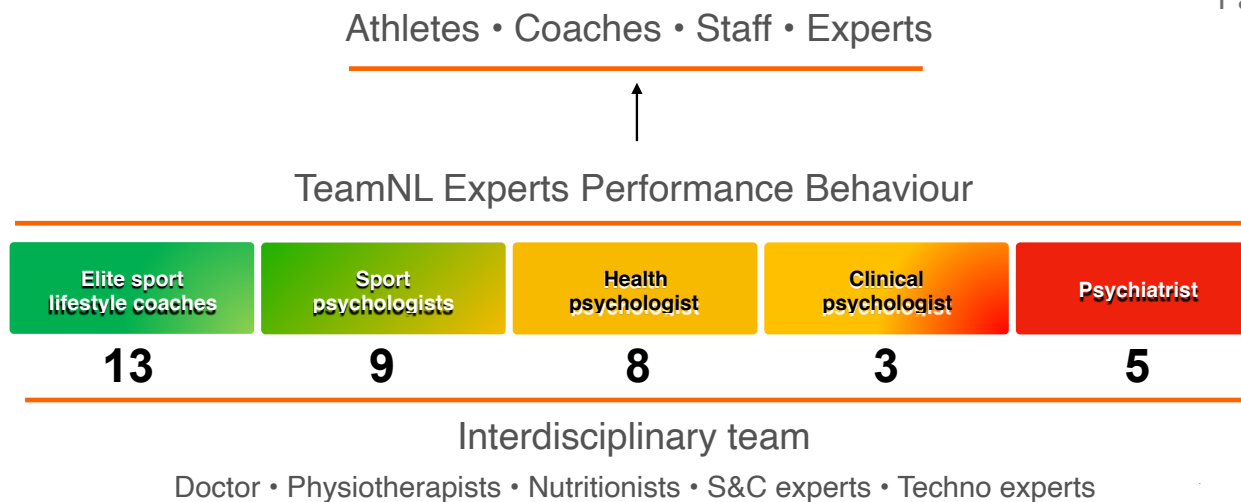Transgressional behaviour · Abuse
Legal responsiblity

Athletic development

Psycho-logical development

Psycho-social development

Academic/ vocational development

Financial development

Legal development

Performance behaviour

Mental health

| Mental health | Poor health Mental illness | Mental ill-health |
| Enhancement Education · Optimization | | Therapy Sub-clinical · Clinical |

| Elite sport lifestyle coaches | Sport psychologists | Health psychologist | Clinical psychologist | Psychiatrist |
| 13 | 9 | 8 | 3 | 5 |

(Wylleman, 2019)

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Athletic development

Psycho-logical development

Psycho-social development

Academic/ vocational development

Financial development

Legal development

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Athletes • Coaches • Staff • Experts

Dual career Study-Elite Sport
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End-of-career transition

TeamNL Experts Performance Behaviour

Elite sport lifestyle coaches	Sport psychologists	Health psychologist	Clinical psychologist	Psychiatrist
13	**9**	**8**	**3**	**5**

Restricted/lack financial support
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Legal responsiblity

Interdisciplinary team

Doctor • Physiotherapists • Nutritionists • S&C experts • Techno experts

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(Wylleman, 2019)

04 Conclusion and recommendations

Psychology of excellence and high performance is more than "mental coaching"

Do not only address performance but also development and mental health

Provide pro-active support to coaches to strengthen their competences and mental health

Tools and support services are available which can be used by elite sport centers

Employ experts who are appropriately educated and trained with applied experience at elite level

(Wylleman, 2019)