



“Making the Jump”: Supporting the Transition

Athletics Ireland Development Pathway Webinar Series

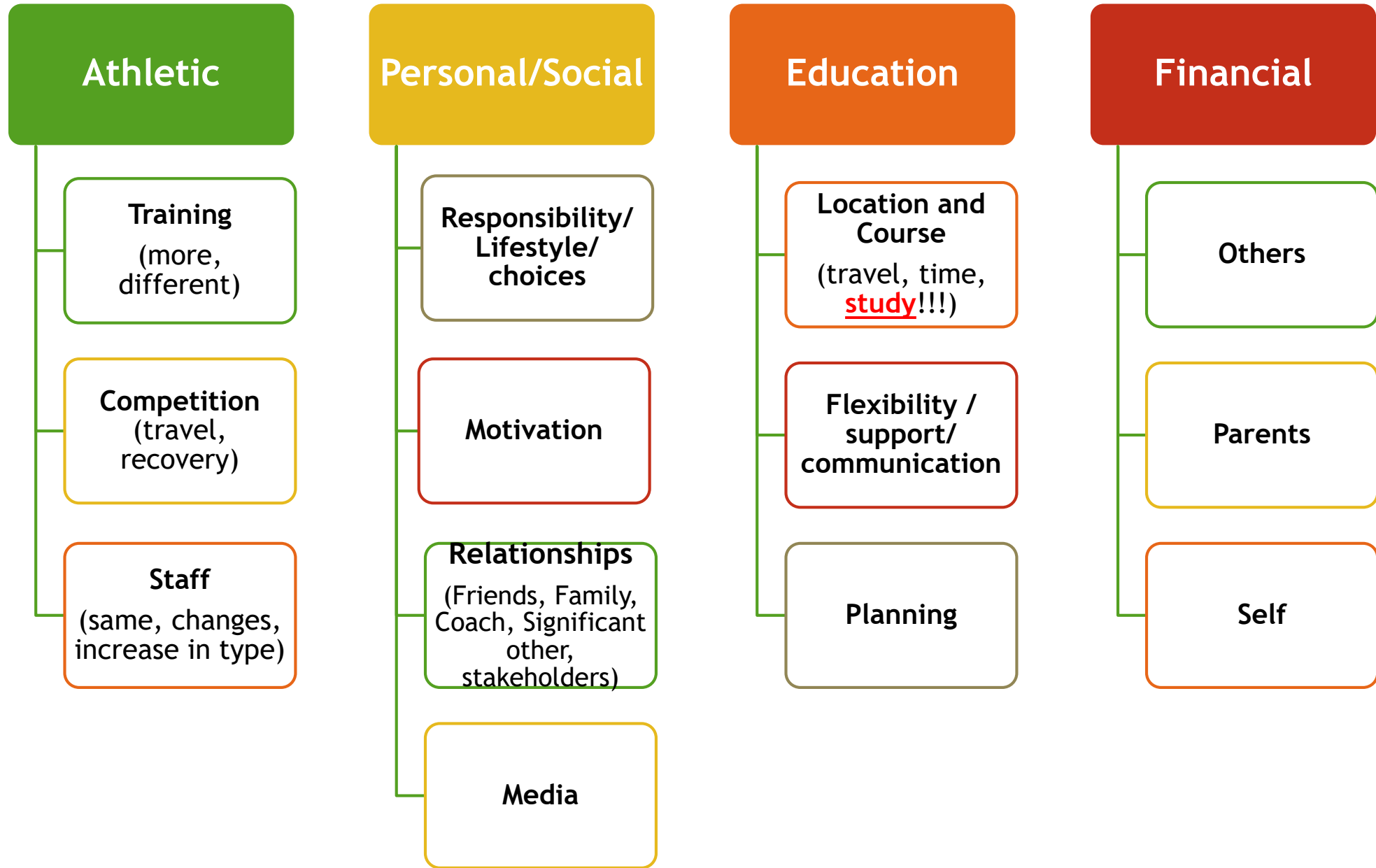


- ▶ Why are we here? Why it this relevant?
- ▶ Changes
- ▶ Sample supports & actions - broad
- ▶ Information areas & Other Questions?

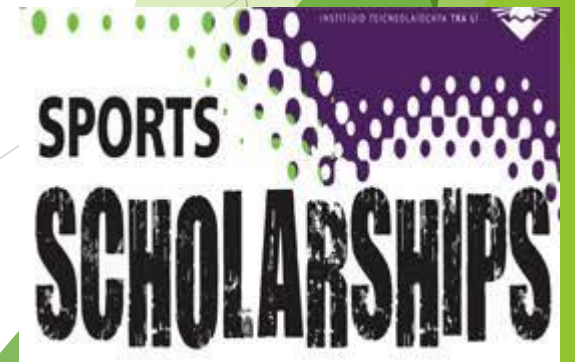
Why are we here? Why it this relevant?



Understanding the changes



Where can you source support? Understanding your resources: Making it easier



Access and use Resources: Starting Point

1) Preparing - creating personal awareness

▶ Become aware of the changes



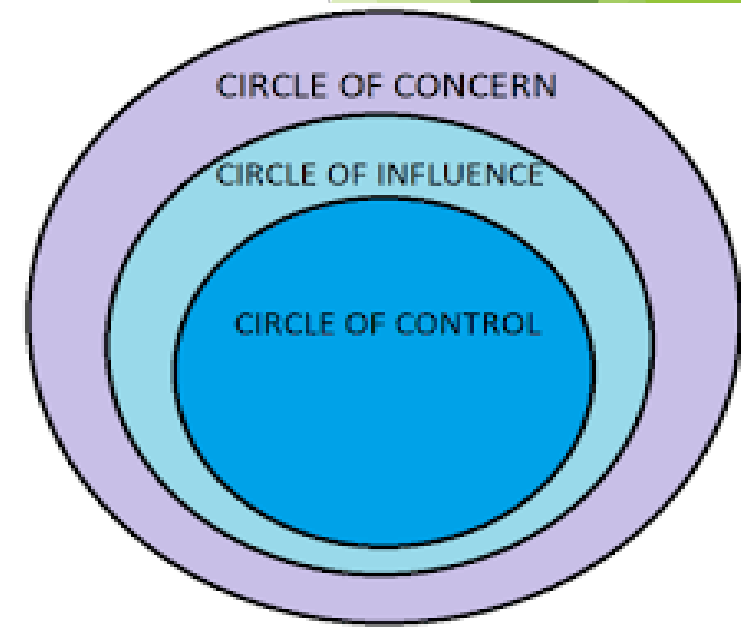
▶ Planning

▶ Needs and resources - what, where, how, who

▶ Situation analysis

▶ Resources map

▶ Support map



Task

Potential situation analysis

▶ **Sport situation**

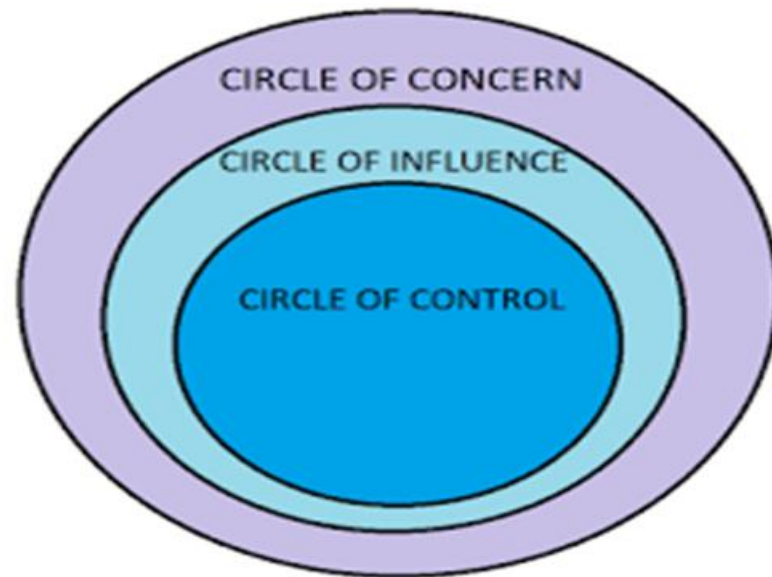
- ▶ What are the demands of your sport?
- ▶ How might this change?
 - ▶ Time and location/Travel
 - ▶ Change of coach and your needs
 - ▶ Increased competitions/timing

▶ **Course & college situation**

- ▶ Applying for scholarships
- ▶ Accommodation
- ▶ Who do you need to introduce yourself to (course leader, mentors, lecturers, coordinator)
- ▶ Course demand - Specific contact time (compulsory classes)
- ▶ Planning - Potential issues that might arise? - clashes

▶ Resource situation

- ▶ Who is your main “go to people”?
- ▶ What type of support do you feel they give you?
- ▶ Sport Scholarship - what and how



Information areas

▶ Scholarship information:

- ▶ College webpage - under scholarships
- ▶ Student Sport Ireland - scholarships
 - ▶ Some will be closed

▶ Accommodation:

- ▶ College website (accommodations office - student union)
- ▶ Qualifax
 - ▶ https://www.qualifax.ie/index.php?option=com_content&view=article&id=187&Itemid=214
- ▶ Daft.ie

Support is available

- ▶ Sport
- ▶ Sport Ireland Institute
- ▶ College/scholarship
- ▶ Support network
 - ▶ Awareness (things may change, keep it smart)
 - ▶ Planning (be informed and proactive)
 - ▶ Use resources (plenty there to help)
- ▶ Be excited!!!! 😊



