

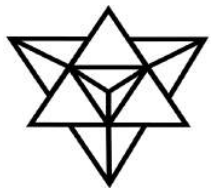
DUAL MENTORING
FOR ATHLETE STUDENTS

University Research Network



University Network for Dual Mentoring of Student-Athletes (RUMDE)

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Background and Justification

The University Network for Dual Mentoring of Student-Athletes (RUMDE) is **an initiative created to facilitate the integration of high-performance athletes into the university context**, promoting an **innovative mentoring model** that enables the reconciliation of sporting and academic careers.

Despite legislative and theoretical advances regarding the dual career of student-athletes, **no concrete and tailored actions have been implemented** that allow significant progress in this area.

The RUMDE Network, created under the auspices of the 2024 Spanish Sport Council Call, is advancing in its knowledge and action in **supporting high-level student-athletes entering the University**.



**LA MENTORÍA DUAL
ES UN MODELO DE
ACOMPañAMIENTO.**

Integra vida **académica y deportiva**
con apoyo personalizado.





 RUMDE



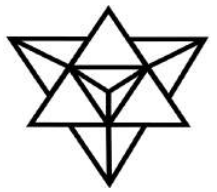
CONOCE
MEJOR
LA RED
RUMDE



¿QUIÉN FORMA
LA RED RUMDE?

RUMDE está coordinada por la **Universidad Internacional de La Rioja (UNIR)** y la **Universidad de A Coruña (UDC)** e integra a 36 investigadores de 16 universidades de España, Italia, Portugal y Malta, comprometidos con la formación integral del estudiantado y la promoción del deporte en el ámbito académico.

Spanish Legal Framework



1 Law 39/2022, of 30 December, on Sport

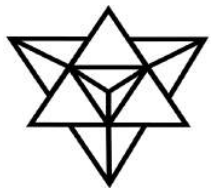
Article 24: **Rights** of high-level athletes **to receive guidance and support** for the development of the dual career.

Article 27: Rights of professional athletes to **reconcile** family, academic and professional life.

2 Organic Law 2/2023, of 22 March, on the University System (LOSU)

Article 22: **Universities** shall provide instruments to promote **effective compatibility** between **sporting practice** and students' academic training.

Article 33: Right to tutorials, **counselling** and psychopedagogical guidance.



Growth of the RUMDE Network



Initial Phase (2024)

8 universities (7 Spanish and 1 Italian)

20 researchers

11 research groups



Current Phase (2025)

16 universities (12 Spanish, 1 Italian, 1 Maltese & 2 Portuguese)

36 researchers

18 research groups



RUMDE



WHAT IS THE DUAL MENTORING NETWORK?

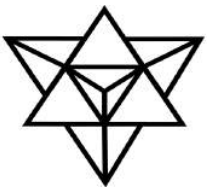
The University Dual Mentoring Network for Student Athletes was created with the aim of promoting cooperation between universities to support students who combine their academic careers with their athletic development.

This project is funded by the **Higher Sports Council (CSD)** and seeks to establish a specialized mentoring framework, promoting academic excellence and the overall well-being of these students.

OUR MISSION

To create a network between Spanish and international universities that promotes the academic and personal development of university athletes. The aim is to raise awareness of the importance of mentoring and to build a **dual mentoring** system that connects academic and sports experts to accompany, guide, and enhance the overall performance of student-athletes during their university careers.





Participating Universities

Spanish Universities (6)

International University of La Rioja (UNIR)
University of A Coruña (UDC)
Autonomous University of Barcelona (UAB)
University of Almería (UAL)
University of the Balearic Islands (UIB)
University of León (ULE)

Spanish Universities (6)

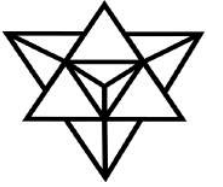
Jaume I University (UJI)
European University of Valencia (UEV)
University of Alcalá (UAH)
Pontifical University of Salamanca (UPSA)
European University of Madrid (UEM)
University Católica de Ávila (UCAV)

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- 
- 1: Universidad Internacional de La Rioja (UNIR)
 - 2: Universidade de A Coruña (UDC)
 - 3: Universidad Autónoma de Barcelona (UAB)
 - 4: Universidad de Almería (UAL)
 - 5: Universidad Islas Baleares (UIB)
 - 6: Universidad de León (ULE)
 - 7: Universidad Jaume I (UJI)
 - 8: Universidad Europea de Valencia (UEV)
 - 9: University of Malta (UM)
 - 10: Instituto Politécnico de Viseu (IPV)
 - 11: Università Degli Studi di Roma Foro Itálico (I Roma05)
 - 12: Universidade de Coimbra (UC)
 - 13: Universidad de Alcalá (UAH)
 - 14: Universidad Pontificia de Salamanca (UPSA)
 - 15: Universidad Europea de Madrid (UEM)
 - 16: Universidad Católica de Ávila (UCAV)

International Universities (4)

University of Rome Foro Italico (Italy)
University of Malta (Malta)
Polytechnic Institute of Viseu (Portugal)
University of Coimbra (Portugal)

Collaborating Entities



EAS: European Athlete Student: Network founded in 2004 with the support of the European Commission. Its main objective is to help European athletes combine high-performance sport with education.



Athletic Club Bilbao: Football club recognised for its work in the comprehensive development of young footballers, whose academy is the main feeder of the first team.



ONCE Foundation: An instrument of cooperation and solidarity to improve the living conditions of people with disabilities, promoting their employment integration and training.



Spanish Association of Indoor Football Players: Protects and defends the rights of futsal players, advising on their training and facilitating their Dual Career.

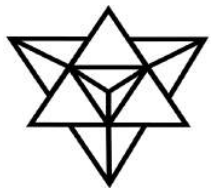


Spanish Athletics Federation: Body that manages athletics in Spain, overseeing the national team and organising the main athletics competitions.



Spanish Paralympic Committee: Institution responsible for organising and supervising high-performance sport practised by people with disabilities at the national level.





Purpose of the RUMDE Network

The main **purpose** of the Network is **to create a culture of dual mentoring** that facilitates the **integration** of high-level student athletes into **university life**.

In 2025, the Network will continue to **expand, disseminating, promoting and involving** more **universities** and academic and **sporting institutions** – both national and international – that are jointly responsible for dual career policies.



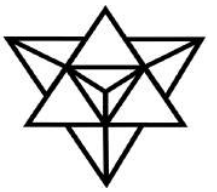
**GARANTIZA UN FUTURO
CON MÁS OPORTUNIDADES.**

Porque no se trata de elegir
entre estudiar o competir, sino
de **crecer en ambos caminos.**

**LA MENTORÍA DUAL
NO ES EL FUTURO...
ES EL PRESENTE.**



El protocolo de esta Red incluye las figuras del **mentor/a** (peer mentoring, alumnos/as de cursos superiores) y del **consejero/a** (sport tutor, docente de la universidad), así como el **soporte estructural de los órganos de gestión de las facultades y universidades.**



General Objective of the Network

Create a **culture** of dual mentoring that facilitates the integration of high-level student-athletes into university



 RUMDE

 
LA UNIVERSIDAD EN INTERNET

LEARN MORE ABOUT THE RUMDE NETWORK

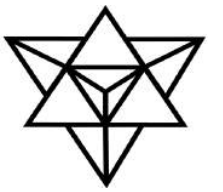


dualcareernet@gmail.com

WHO MAKES UP THE RUMDE NETWORK?

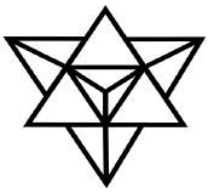
RUMDE is coordinated by the **International University of La Rioja (UNIR)** and the **University of A Coruña (UDC)** and brings together **36 researchers from 16 universities in Spain, Italy, Portugal, and Malta**, committed to the comprehensive training of students and the promotion of sport in the academic sphere.

Final Objective



The objective is to achieve the consolidation of an innovative **Dual Mentoring model** capable of translating existing policies into **specific and homogeneous intervention plans and protocols** for high-level student-athletes.

This model will increase your chances of **balancing your academic and sporting life**, guaranteeing a comprehensive education and a professional future beyond sport.



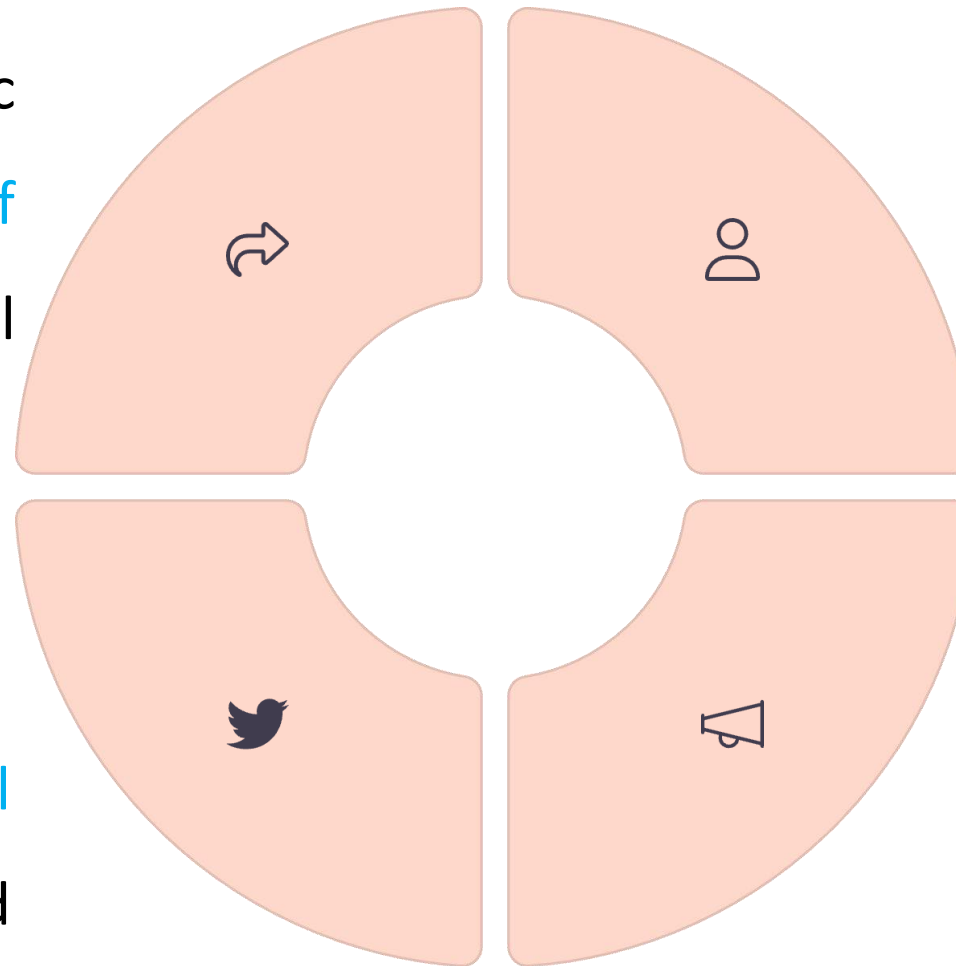
Specific Objectives

Disseminate the MEDEAN model

Disseminate within the scientific community, **generating a current of thought** on the importance of dual mentoring for this group.

Enhance presence on social media

Increase RUMDE's **visibility on social media** (Facebook, LinkedIn, X and Instagram).

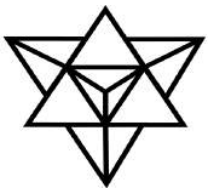


Recruit new members

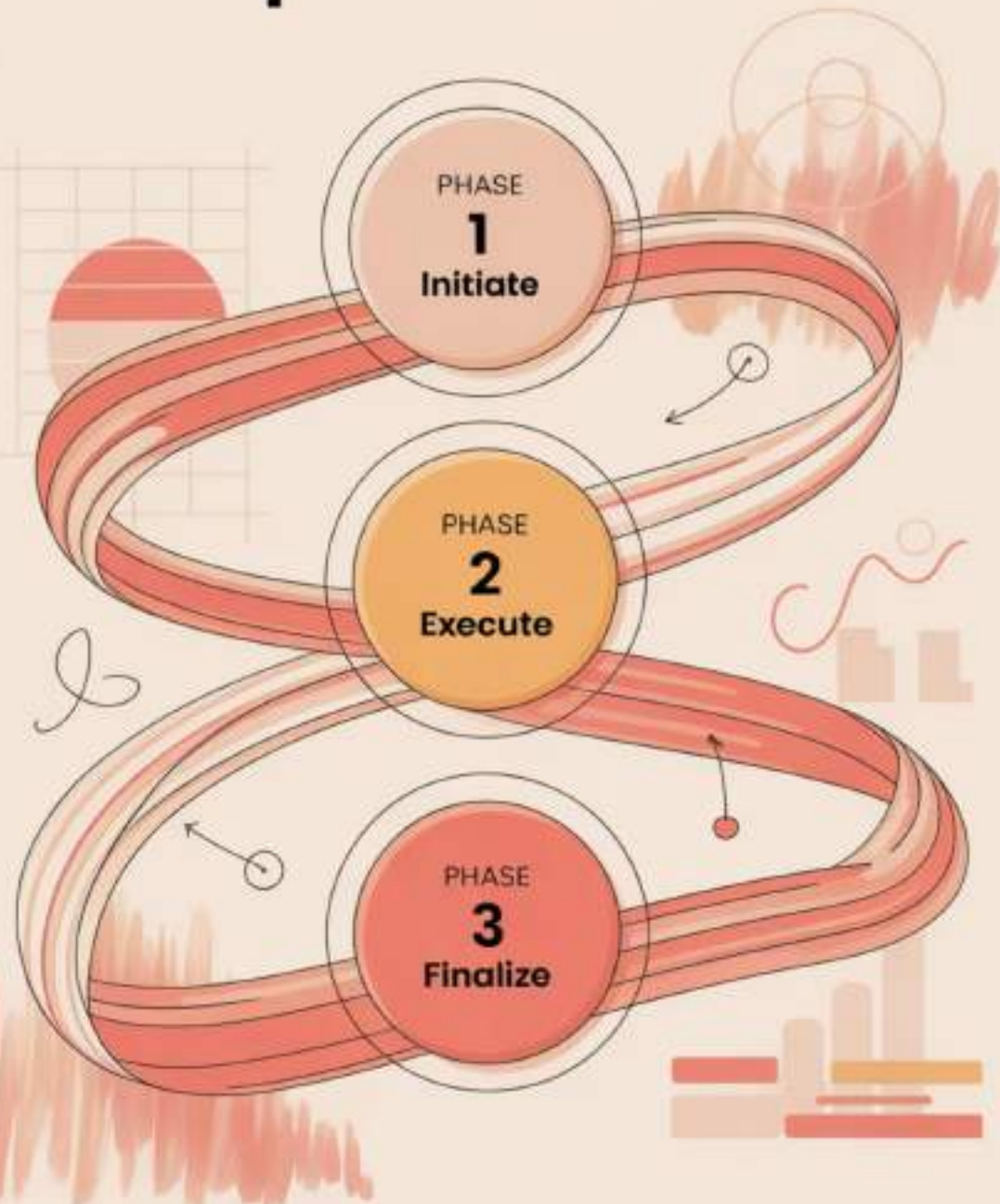
Incorporate into the Network new researchers, research groups and universities with expertise in these topics.

Disseminate advances

Communicate advances to groups involved in the academic and sporting lives of these students.



Project Implementation



Procedure in Three Phases

Phase 1: Disseminate

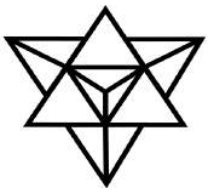
Disseminate the MEDEAN model (Dual Mentoring for High-Level Student Athletes) among **the scientific and academic community**.

Phase 2: Publicise

Promote the RUMDE Network and its progress through **social media and academic events**.

Phase 3: Organise

Hold an **International Congress to share experiences** and advancements in dual mentoring:
11-12 December University of La Coruña (Spain)



Phase 1: DISSEMINATION

Internal dissemination phase of the MEDEAN model

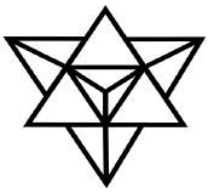
Specific objectives:

Present MEDEAN to the new researchers and groups joining the Network.

Assess the suitability for MEDEAN of the innovative proposals being carried out by the Network's new partners.



GREEN
CHECK MARK



Phase 2: SPREAD THE WORD

External dissemination phase of the MEDEAN model

Specific objectives:

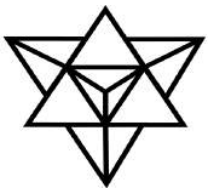
Spread RUMDE on social media.

Promote and disseminate RUMDE at the '13th Annual AECD Congress', the 'EAS Congress' and the 'National University Sports Conference'.

Establish an exchange forum through the organisation of the "1st International Congress on Dual Mentoring"



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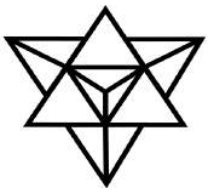
Phase 3: **ORGANISE**

Organise “1st International Congress on Dual Mentoring for High-Level Student Athletes”

Specific objectives:

1. Select **keynote speakers**.
2. **Call** for papers.
3. Create **working committees**:
 - * Travel (transport, accommodation and meals)
 - * Conference structure
 - * Management of communications and presentations
 - * Publication of proceeding





Expected Impact

Scientific Impact

Deepening of the subject, establishing **new lines of field research**.

Generating **synergies between research groups**, increasing scientific output and knowledge on the topic.

Innovation of knowledge with ecological validity, creating a reference model for European universities.

Technological Impact

Development of a platform/application to manage mentoring of student-athletes.

Facilitation of **remote mentoring**, minimising time and travel barriers.

Improved decision-making for academic and sports managers responsible for ensuring conditions for the Dual Career.



RUMDE



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LA UNIVERSIDAD
EN INTERNET

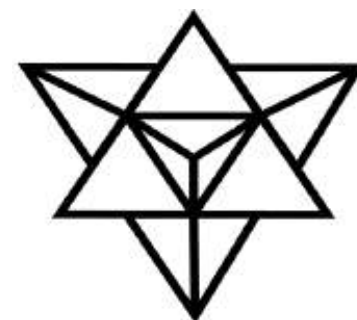
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Consejo
Superior
de Deportes



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Tropea Trieste



RUMDE



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EN INTERNET

WHAT IS THE DUAL MENTORING NETWORK?

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