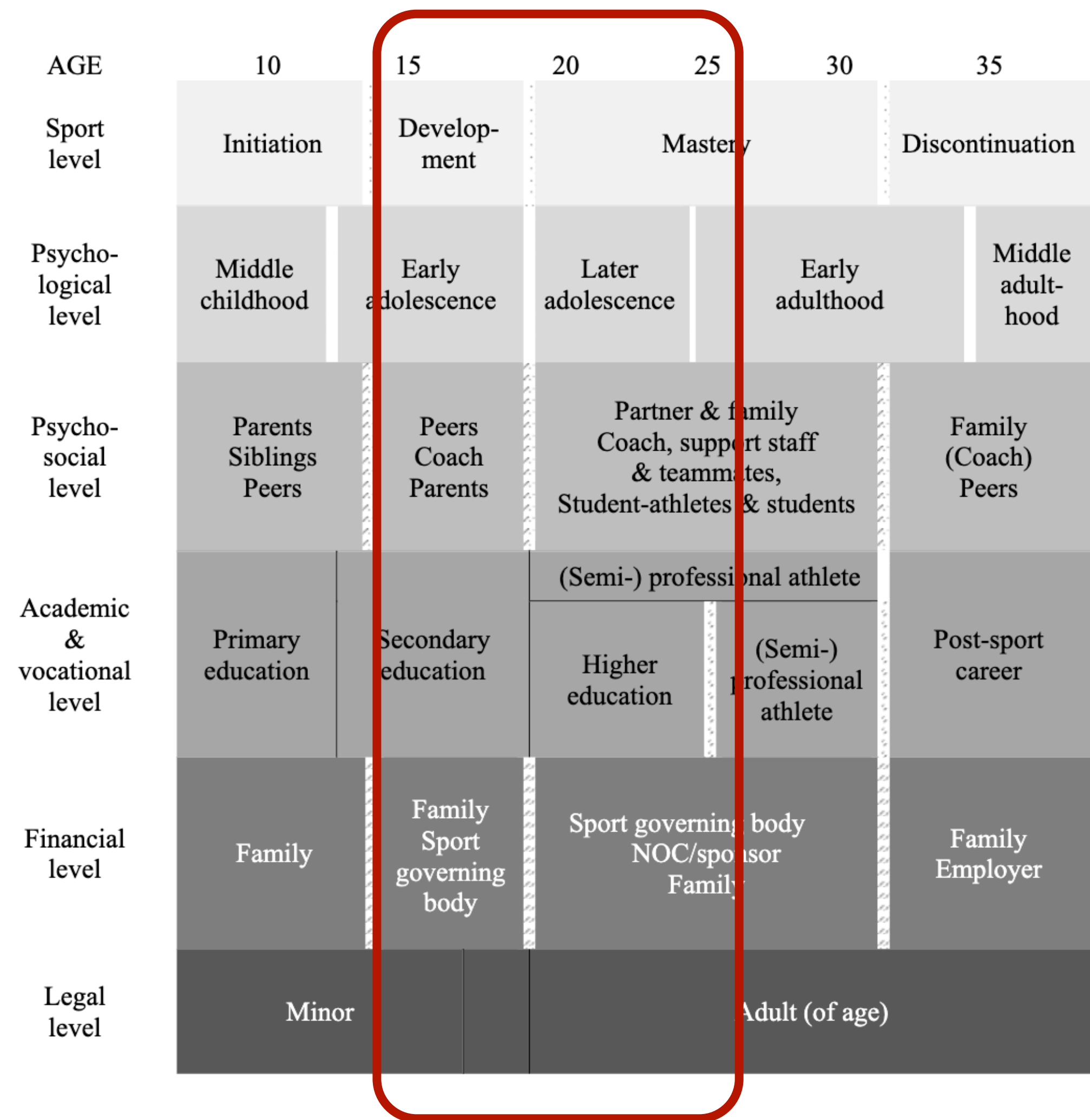


Supporting Athletes Facing the Junior to Senior Transition

Alice Stratford



Note. A wavered line indicates that the age at which the transition occurs is an approximation.

Fig. 1. The holistic athletic career model representing transitions and stages faced by athletes at athletic, psychological, psychosocial, academic/vocational, financial and legal levels of development. *Note.* A wavered line indicates that the age at which the transition occurs is an approximation.

Differences in the Transition Across Sports

Team
Vs.
Individual

Seasonal
Competitions
Vs.
Long Competition
Cycles

Expected
Vs.
Un-Expected

Transitioning
Alone
Vs.
Group
Transitioning

Prepared For
Vs.
Unprepared For

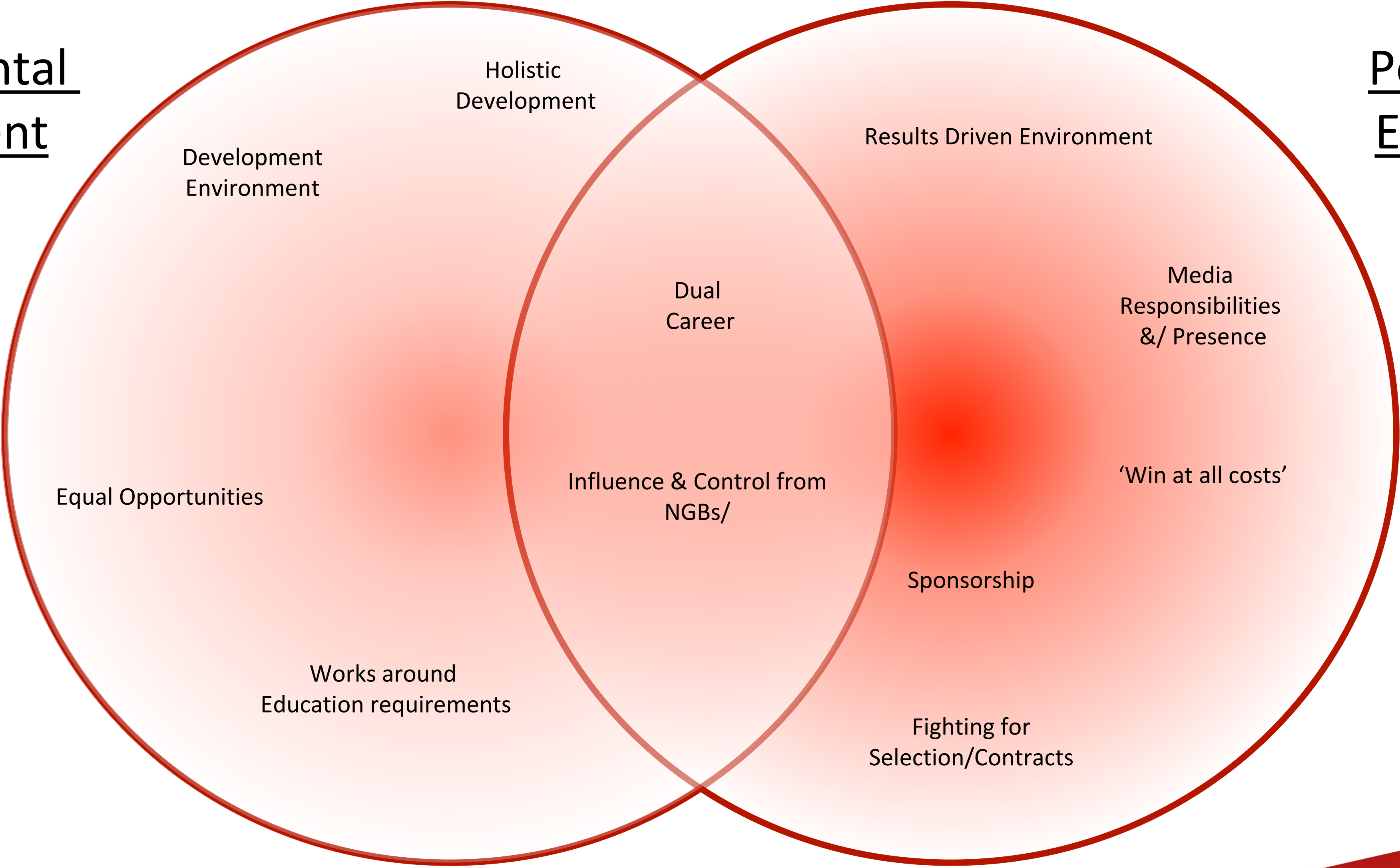
TRANSITION TIMELINE

A TYPICAL JOURNEY FOR A MALE FOOTBALLER



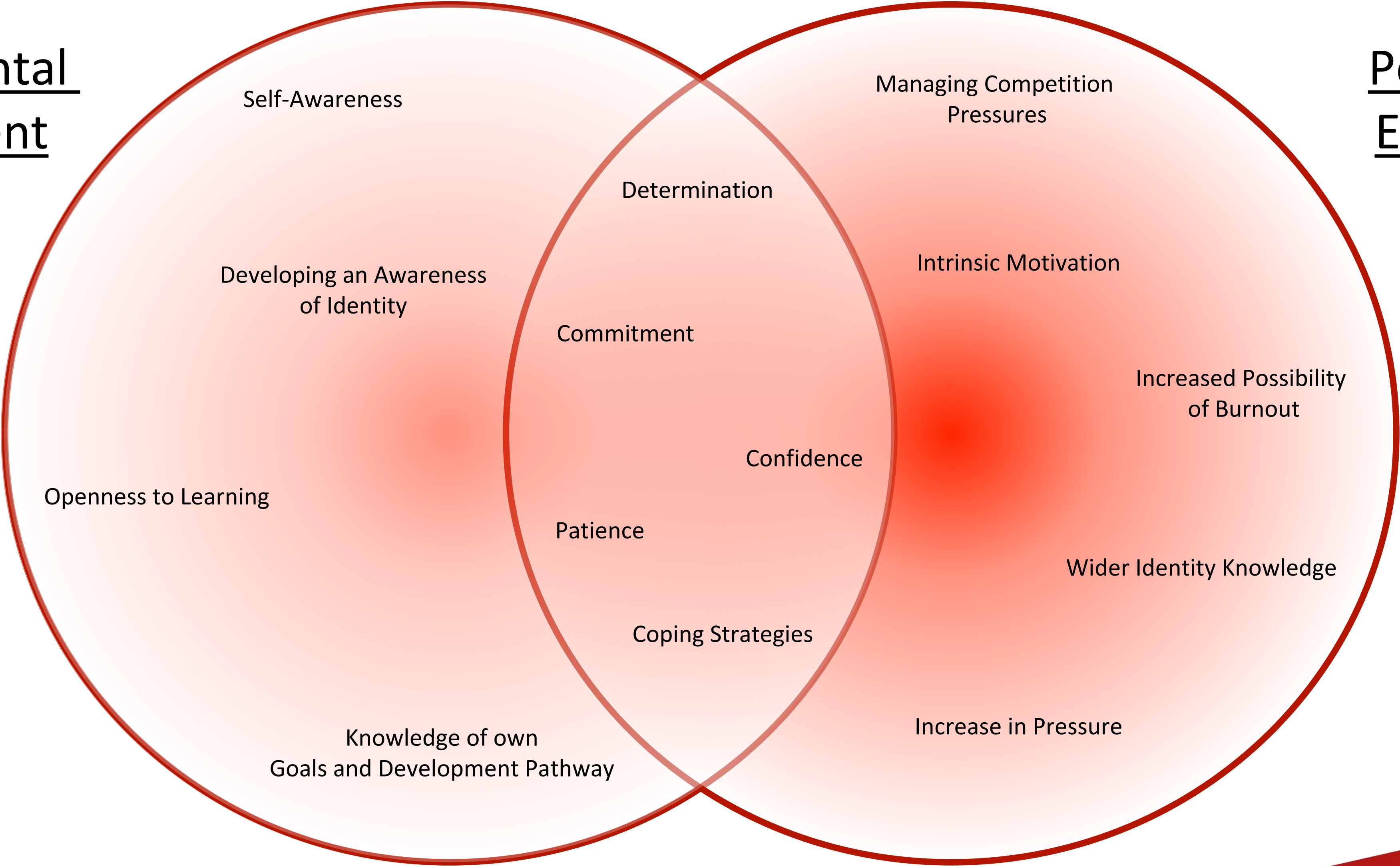
Developmental
Environment

Performance
Environment



Developmental
Environment

Performance
Environment



Dr. Karla Drew
@KarlaLDrew



Karla Drew*, Robert Morris, David Tod, and Martin Eubank

A Cross-Sectional Analysis of Athletes’ Experiences of the Junior-to-Senior Transition (Successful vs Unsuccessful)



PURPOSE:

The purpose of the study was to understand British track-and-field athletes experiences of the junior-to-senior transition. The study looked to explore the perceptions of athletes who experienced a successful junior-to-senior transition as well as those who experienced an unsuccessful transition.

Through interviews, the study looked to understand factors that athletes perceived to aid or hinder their transition outcome (e.g., What made the transition difficult? What helped you to make the transition? What support/resources would you have liked during the transition?).

RESULTS:

A total of 22 themes were constructed for those who experienced a successful junior-to-senior transition, compared to 25 for those who experienced an unsuccessful transition.

These themes were grouped into the following four categories:

PARTICIPANTS:

In total, 10 athletes were interviewed to explore their perceptions and experiences of the junior-to-senior transition.

- 5 athletes who successfully transitioned
 - 3=female, 2=male
 - Aged 26-32
 - All athletes competed in an Olympic Games, a World Athletics Championships and a European Athletics Championships.
 - Winning medals at the Olympic Games (n=3), World Athletics Championships (n=4), and European Athletics Championships (n=4).
- 5 athletes who unsuccessfully transitioned
 - 1=female, 4=male
 - Aged 26-37
 - All athletes competed for Great Britain at either a World Junior Athletics Championships or a European U23 Athletics Championships.
 - World Junior Champion (n=1), World Junior/European u23 finalists (n=4).



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Purpose of the intervention

The purpose of the intervention was to:

- provide athletes with appropriate education in order for them to manage sport and non-sport demands whilst negotiating the transition
- educate athletes on the importance of social support whilst providing athletes with opportunity to develop their support network (e.g., mentoring)
- support the holistic development of athletes in both their sporting and non-sporting lives

Topic

Talk: A Successful Transition by Dame Jessica Ennis-Hill
Talk: A Challenging Transition by Matthew Lambley

Personality: Understanding your Personality (Spotlight profile)
Performance Lifestyle: Financial Advice/Planning
Performance Lifestyle: Effective Time Management
Sport Psychology: Coach-Athlete Relationship
Sport Psychology: Building Confidence for the transition
Physiotherapy: Looking after your Body during the Transition
Mentoring: Learn from Experienced Senior Athletes

Social Support: Supporting your Athlete through the Transition – Strategies for Coaches
Nutrition: Fuelling your Body during the Junior-to-Senior Transition
Social Support: Supporting your Athlete through the Transition – Strategies for Parents
Talk: My Transition into Elite Swimming by Jay Lelliott
Sport Psychology: Goal Setting for the Transition Period
Coping Strategies to Manage the Transition
Sport Psychology: one-on-one support



Considerations when Supporting an Athlete



When will the athlete know if they've been successful in the transition?
How does this line up with coach/NGB expectations?



When will the transition be seen to be complete?



What can the athlete do to prepare for the transition?
How does your role support the athlete's preparation



What is the time-frame of the transition?



What is the athlete's experiences of transitions in the past?
How did the athlete handle these transitions?



What is the athlete's support system like?



Are any other team-mates/athletes going through the same transition?



What are the athletes expectations of the transition?

Supporting Athletes Facing the Junior to Senior Transition

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