



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC Athlete Career Programme

In Cooperation with Adecco Group


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# Home page


## ELITE ATHLETES

The IOC Athlete Career Programme




### ATHLETE CAREER PROGRAMME

► Helps you to perform at your best when it counts



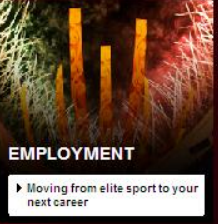
### EDUCATION

► How to successfully combine sport and studies




### LIFE SKILLS

► Find information, practical tools and guides



### EMPLOYMENT

► Moving from elite sport to your next career



#### Chat with Champions with Frank Fredericks, Frédéric Magné and Rania Elwan!

Watch the highlights of the Chat with Champions from the Youth Olympic Games in Singapore 2010, featuring Frank Fredericks, Frédéric Magné and Rania Elwan!

8/20/2010 ★★★★★


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#### IOC ATHLETE CAREER PROGRAMME


- THE PROGRAMME
- EDUCATION
- LIFE SKILLS
- EMPLOYMENT



#### Chat with Champions

Discover the highlights of the first "Chat with Champions" Culture and Education Programme activity, featuring Yelena Isinbaeva and Sergey Bubka. Both are currently in Singapore to share their Olympic experience with the young

#### ATHLETE STORIES





# Education

## Fact sheets

### Need help with studying?

- [Active ways to study effectively](#)
- [Organising your study for sports competitions](#)
- [Studying while on tour](#)
- [Note-taking skills](#)
- [A guide to simple study definitions](#)

### Time management

- [Stop procrastinating](#)
- [Making more time in your day](#)
- [Organise your study time effectively](#)
- [Keeping it together when the pressure increases](#)
- [Things to do - snapshot of athlete commitments](#)

### Goal-setting

- [Targeting - visualising the big picture](#)
- [Scheduling - putting things in order](#)
- [Prioritisation - getting the little things done](#)

### Academic counselling

- [Senior schooling - Issues to consider](#)
- [Secondary study - Working with your school](#)
- [A guide to selecting an athlete-receptive university](#)

### Relocation

- [Looking at studying in another country?](#)
- [Athlete relocation checklist](#)

### Planners

- [Budget Planner Calculator](#)
- [Daily Planner](#)
- [Weekly Planner](#)
- [2010 Year Planner](#)



#### Transition questionnaire

Your sporting career will be characterised by specific phases and transitions. If managed correctly, transition and change can be a positive and beneficial experience. Take the questionnaire for more information and advice.

#### TAKE THE IOC ACP TEST

The IOC Athlete Career Programme is led by a Steering Committee. Of the nine Steering Committee members, how many have been members of the IOC Athletes' Commission?

- 3
- 5
- 7

Submit



Athletes Bulletin



Give us your opinion!

#### GLOSSARY

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

#### Analytic or scientific jobs

These jobs involve working with ideas to investigate or seek solutions to scientific, technical, social or other issues. Activities include observing, analyzing and interpreting results. The ability to develop theories, apply



## IOC ATHLETE CAREER PROGRAMME STUDYING WHILE ON TOUR

### What is the purpose of the following fact sheet?

As an elite athlete you will be required to travel or tour to compete in your sport. This travel may come at a time when your other education commitments are at a high level. It is important to be organised and know what can be done before your departure and what will be needed to be completed on return. Below are a number of questions which will assist you to plan your trip/tour as regards your study.

### Your first decision is to know if you need to study while on tour

- What sort of tour is it?
- How long will the tour be for and how much down time will there be?
- What else do you have to do while on the tour – how much pressure are you putting on yourself?
- What can you do before you do to make it easier?
- Can you select the tours you do study on?

### You will need to be motivated to ensure you will study whilst away

- What will motivate you?
- Know your support base before you go.
- Ensure you are not taking on too much.
- Break down tasks into achievable chunks.
- Do you have a realistic go.

### Be prepared and plan for your travel

- Overall plan.
- Calendars and planners.
- Plan your time wisely (time of day as well as amount of time available).

### Find a good place to place (room etc.) for you to study

- Best places to study



# Life skills

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Official website of the Olympic Movement

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Home > Athletes > Elite Athletes > Life skills share

## LIFE SKILLS

OVERVIEW



### Life skills

Life skills are all about helping you, the elite athlete, be the best you can be. Visit the following pages to find information, practical tools and guides on subjects such as health and nutrition, financial planning, time management, media relations, public speaking and goal-setting.

There have been many changes in the world of work. Skills that employers want today are skills that people bring from their lives at home, on the sporting field, or from other daily activities. This website will help you work out which skills you already have, and which skills you need to develop further. You don't need any qualifications or prerequisites – you can start developing your life skills today.

Employers are looking for people who have life skills that they can bring to the world of work. Importance is placed on the link between life, learning and work and how these team up to promote:

169 Elite Athletes like this programme [I like it](#)

### IOC ATHLETE CAREER PROGRAMME

#### THE PROGRAMME

#### EDUCATION

#### LIFE SKILLS

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**Keeth Smart**  
Fencing, USA

Keeth Smart, ranked the world's number 1 fencer in 2003 and Olympic competitor for the USA.

When Keeth joined the IOC Athlete Career Programme in 2006, he was working at a telecom...

72 views

Read about Keeth Smart, Athlete Stories



MON TUE WED THU FRI SAT SUN Date: xx/xx/2010

TIME	SCHEDULE
4am	Sleep
4.30	Sleep
5am	Sleep
5.30	Sleep
6am	Sleep
6.30	Sleep
7am	Sleep
7.30	Breakfast
8am	Breakfast
8.30	School/university
9am	School/university
9.30	Training
10am	Training
10.30	Training
11am	Training
11.30	Training
12noon	Lunch
12.30	Lunch

Commitments	Time
What did I do today to get a step...	
...nearer to my Olympic medal...	11.45am

Things to do	Priority
	A B C D
Fill up the apartment bill	B
Get on time for training	A
Go and buy food	B
Clean my bike	C
Call the masseur	A

Other things to remember	Time
Get a credit card	C
Call my friend	A



# Employment



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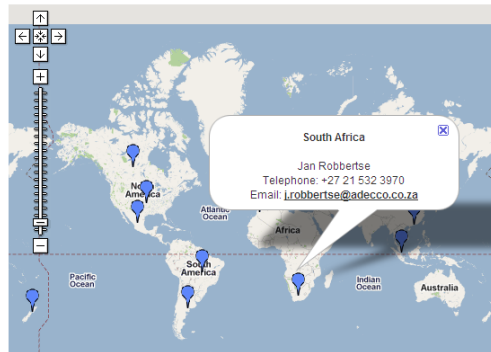
## EMPLOYMENT

OVERVIEW | COVERAGE & CONTACT | FACTS & FIGURES | PRESS

Agreements between NOCs and Adecco to deliver the programme are currently in place in more than 25 countries. Additional agreements are currently being negotiated.

We also have worked in outreach areas (Africa and the South Pacific) where Adecco is not present, delivering career training in an additional 18 countries.

If you wish to contact our global programme management, please send an email to [athletes@adecco.com](mailto:athletes@adecco.com)



189 Elite Athletes like this programme [I like it](#)

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72 views [More about: Keeth Smart, Athlete Stories](#) ★★★★★

## IOC ATHLETE CAREER PROGRAMME YOUR CV (RÉSUMÉ) IS A SNAPSHOT OF WHO YOU ARE AND CAN BE! DOES YOUR CV REPRESENT YOU WELL IN THE EYES OF OTHERS?

### What is the purpose of the following fact sheet?

A CV (résumé) is a snapshot of who you are; what you've done; and where you want to go. The structure of CVs differs around the world, and a structure that is typical in some regions and countries can be very different from structures in other countries or regions. There are, however, common attributes elite athletes that may want to consider when drafting their CV. What is typical for many athletes is that their backgrounds are different and the content of their résumé is different. However, as an athlete, do not take the easy perspective and look at what is missing; look also at what made you special on the field of play and assess its usefulness in the labour market.

It is important that you research local examples of CVs to determine the appropriate local structure. Reflect on your strengths and skills that made you successful in sport, and translate these into what is important to an employer on your CV. Recognise gaps in your CV that will keep you from recognising your goals and implement a plan to position yourself to launch your next career. Below are some tips to consider in developing the content of your CV.

- 1) You will be judged on the quality of your CV, so make sure there are no errors! Proofread your final CV and have other people proofread it for you and give you their opinion and feedback. Your friends, family and fellow athletes can provide excellent feedback for you to consider before you provide your CV to a third party/potential employer.
- 2) Be consistent from the beginning to the end of your CV.
- 3) Be clear and concise. You will want to include important information on who you are, while at the same time you do not want to share your life story. Make sure the résumé reflects the value of who you are and who you can be in the labour market.
- 4) Provide information on who you are as an athlete. Include how your skills and characteristics you used to become an elite athlete can translate from the field of play into the business world.
- 5) Accomplishments reflect what you have done and can do. Include accomplishments that will support your objective in your career. Some people may not recognise how your accomplishments on the field of play translate to business. Reflect on a few accomplishments and include them with the skills required to succeed.
- 6) Obtain feedback. Sometimes feedback can be hard to accept, but as an athlete that is one thing that has made you great on the field of play. You are coached by experts and you know how to accept what is needed for you to win. Do the same in the development of your CV. Share drafts with people who are experienced in your chosen career direction, and ask for honest and direct feedback. You want people who will help you achieve your desired goals in business just as you have in sport, and the earlier you obtain help the more success you can achieve.
- 7) If there are gaps in your résumé that will not allow you to achieve your career, the earlier you know about these, the sooner you can fill the gaps or reset your career direction.



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[www.olympic.org/iocacp](http://www.olympic.org/iocacp)