

RAISING AWARENESS OF TRANSITION IN FOOTBALL FOR ATHLETES

Kayleigh Brough

WHAT IS TRANSITION?

Transition has been defined as an event which results in a change in assumptions about oneself and the world and requires a corresponding change in behaviour and relationships.

TYPES OF TRANSITION

NORMATIVE

- Predictable
- Anticipated
- Age related retirement
- Social or emotional events or changes
- Regional to national level or amateur to professional

NON-NORMATIVE

- Unpredicted
- Unanticipated
- Involuntary
- Career ending injury
- Unexpected cut from team

WHAT CAN YOU DO AS A PLAYER?

UNDERSTAND

- Create new routines
 - Expect that you might feel some psychological problems
 - Relationships with friends, family may be altered when sport is no longer the main focus of your life
 - You as the athlete will need to self-manage your physical condition
 - Use your skills gained in other careers
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PREPARE

- Talk to former athletes and coaches about their transition
 - Look online to the governing body for a retirement transition programme
Take as much responsibility to
 - manage the administrative side of your life outside of sport
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ADAPT

Find new routines

- Take it as a POSTIVE and try new things, experience your life
 - Remain active and alter nutritional requirements to suit the new lifestyle Try mindfulness activities
 - Seek regular support to main the physical and psychological health.
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ISSUES FACED WITH TRANSITION

It is important for athletes to be exposed to the issues surrounding transitions as some affects might be negative.

Some reasons for an athletes career ending cannot be controlled.

1. Ageing
2. Deselection from team
3. Injury
4. Free choice

PSYCHOLOGICAL

Athletes are more likely to suffer from psychologically after retirement if retirement occurs through deselection or injury.

Athletes with a strong athletic identity, suffer more due to increased pressure and adjustment difficulties.

SOCIAL ASPECT

Athletes feeling left out of social peer group within the team, athletes miss their daily routines.

PHYSICAL

A serious injury may affect the athlete for the rest of their life, their mind wont be at rest due to long lasting pain.

LIFESTYLE CHANGE

Some athletes may not be prepared for the outside world and may need to adapt eating habits to maintain a healthy body.

PLAYER COPING STRATEGIES

- Develop transferable skills/ personal development
- Plan ahead (If possible)
- Counselling and support
- Shared knowledge and experience

Life after sport changes majorly for many people, consequently need to be supported by National Govern Bodies

FACTS & FIGURES

Previous research shows between 14% and 32% of active athletes have been forced to retire due to career ending injuries. Having the sense of control over the career termination plays a crucial part of the social psychological theories of health and illness, which not only fosters mental health, but it is also associated with heightened feelings of self-efficacy, which plays a key role in behavioural change and adjustment.

According to the 2017's Duty of Care Review, it is recommended that when leaving sport, the athletes should be linked to the sports welfare department to ensure individuals are provided with information needed.



LOOK ON EVERY EXIT AS BEING AN
ENTRANCE SOMEWHERE ELSE



USE THIS POSTER TO EDUCATE YOURSELF AND OTHERS TO ALLOW A MUCH EASIER TRANSITION WITHIN ALL ASPECTS OF SPORT AND LIFE. SEEK SUPPORT FROM

- PARENTS
- FRIENDS
- FAMILY
- COACHING TEAM
- TEAM PSYCHOLOGIST

SPEAK OUT IF
YOU NEED HELP!