



DUAL CAREER FOR WOMEN ATHLETES



Co-funded by the
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Des de 1997 amb els valors educatius de l'esport
AE Carles Vallbona





Impact of DONA Project on CLUBS, ideas and proposals for the future



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ERASMUS + PROJECT



OUR DONA PROJECT

Dual Career for wOmeN Athletes.



Dual career = educative career + sports career.
Only female athletes.
All of them Volleyball players



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GOALS

1. Detect the reason why players stop playing volleyball in high school. What limitations do they have?
2. Promote services and actions that help players combine their educational and sports careers.

14-18 YEARS
PLAYERS



CLUBS CONCLUSIONS & IMPACT

OF THE COACHES

His priority is focused on the outcome.

Training coaches do not use competition to train.

Coaches could be trained in different areas to their own sport: psychology, physical preparation, emotional intelligence ...

Children's and youth sports are not professional in Spain.



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CLUBS CONCLUSIONS & IMPACT

OF FAMILIES

They do not respect the philosophy of the club, they think more in an individual way, and the result of the match.

Ignorance of learning processes at training ages.

Parental pressure affects the coach and players.

Some coaches end up training and looking for other professions due to misunderstandings or pressure from families.



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CLUBS CONCLUSIONS & IMPACT

OF THE PLAYERS

Lack of motivation and commitment at ages 16 to 18 years.

They prioritize friends and leisure (social life) over sports.

Lack or stagnation of sports performance and injuries cause them to give up the sport.

Difficulty managing time to study is one reason to quit sports.

When you get to university, you need to work and combine work-life studies and sports

Educational requirements and high athletic performance are sometimes incompatible.

They are not motivated to enter high performance programs (CAR, BLUME, STATE LEAGUES ...)



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CLUBS CONCLUSIONS & IMPACT

OF THE CLUB

Little investment in coach training.

Not having a team referring to a senior category.

Encourage the club's philosophy for players, coaches and families to work towards a common goal.



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CLUBS CONCLUSIONS & IMPACT

OF THE INSTITUTIONS

Not teaching time management in schools.

Don't spend time on emotional management and study techniques in schools.

The Federations do not take into account the educational system when designing the competitions: quarterly exams, end-of-year championships (selectivity, synthesis credits, camps ...).

Lack of coordination between educational (Education) and sports (SGE and UFEC) institutions when setting exams and competition calendars.

There is a need to regulate the remuneration of sports professionals as is done in Europe



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DONA PROJECT RECOMMENDATIONS

FOR COACHES

Demand commitment and involvement to do the job with passion.
Your goal should not be the result but the improvement of the their training and the players.

Competing and training are not antonyms and can go hand in hand. Matches are an excuse to speed up the learning process.

Facilitate players during exam times.

Continuous training in other areas other than your sport: psychology, physical preparation, emotional intelligence ...

To be better prepared.

Improve communication with players and families (emotional intelligence).



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DONA PROJECT RECOMMENDATIONS

FOR FAMILIES

- Get involved in your daughters' learning process.
- Respect the decisions of the coach and the referee.
- Both can be wrong in this training process.
- Collaborate with the club philosophy.
- Assist in the training of players by identifying the educational and / or competitive values of the club.



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DONA PROJECT RECOMMENDATIONS

FOR THE PLAYERS

- Learn to manage time and stress.
- Appreciate the benefits of sport and learn to combine it with study or work.
- Know how to explain your priorities to the coach.
- Improve communication with the coach.



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DONA PROJECT RECOMMENDATIONS

FOR THE INSTITUTIONS

Coordination between educational and sports institutions when planning sports calendars and exams.

Encourage IAPE centers (centers of special interest in sports practice) in Catalonia to increase the level of education and sports in Catalonia. They are free for the administration.

Facilitate these projects that currently operate throughout Catalonia.

Improve coaching training programs and be more demanding in programs.

Encourage non-professional clubs to help improve the current sports system. Only elite clubs receive aid.

Improving the coaching system as in other European countries.

Improve information in universities and facilitate the practice of sports by non-elite students (University sport).



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RECOMMENDATIONS FOR CLUBS AND THE FUTURE OF DONA AT VALLBONA

Maintain the services of sports-related professionals: psychologists, physiotherapists, nutritionists, physical trainers...

Improve services to athletes and families as is done in other areas.

Club's values and training rules program to instill healthy habits in sports

Improve investment to train coaches.

Invest in qualified base coaches.

Accept that families want the best service for their daughters: they pay for a good sports training service.

Agreement with two universities: UVIC and UB.

Agreements with schools to promote volleyball and the integration of talented girls who cannot play sports to find themselves in an economic vulnerability.

Maintain the system of financial scholarships to reward good academic results.

Continue with the commitment to improve the IAPE project.



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THANK YOU!



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