



Australian Government  
Australian Sports Commission

# ACE

## ATHLETE CAREER AND EDUCATION

### ENHANCING YOUR SPORTING LIFE

## PREPARING FOR LIFE AFTER SPORT

**Transition from elite sport into a new life is a crucial time in an athlete's life. The following ten steps to a successful transition combine recommendations from elite athletes who have recently undergone the transition phase, the experience of ACE advisers, and research carried out in this area.**

## TEN STEPS TO A SUCCESSFUL TRANSITION AS AN ELITE ATHLETE

1. **Embrace** the transition phase, don't fear it. Transition is a part of the elite athlete experience, a new chapter of your journey as an elite athlete.
2. **Utilise** and maximise every opportunity within your sport. Try to have few regrets, and be aware of the reasons you are making the transition.
3. **Plan** to have other activities and goals outside of your sport. Not only will these enable you to develop other skills, they will complement your sport through personal development and confidence building, as well as giving you something to enjoy when you have low days.
4. **Prepare** for transition by having a focused and structured plan. Think about things you have wanted to do, but have not had time for as an athlete.
5. **Organise** your transition as a step-by-step process. Know how to complete each task, seek support when feeling unsure, and believe that you can do it.
6. Be **proactive** and **conscious** of the transition process. Apply your technique as an elite athlete into creating a successful and smooth transition. **Commitment, discipline, dedication.**
7. Seek **advice** and **support** from family and friends, and coaches and support staff within your sporting institution. Talk with other athletes who have experienced the transition process, taking note of things they regret or should have prepared better for, and make this specific to your own goals and desires.
8. **Take your time** to move through this transitional phase of your career. There is no definitive date it must be completed by, and every athlete experiences things differently. Don't put too much pressure on yourself, and move at your own pace.
9. Keep in **contact** with team members and those you have spent most of your sporting career with. The fact that you are no longer competing at an elite level does not mean that friendships have to end. Enjoy socialising without the pressure of sporting commitments.
10. **Know** where you want to go after sport. Be realistic about the future and be ready to experience change. Don't be afraid to seek help, mentally or physically, during or after the transition phase.

To ensure you are on the right path, it is recommended that you make an appointment to visit your ACE adviser at your state institute/academy of sport. These advisers have considerable experience in supporting elite athletes in their transition to life after sport.

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