

PARENT SESSION

Supporting a dual-career

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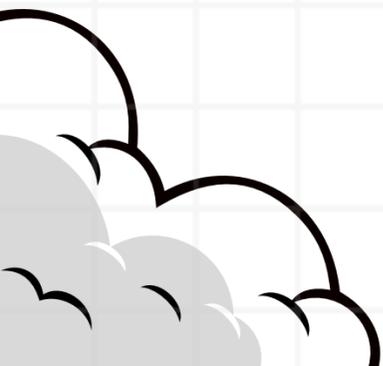
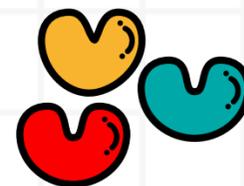




Welcome & purpose

- To mirror delivery to the students during today's camp.
- To educate parents/guardians around what a dual-career is.
- To help further their knowledge of how to support a dual-career.

Sport is not a barrier to academic success- it's a catalyst for employability and life skills.





What is a dual-career?

Combining elite sport with education or vocational training.

- Athletes face unique challenges
- Structured support prevents drop-out and ensures long-term wellbeing.
- Pathways actively used to support dual-careers.
- Not just about juggling two things - but about creating a sustainable pathway for athletes beyond sport.
- TASS dual-career programme helps with this.





TASS Dual-Career Programme

TASS dual-career programme

- TASS (Talented Athlete Scholarship Scheme).
- A UK government-based support programme for athletes in education and sport.
- Helping athletes balance:
 - Academic commitments.
 - Access lifestyle/career guidance.
 - Financial support (in certain settings).
 - Health and wellbeing support.
- Loughborough College is a TASS dual-career site.





Benefits of sport for career pathways

- Employability boost:
 - Leadership
 - Teamwork
 - Resilience
 - Time management
- Transferable skills
 - Adaptability
 - Problem-solving
 - Discipline





Benefits of sport for career pathways

Key research

- Cartigny et al (2020)
- The study examined patterns of identify and self-efficacy amongst UK athletes who combined sport with education/work.
- Participants represented 42 sports and were engaged in school, HE or vocational training.

Key findings:

- Athletes who successfully balance sport & education develop stronger self-confidence and adaptability.
- Those following a “dual-career” require structured support but achieve both sporting and academic goals.





Benefits of sport for career pathways

University of Cambridge

- Found that students involved in university-level sport achieved **higher academic results** than the general student population.
 - 28.4% of sports participants achieved first-class degrees vs. 23.7% overall.
 - Sport participation improved mental health and transferable skills.





Supporting your young persons dual-career

Discuss -

What are the top 5 challenges your young person might face balancing sport and education?

What are some of the practical solutions you can offer as parents/guardians?





Supporting your young persons dual-career



In small groups, discuss the challenges you all face in supporting the balance of a dual-career





Top tips for a dual-career

- Create a structured, weekly-plan
 - Priorities sleep and recovery
- Communicate with coaches and teachers
 - Encourage time management skills
 - Promote mental wellbeing
- Support flexible learning options
 - Encourage goal setting
 - Build a support network
 - Prepare for transitions





How can parents further their knowledge?

Supporting a dual-career doesn't stop here - there are ongoing opportunities to learn, connect and guide your young athlete.

- Engage with official programmes (TASS,)
- Access parent education resources (NSPCC CPSU - QR code across)
- Build a support network

A successful dual-career is a team effort - your support today builds their future tomorrow.



Thank you Any further questions?

