



ELITE LEVEL ATHLETES' AWARENESS AND USE OF DUAL-CAREER PROGRAMS IN LATVIA

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PROBLEM



To date, the LOC has not actively addressed dual-career issues.

Lack of understanding on:

- The situation regarding dual-career matters in Latvia,
- The needs of elite athletes in Latvia,
- The role of the LOC in supporting athletes' development



METHODS



1

Research about
dual-career

3

Interviews with
athletes & coaches

2

Questionnaire for elite
athletes & their coaches

4

Interviews with
universities

RECOMMENDATIONS



To improve information about dual-career program

- Establish an effective information exchange channel with sports schools and federations
- Collect information about all Dual career programs
- Prepare the section on web page of LOC
- Create infographic of dual-career



RECOMMENDATIONS



To establish strong cooperation and communication between LOC and dual-career program providers

- Create a contact list with current programs and persons responsible, and organize a successful information flow

To included the topic of dual-career in the Athletes' forum

- Create the event plan of Athletes forum dedicated to dual-career

RECOMMENDATIONS



To establish a clear regulatory framework

- Introduce all partners with framework
- Develop regulations for the harmonized framework and organize this at the national level, ensuring a unified understanding



RECOMMENDATIONS



To enhance access to dual career programs

- Engage and involve schools and educational institutions that currently do not offer dual-career programs.
- Emphasize remote learning and personalized scheduling as key criteria for dual-career pathways.



THANK YOU

for your attention