Luge sports elite athletes' dual career growth and guidelines

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What is a career?

„...a process that continues throughout life which develops the attitude connected to work, values, skills, competence, interests, character and knowledge”.

(Psihologs Super),

So a career is a path of professional growth in a human’s professional activity

The importance of a career in person's development

- A Career determines one's life quality;
- A Career gives the opportunity to fulfill one's talents and interests;
- A successful career is a balance between work, family and free time.

"By choosing their profession a person actually chooses a self-realization way."

Super & Super (2001.)

Luge sports

- Latvian athletes have gained medals in luge every Winter Olympic games
- But for the traditions to continue a lot of work needs to be put in luge and athletes' career future development at the very beginning of it

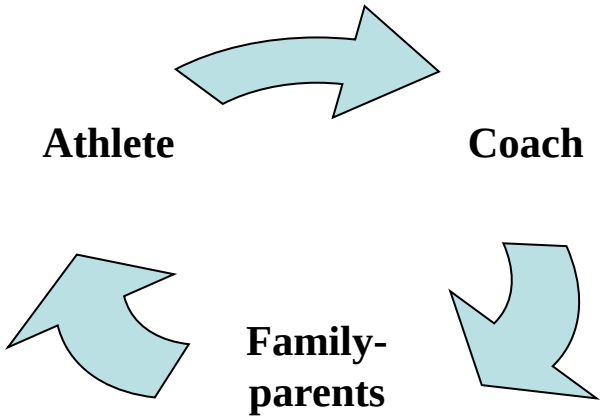
N. Stambulova has observed seven main crisis in an athletes growth:

1. Beginning of specialized sports crisis;
2. Transitional crisis for a more in-depth training in the chosen area of sport;
3. Transitional crisis from mass sports to a higher level sports;
4. Transitional crisis from youth sports to adult sports;
5. Transitional crisis from amateur sports to a professional level
6. Transitional crisis from the climax of sports achievements to the sports career decline/end;
7. Active sports career ending crisis. (Stambulova, 1999)

The career growth is mainly dependant on:

- Person's desires;
- Skills;
- The ability to advance. An athlete with a high achievement motivation has the possibility to fulfill individual growth needs by expanding the knowledge and professional skills.

(E.P.Iļins).



Cooperation system

In Latvian luge sports the first crisis stage of athlete's professional career growth is encountered during the beginning of sports specialization stage

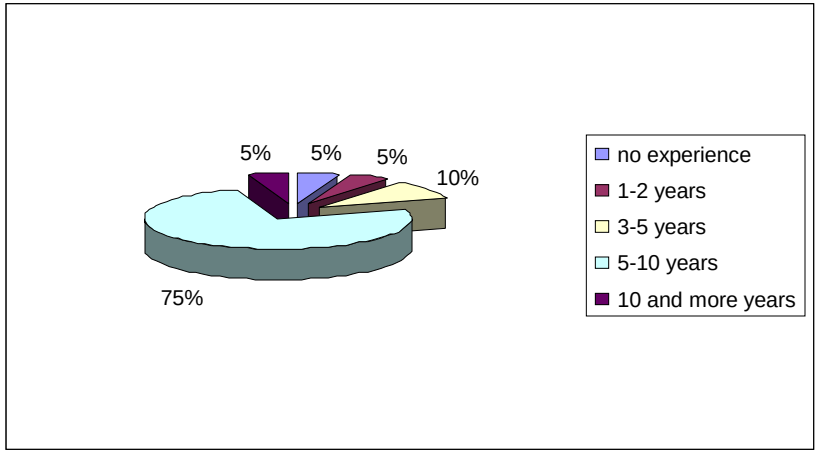
- Encounter with several luge sports **specific challenges**:
- Aerodynamic overload, as a result having headache and backbone pain;
- Psychological instability during the training process;
- Coach's pedagogical and psychologist's professional skills are important in helping the athlete overcome these difficulties and obstacles specific to the stage.

Anonymous 20 questioner responses results :

- **1.** Average age 18.5 years.

Number of responses	20
Male:	18
Female:	2
Average age:	18.5 years

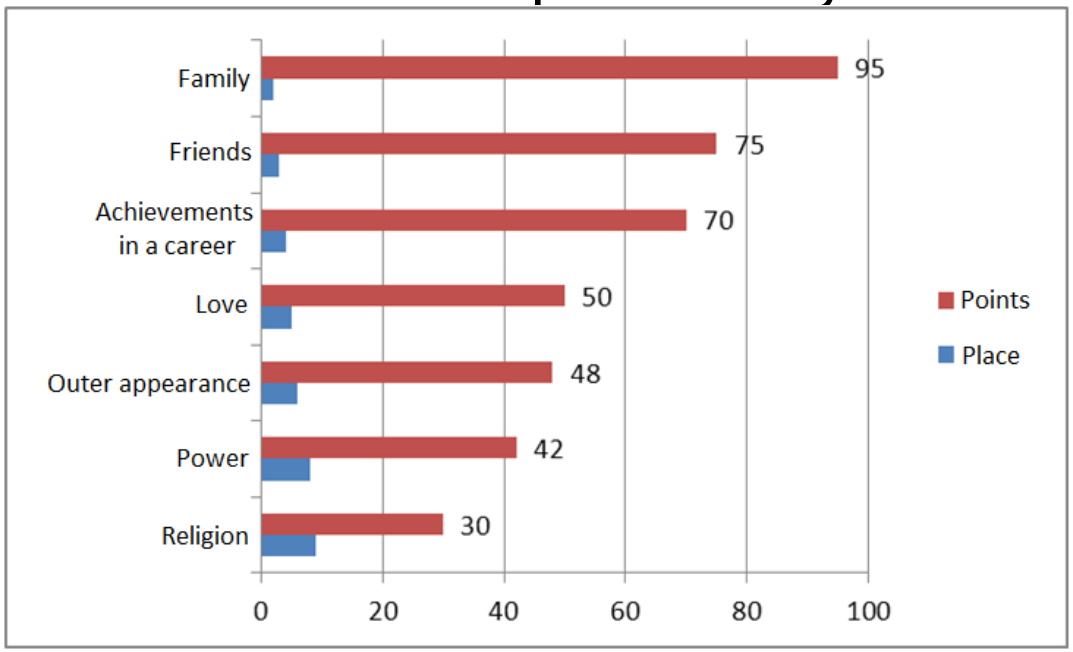
- **2.** Work experience.



3.Best achievements

Local scale achievements	**0 0%**
Regional scale achievements	**0 0%**
Country scale achievements	**10 50%**
Europe scale achievements	**0 0%**
World scale achievements	**10 50%**

4. Please evaluate-what is important in your life:



5. **In the next 3 years I plan to devote more attention to** (multiple choices available):

Family	18	90%
Career	20	100%
Education	18	90%
Outer appearance	0	0%
Turn to religion	0	0%
Devote attention to love life	0	0%

6. What attracts you to luge sports?

The Sport on its own	18	90%
Career	20	100%
Possibility to travel	0	0%
The will to be like one's idle	0	0%
Making good friends	0	0%
Possibility to get away from home	0	0%
Other	0	0%

An athlete's development is the result of systematic and determined work over many years.

Which means that every athlete has to grow and develop his own personality (individuality) physically, intellectually, emotionally and socially.

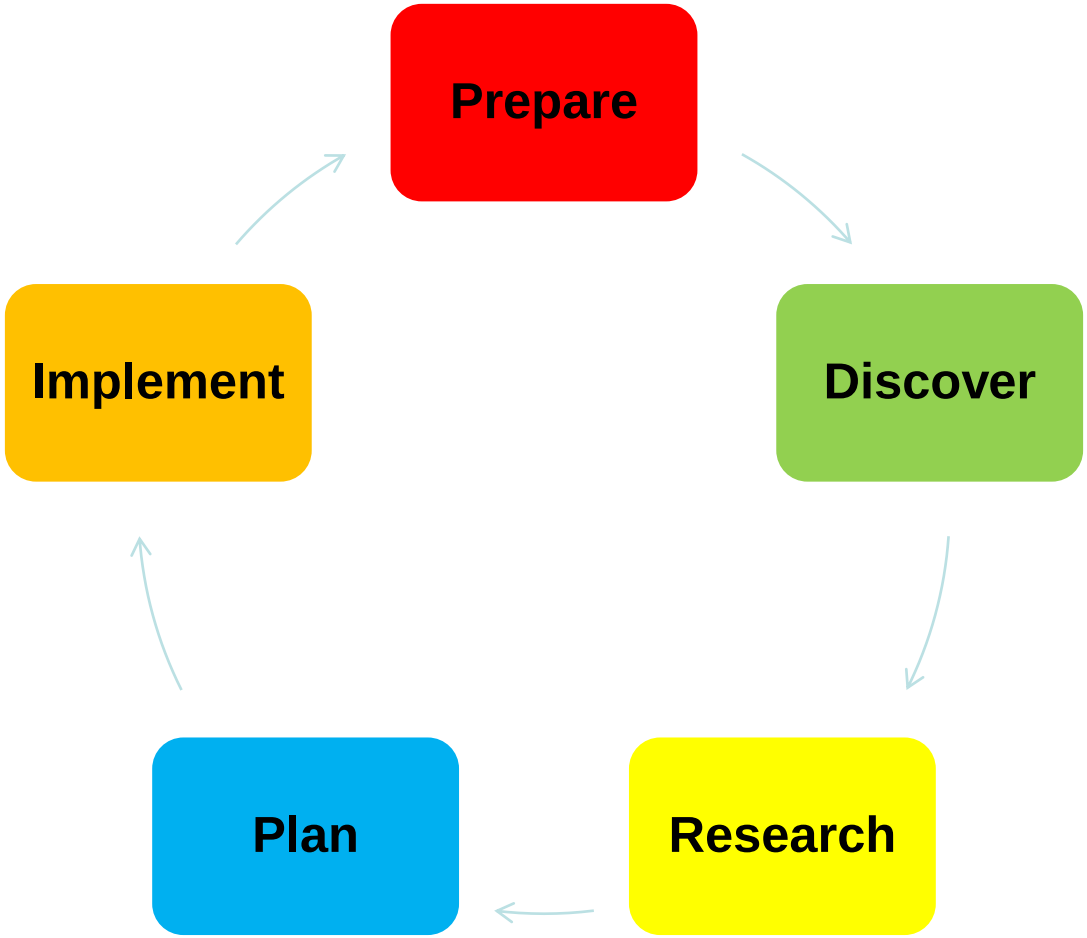
Conditions for creating a career model:

- Social and emotional factors,
- Human mental and physical possibilities;
- Characteristic traits;
- Opportunities for human development.

Career program main directions

1. Education
2. Life skills
3. Employment

Program’s course



Program’s course

- **Prepare =** Preparing for the career growth process
- **Discover =** research the „Strong” part of personality, skills and interests
- **Research =** Getting extra information
- **Plan =** Planning for successfully reaching goals
- **Implement =** Skill development to upgrade the plan and start its execution

Education

1. Help during studies;
2. Time management;
3. Goal setting;
4. Academic consultation;
5. Redeployment;
6. Planning.

Education

1. Necessary help during studies.

- Organizing the study process before the competition stages;
- Learning during competitions;
- Correctly taking notes;
- Definition simplification

Education

2. Time management

- Not postponing planned tasks;
- Evaluating one’s work day’s flow

3. Making Goals (SMART)

Specific;

Measurable;

Action;

Realistic ;

Time limited.

Education

4. Academic consultation

- Elastic or irregular visits;
- Distance learning;
- Home study;
- Individual study.

Education

5. Traveling

- Education in other countries
- Education possibilities
- Education structure
- Social matters

6. Planning

- Optimal conditions

II Life skills

- Self-improvement;
- Public speeches,
- Time management,
- Goal setting,
- Problem solving,
- Planning.

III Work values and choice of profession

- Job career development
- Job market evaluation
- Job skills
- Job proposal

Thank you for your attention!