



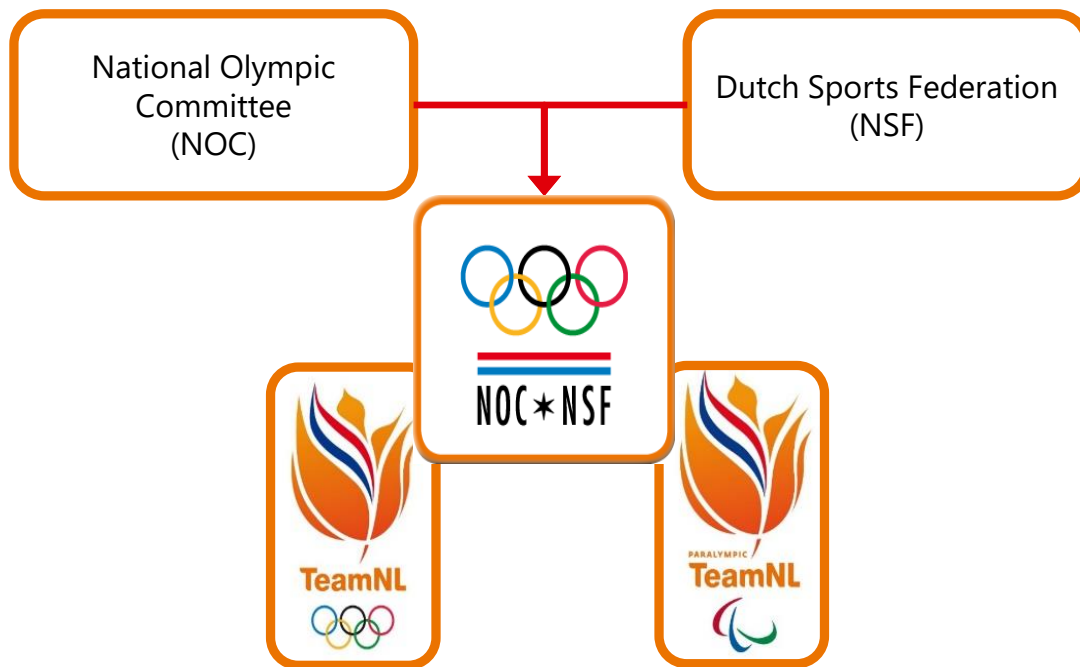
Dual Career in The Netherlands

Elite Sports Infrastructure & Dual Career
Ingrid van Gelder NOC*NSF
Forum Elite Sport Durban, 25 August 2017





Introduction



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Warming up

How many of talents make it to senior athlete?

It is important to invest in a dual career because only 30% of high potential athletes develop into an elite athlete.



Warming up

Research shows that over 50% of elite athletes experience difficulties during their transition to a new career

It was long thought that elite sports and education were not to be combined

Elite athletes retire at the age of 30/35

“Dual Career is the successful combination of education, training or work with sport to enable an individual to reach his/her full potential in life”.

Elite athletes miss a more focused, proactive guidance towards a second career

Dual career athletes achieve better academic results

According to recent studies, the combination of elite sport and education enhance each other



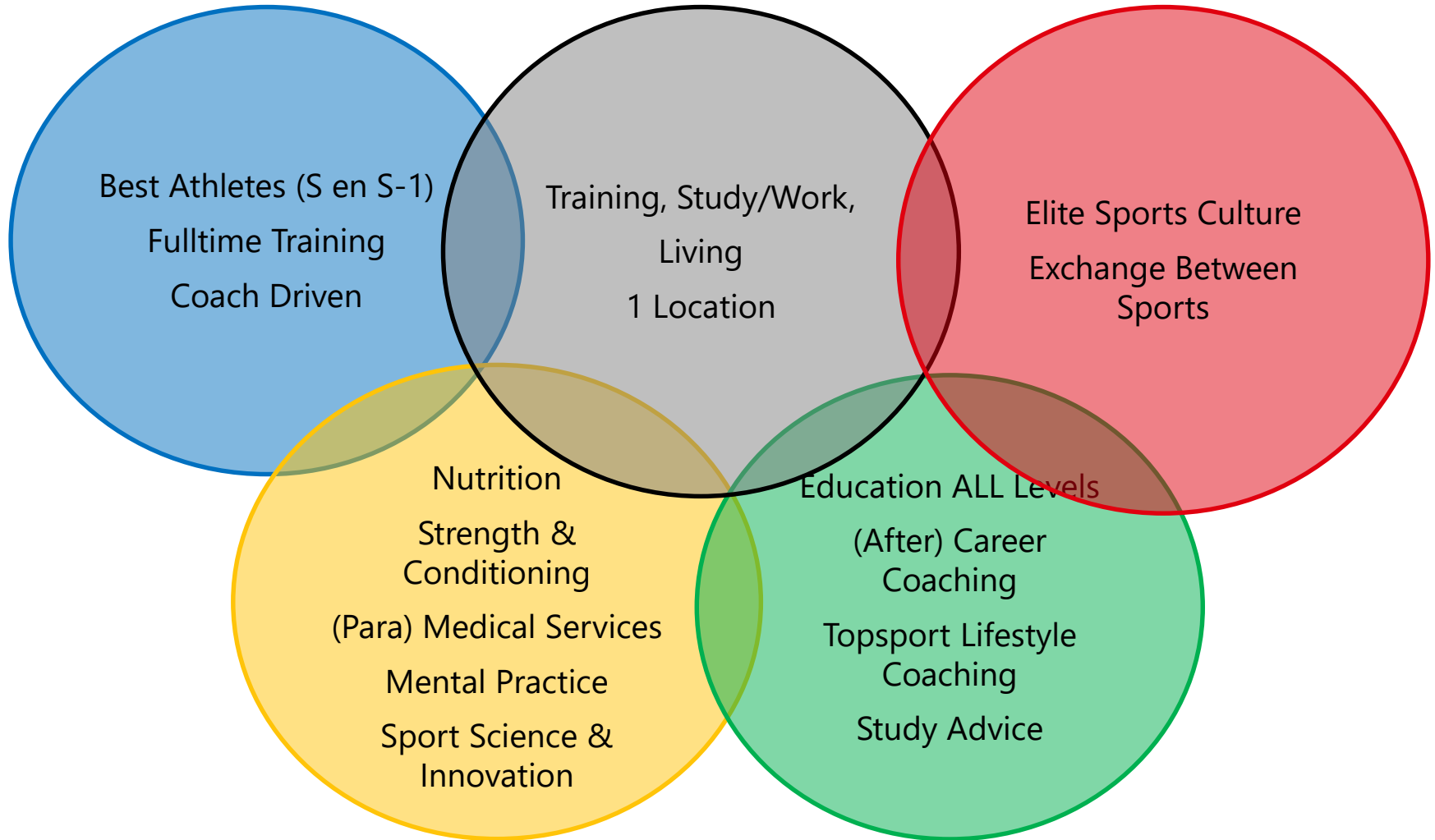
Outline

1. **Elite Sport Infrastructure**
2. **Education System**
3. **Policy**
4. **Dual Career Support Athletes**
5. **Tips & Tricks**

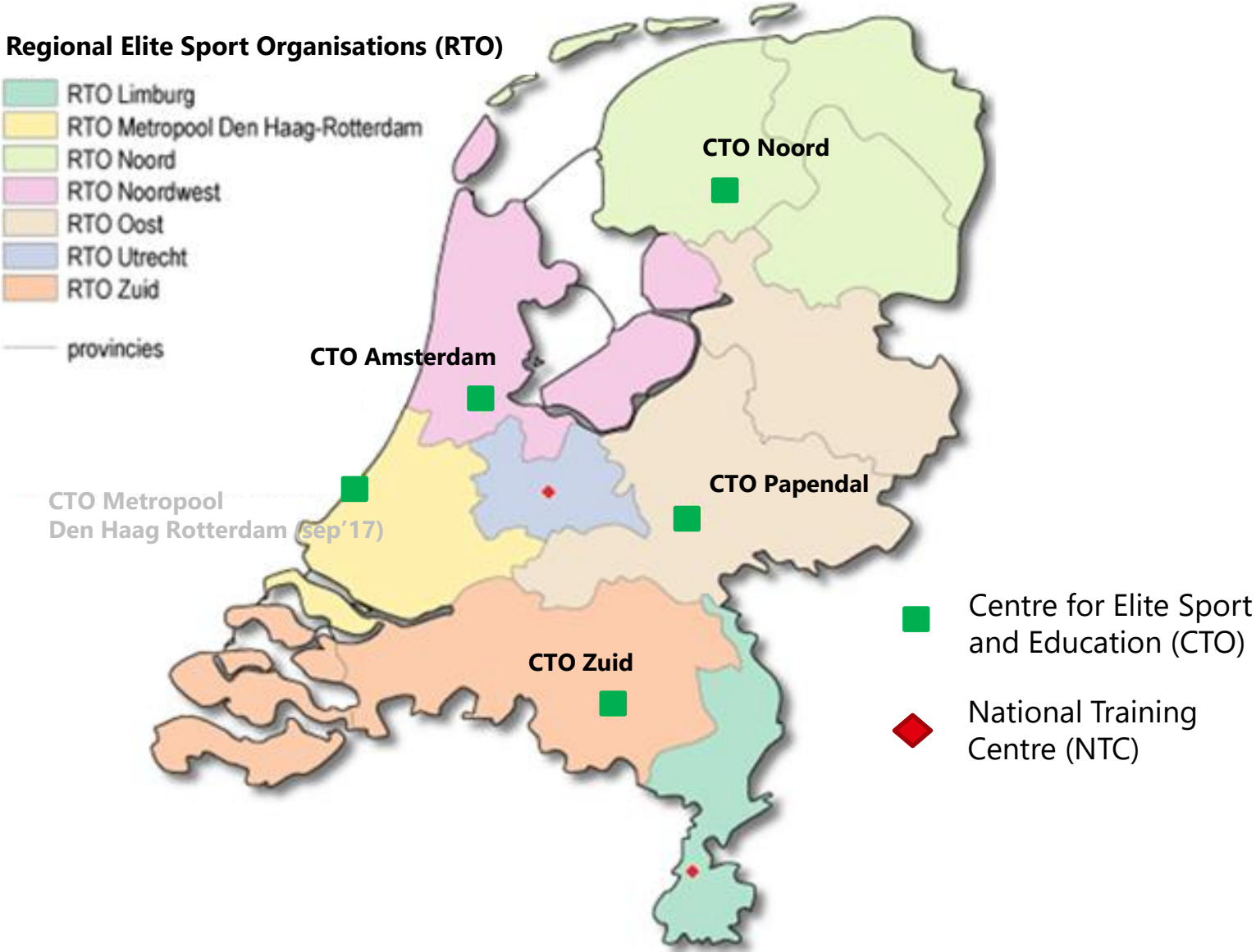


Top 10 Ambition - 2010

Infrastructure: Center of Elite Sport and Education (CTO)



Elite Sports Infrastructure 2017+



Education in Daily setting

2010: Sports nr. 1 in Agenda
2016: Dialogue Sports & School

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08.00	Work-out	Work-out	Work-out	Work-out	Work-out
09.00					
10.00	Change clothes/ transport	Change clothes/ transport	Change clothes/ transport	Change clothes/ transport	Change clothes/ transport
11.00	School	School	School	School	School
12.00					
13.00					
14.00					
15.00	Transport/ change clothes	Transport/ change clothes	Transport/ change clothes	Transport/ change clothes	Transport/ change clothes
16.00	Work-out	Work-out	Work-out	Work-out	Home
17.00					
18.00	Change clothes/ eat	Change clothes/ eat	Change clothes/ eat	Change clothes/ eat	
19.00	Homework?	Homework?	Homework?	Homework?	
20.00					
21.00					
22.00	Rest	Rest	Rest	Rest	



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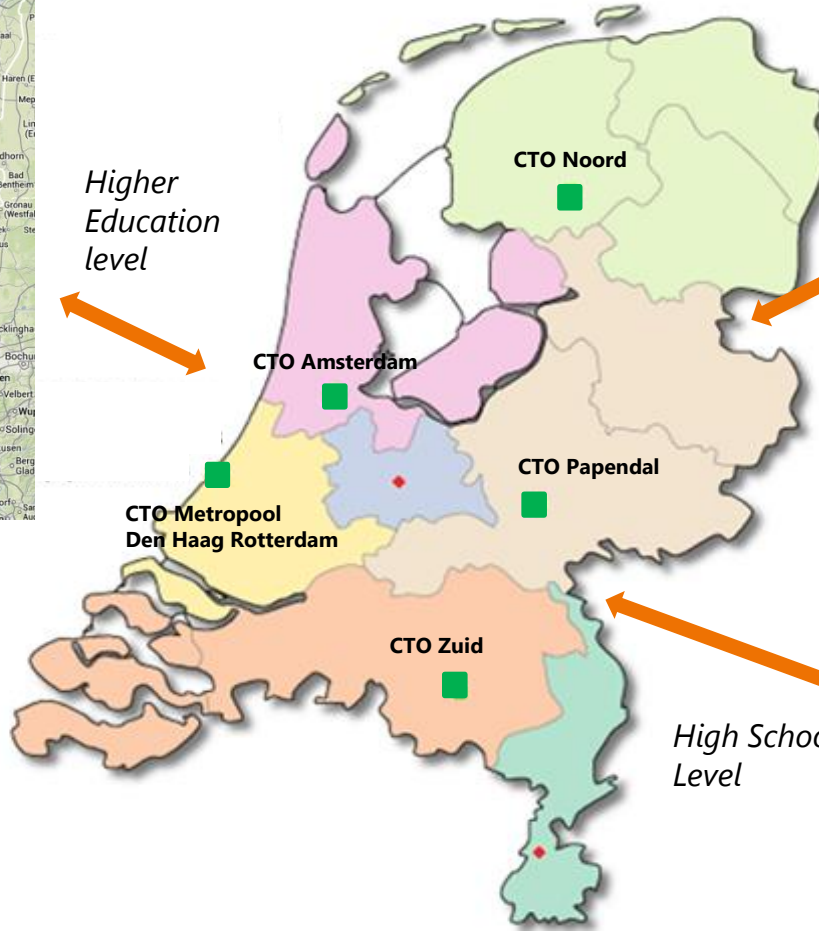


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Combination elite sports and education



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EST. 1873
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Policy

Doelstellingen TOPSPORT LEEFSTIJL	Trainingsvormen (hoe train je het)	Tijdspad (wanneer train je het)
<p>Leerdoelen</p> <p>1. De sporter begrijpt het belang van de gestelde leerdoelen in de fase 'Leren Trainen' en past deze op de juiste manier toe.</p> <p>Trainingsdoelen</p>	<p>Workshop over planning en periodisering, waardoor de schaatser meer begrip krijgt en bewuster wordt van hoe ze de afstemming van school, sport en sociale activiteiten kunnen organiseren.</p>	<p>Alle workshops in het seizoen</p>

Multi-year development plan (Federations)



Sportsagenda 2017+ (NOC*NSF)



Road to 2020 (Secondary education)



Elite sport addendum (vocational level)



FLOT action plan (Higher education)

NOC*NSF, CTO & Higher Education

Key Players

Sport

- Initiator NOC*NSF
- Flexible trainingschedule
- Planning with athlete
- Study & career & Topsportlifestyle coaching
- Contracts with Universities

Education

- Flexible studies
- Athlete coordinator
- Arrangements

Government

- Top 10
- Recognition Athlete
- Support EU guidelines
- Support financially
- Laws and regulation

Athletes

- Proactive
- Ambassador University
- Commitment

Labor Market **(Enterprises)**

- Private partnerships/
funding
- Hire athletes
- Create internships



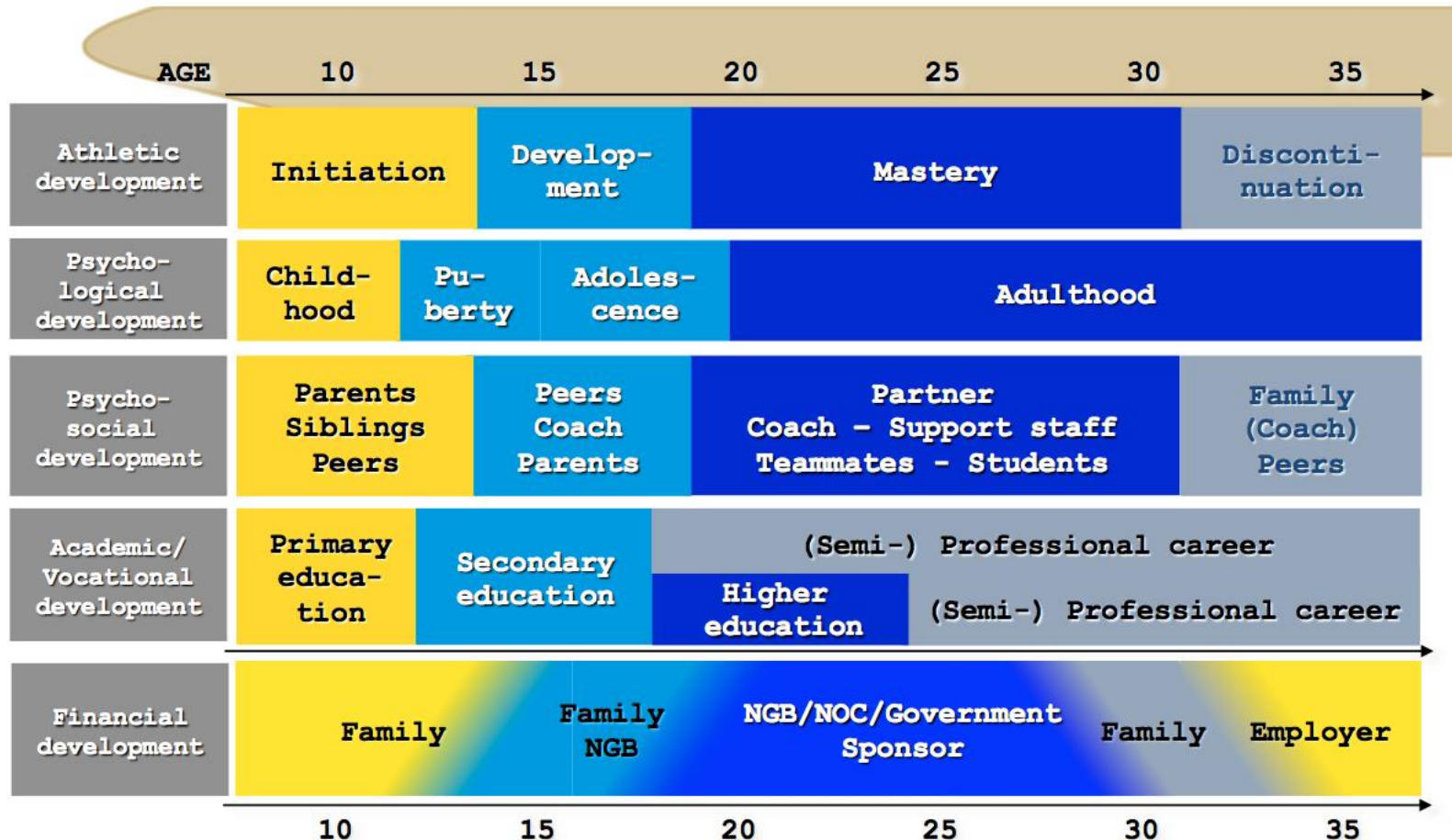
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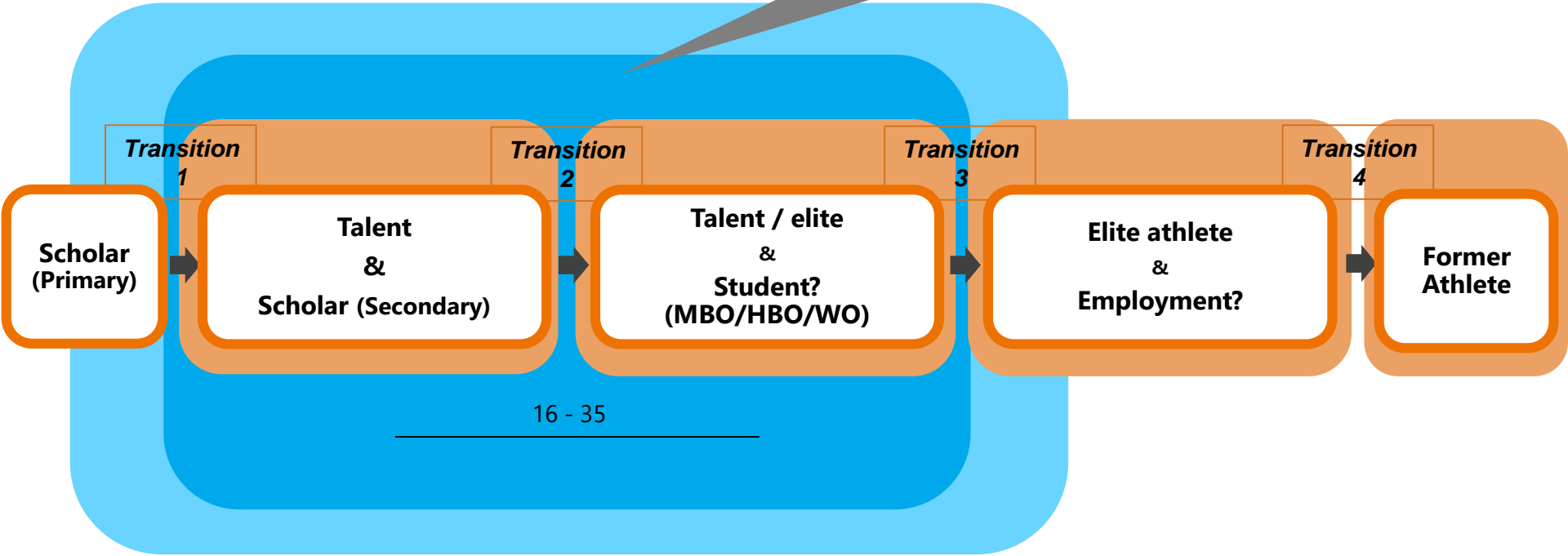
Holistic athletic model

Wylleman, Reints & De Knop, 2013



Athlete transitions

Athletes in CTO



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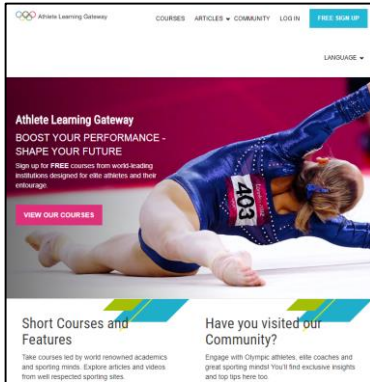
Tips & Tricks Dual Career

Athlete centered, but..... athlete takes initiative for his own future

Tips:

1. Learn from other countries and best practices
2. Start within your circle of influence
3. Sports & education in dialogue
4. Work from mutual ambition towards commitment and collaboration
5. Start where the energy is

Available information about Dual Career

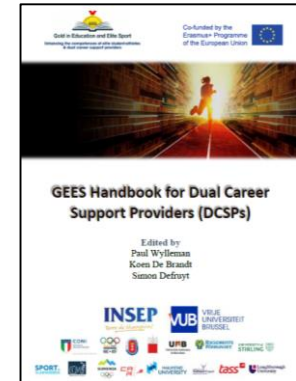


IOC Athlete Learning Gateway

<http://onlinecourse.olympic.org/>

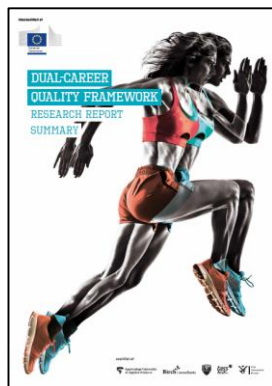
GEES Handbook for Dual Career Support Providers – by GEES consortium

<http://www.gees.eu/index.php/handbook>



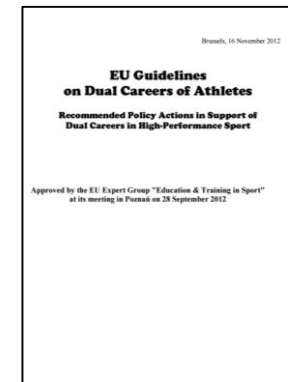
Dual Career Quality Framework – by Amsterdam University of Applied Sciences

<http://www.sportknowhowxl.nl/nieuws-en-achtergronden/nieuwe-publicaties/item/101060/dual-career-quality-framework--7c-research-report>



EU Guidelines on Dual Careers of Athletes – EU Expert Group “Education and Training in Sport”

http://ec.europa.eu/assets/eac/sport/library/documents/dual-career-guidelines-final_en.pdf





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