

Gold in Education and Elite Sport

January 26 - 27 2015, INSEP, Paris, France

Kick off meeting report

Attendees: Sacha CecicErcic (University of Ljubljana), Isabelle Daguin-Caswell (Institut National du Sport, de l'Expertise et de la Performance, INSEP), Koen De Brandt (Vrije Universiteit Brussel, VUB), Nadine Debois (INSEP), Susan Elms (SportScotland Institute of Sport), Michel Godard (INSEP), Marek Gracyk (Gdansk University of Physical Education and Sport), David Lavallée (University of Stirling), Véronique Leseur (INSEP), Kent Lindahl (Swedish Sports Confederation), Donatella Minelli (CONI Servizi Spa), Léonore Perrus (INSEP), Susana Regüela (Centre d'Alt Rendiment de San Cugat), Natalia Stambulova (Halmstad University), Kristel Taelman (Blosa), Miquel Torregrossa (Universitat Autònoma de Barcelona), Ingrid van Gelder (Netherlands Olympic Committee*Netherlands Sport Confederation, NOC*NSF), Nicolette van Veldhoven (NOC*NSF), Simon Wombwell (Loughborough University), Paul Wylleman (VUB).

Excused: Guy Taylor (Talented Athlete Scholarship Scheme).

Agenda

January 26	9:00 Welcome – Michel Godard
	9:15 Administrative and financial issues – Isabelle Daguin-Caswell
	10:30 Coffee break
	11:00 Ad hoc working groups and road maps for
	Work Package 5 – Editorial Board – Paul Wylleman
	Work Package 6 – Dissemination – Isabelle Daguin-Caswell
	Work Package 7 – Internal Quality Control – Léonore Perrus
	12:30 Lunch
	14:00 Work Package 1 – Development of the framework for athletes' competences – Paul Wylleman
	16:00 Coffee break
	16:30 Work Package 1 (cont'd)
	19:30 Dinner
January 27	9:00 Work Package 1 (cont'd)
	10:30 Coffee break
	11:30-13:00 Miscellaneous

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Administrative and financial issues

- When INSEP receives the pre-financing payment (60% of the total grant of € 499 711), it will transfer 60% of its share to each full partner on the basis of the budget approved by the EACEA.
- INSEP will send to full and associated partners the supporting documents (Staff Time Sheets and Travel & Subsistence Costs) as soon as the final logo of the project is ready.
- Full partners will send to INSEP their confirmations on VAT and internal procedure of travel.
- All the attendees are aware the EACEA is likely to carry out an audit.
- Conversion will be established on the basis of the rates published by the European Commission:
http://ec.europa.eu/budget/contracts_grants/info_contracts/inforeuro/inforeuro_en.cfm

Work Package 1 – Development of the framework for athletes’ competences

Work Package 1 aims to identify and develop the competences required by elite athletes to optimize their dual career.

All the partners agree to create a Scientific Board which will implement the road map of Work Packages 1, 2, 3 and 4. The Scientific Board involves Sasa Cecic Erpic, Koen De Brandt, Susan Elms, Nadine Debois, David Lavallee, Miquel Torregrossa, Natalia Stambulova and is chaired by Paul Wylleman.

The Scientific Board discusses the following points: (1) the questionnaire, (2) timeline, (3) definition of key terms and (4) to be followed up.

1. The questionnaire

A. Participants

Based on the information of all participating countries, it was decided that - in first instance - all elite athletes between 16-25 years of age will be questioned.

B. General questions

General questions on sport and education will introduce the questionnaire. Based on the general questions, it must be possible to differentiate:

- age
 - gender
 - type of sport (late/early specialization sports, Olympic and non-Olympic sports)
 - level of sport
 - educational variables (type of education; study subject etc.)
 - athlete’s identity (prioritizing sport or education?)
 - centralized (organisation that provides both sport and education; e.g. elite sport school) or de-centralized dual career (different organisations for education and sport)
 - contractual obligations for dual career (e.g. athletes cannot take more than 40 credits per academic year).
- ⇒ Action: based on existing questionnaires and the knowledge of the expert group, a list of general questions will be put together. The experts are asked to send their suggestions and input to Nicolette Van Veldhoven and Koen De Brandt.

- ⇒ Timing: the list of general questions must be finalized by the end of February. Experts are asked to send their input before February 20.
- ⇒ To be followed up by Nicolette Van Veldhoven and Koen De Brandt.

C. List of competences

Based on the available literature and the knowledge of the expert group, a list of (generic) competences (attitudes, knowledge and skills) will be put together.

- ⇒ Action: the experts are asked to send their input to Koen De Brandt.
- ⇒ Timing: the list of competences must be finalized by the end of February. Experts are asked to send their input before February 20.
- ⇒ To be followed up by Koen De Brandt.

D. Dilemmas

'Dual career' is a comprehensive term as it can include periods with high training and competition volume, periods where the focus is more on studying, and periods where athletes have to balance both. To avoid that athletes think about different dual career approaches, we decided to relate competences to specific challenging dual career situations, called DILEMMAS.

Based on their practical dual career expertise, the group of practitioners was asked to formulate a list of dual career dilemmas which had to be general/recognizable for a) every country and b) every age category AND should include a description of the situation and a specific aim. The proposed list of 10 dilemmas (from which at least 3 dilemmas will be chosen) included:

- 1: Study and sport conflict: You are about to start a challenging academic year with exams that conflicts with a crucial competitive phase. You want to successfully do both.
 - 2: Integration and planning of sport/study: How do you to select the best study plan and study choices to enable to manage the integration of study/sport in the long term.
 - 3: Your competition schedule/training camps this year means that you will miss significant days of study.
 - 4: Transition: You make a decision to leave home and your family to relocate for your sport and studies – to source support network to assist/solutions.
 - 5: Your coach does not support your decision to study and only wants you to concentrate on your sport. Your aim is to combine both – how do you approach this.
 - 6: Dual career – with injury. As an athlete who is studying and competing you have succumbed to an increase in injury. You want to continue to study, compete and reduce injury.
 - 7: Financial constraints – While balancing your studies and sport – you don't have enough money to do everything. Financial circumstances are limited and you need to work.
 - 8: Transition – post study choices; is this too challenging for age 16?
- Others to consider
- 9: Transition/university choices: Final year of school; considering university choices – each choice will mean you leaving home and relocating.
 - 10: University/Group work: At university – your competition and training dates mean you cannot attend 3 meetings as part of a group work assignment.

Each dilemma will be accompanied by a YES/NO question. Have you experienced this: yes or no? If not: please imagine this situation. This should provide context to the answers provided.

- ⇒ Action: Practitioners finalize the list of dilemmas. The list of dilemmas will be sent to the scientific board. The practitioners and scientific board will discuss the list and choose at least 3 dilemmas during a Skype meeting.

- ⇒ Timing: The list of dilemmas will be sent to the scientific board before February 15. A Skype meeting will be set up before February 21.
- ⇒ To be followed up by Susan Elms and Koen De Brandt.

E. Pilot study

Each country will conduct a pilot study with 10 participants of different age (range 16-25 year). Athletes will fill out the questionnaire under supervision of one of the GEES members. Each country will make up a short report of their pilot study, which will be used to optimise and finalize the questionnaire.

- ⇒ Action: Each country should start to develop a course of action to organize their pilot study.
- ⇒ Timing: Each country will receive the final draft of the questionnaire by March 1, will translate it by March 10 and send it to Koen De Brandt. The questionnaire will be put online by March 20. Each country should conduct a pilot study and make up a short report before the end of March.
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

F. Completion rate

The minimum completion rate for the questionnaire is set at 40%.

- ⇒ Action: Every full partner needs to discuss with its associates how to maximize their completion rate and write out a brief action plan.
- ⇒ Timing: Send your action plan before March 15 to Koen De Brandt.
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

G. Ethical considerations: informed consent

The informed consent for >18y will be integrated in the questionnaire. The informed consent for <18y should be signed by the parents OR the school principle of the elite sport school (country dependent).

- ⇒ Action: Nathalia Stambulova will provide a format of an informed consent to be signed by principles/teachers. Nicolette Van Veldhoven and Nadine Debois will provide a format of an informed consent to be signed by parents. Koen De Brandt will check with the ethical committee of the Vrije Universiteit Brussel to what extent acceptance by this committee may be used by the other partners in their own country. If not, then full partners should check with their ethical committee if informed consents can be signed by the sport school principle. Full partners should work out an action course together with their associates to get the informed consents signed by parents and/or school principles before the start of the data collection. Every full partner should contact its ethical committee to get approval for their research.
- ⇒ Timing: the informed consent formats will be sent to everyone before February 15. Every full partner must have approval of their ethical committee before the start of their data collection (be careful: this approval process can take a while).
- ⇒ To be followed up by Koen De Brandt and full partners.

H. Software and server

Limesurvey or Surveymonkey software will be used for the questionnaire. Once the full content of the questionnaire is available, the appropriate software will be chosen. A central server will be used to gather all the data in one place.

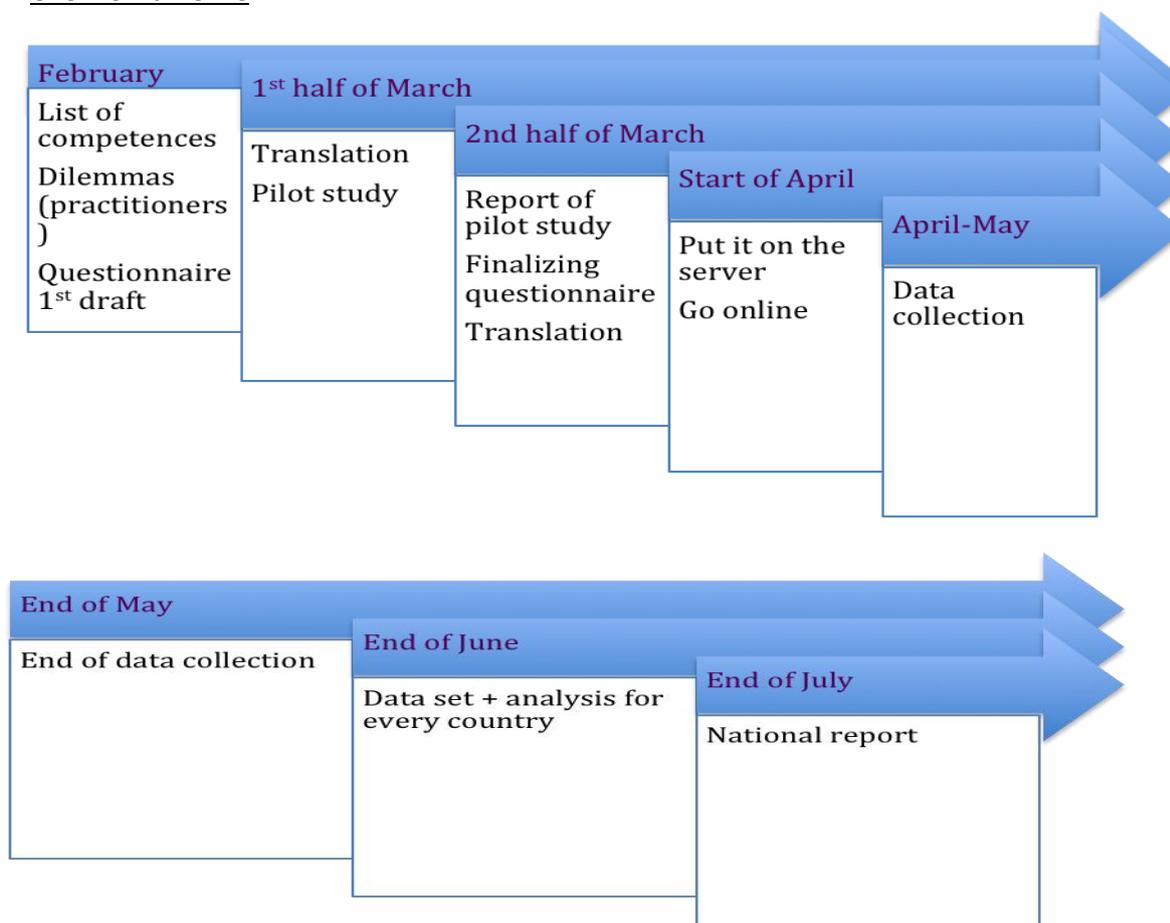
- ⇒ Action: The server of the Vrije Universiteit Brussel can be used for this purpose.
- ⇒ Timing: Koen De Brandt will contact the ICT service of the VUB & Miquel Torregrossa when the first draft of the questionnaire is finished (end of February).
- ⇒ To be followed up by Koen De Brandt & Miquel Torregrossa.

I. General information/remarks

Only one questionnaire will be developed, which will be analysed afterwards in function of age group etc. There will be no different questionnaires for different age groups.

- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

2. Overview timeline



In February a first draft of the questionnaire will be made. A list of (generic) competences and dilemmas will be put together.

During the first half of March each country will translate the preliminary questionnaire. Afterwards, each country will do a pilot study with 10 participants.

After the pilot study, each country will make a short report of their pilot study. Based on these reports, the questionnaire will be finalized and afterwards translated by each country.

At the beginning of April, the questionnaires will be put online in all different languages using a central server.

Data collection is foreseen during April and May, dependent on the date when athletes have their exams. Ideally, athletes should fill out the questionnaire one month before the start of the exams.

On May 31, the data collection will be stopped.

During June, the different data sets will be analysed (all together + each country separately) and by the end of June every country will receive its raw data set and analysis. Each country is asked to make a national report by the end of July.

3. Definition of key terms

Three key terms were defined:

- (a) An 'elite athlete' is an athlete recognized by an elite sport organization as competing at (minimum) national level AND registered/listed as a pupil or student in a secondary or higher educational institute.
- (b) A 'dual career' encapsulates the requirement for athletes to successfully initiate, develop and finalize an elite sporting career as part of a lifelong career, in combination with the pursuit of education.
- (c) A 'dual career support provider' is a professional consultant, related to an educational institute and/or an elite sport organization – or certified by one of those – that provides support to elite athletes in view of optimizing their dual career/combination of elite sport and education.

- ⇒ Action: confirmation by full partner of acceptance of definitions.
- ⇒ Timing: Confirmation by full partners before the end of February.
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

4. To be followed up

(a) Importance/development of competences: After putting together a list of competences, the scientific board will decide on HOW to question those competences. For each dilemma we should know: a) what the most important competences are and b) to which extent they have developed this competence.

- ⇒ Action: the experts are asked to send their suggestions to Koen De Brandt.
- ⇒ Timing: the experts are asked to send their input to Koen De Brandt before February 25
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

(b) Rating scales: To rate a specific competence (e.g. to which extent did you develop this competence?), the scientific board will decide which scale will be used (4 point, 5 point, 6 point, 7 point?).

- ⇒ Action: the experts are asked to send their suggestions to Koen De Brandt
- ⇒ Timing: the experts are asked to send their input to Koen De Brandt before February 25
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

(c) Age range 12-15: The need exists to discuss on how to implement the 12-15 year old group, as not all countries have 12-15 year old elite athletes.

- ⇒ Action: the experts are asked to send their suggestions to Koen De Brandt
- ⇒ Timing: the experts are asked to send their input to Koen De Brandt before February 25
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

(d) Graduate elite athletes: There is a need to discuss to what extent graduate athletes will be taken into account (e.g. YES or NO / graduated maximum x years ago / recognized as an elite athlete at the moment of graduation / now recognized as an elite athlete).

- ⇒ Action: the experts are asked to send their suggestions to Koen De Brandt
- ⇒ Timing: the experts are asked to send their input to Koen De Brandt before February 25
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

(e) Use of data on conferences: There is a need to discuss if data can be used by one of the GEES experts at (inter)national conferences (e.g. national data).

- ⇒ Action: Every partner or associate should send his opinion on this matter to Koen De Brandt
- ⇒ Timing: Send your opinion to Koen De Brandt before the end of February.
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

(f) Sub-projects: There is a need to discuss the possibility for sub-projects (e.g. cooperation between the Netherlands and Belgium).

- ⇒ Action: Partners and associates can discuss the possibility to have sub-projects and should (in case of a cooperation) send their proposal to Koen De Brandt
- ⇒ Timing: to be announced
- ⇒ To be followed up by Koen De Brandt and Paul Wylleman.

Work Package 5 – Editorial Board

The Editorial Board will deal with the publication issues raised by the Scientific Board. It involves David Lavallée, Natalia Stambulova & Paul Wylleman.

Regarding Intellectual Property Rights (IPR), David, Natalia & Paul will examine the General Conditions of the Multi beneficiaries model agreement (article II.8) developed by the European Commission and make a proposal to all the partners.

Work Package 6 – Dissemination Ad hoc Working Group

The Dissemination AHWG will address how the partnership shares the results, lessons learned and findings of the project beyond the participating organizations. It involves Marek Gracyk, Donatella Minelli, Kristel Taelman, Ingrid van Gelder and is chaired by Simon Wombwell.

The first result will be the project logo. Once the final logo is ready, INSEP will develop the project website www.gees.eu [homepage with project logo + Erasmus+ logo – project description – meetings – reports – publications (DC Guidelines, “Carrière sportive, projet de vie”, PW’s article), – links to EACEA and to the websites of all the partners).

The Dissemination plan for stage 1 (until the end of July) will focus on stakeholders at athlete access level i.e. sports and educational institutes, targeting specifically programme managers and practitioners. The following actions are agreed upon with all the partners:

1. Add a webpage regarding the project to each organisational website; include the logos (project + Erasmus+), a link to the project website and a list of the partners+ logos involved in the project. The content can be expanded as the process continues.
2. Create a brief email (press release or newsletter as practicable) and distribute to participating organizations national or regional level networks. The email should include:
 - a link to the project website;

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- a link to the organisational webpage;
- the logos of all the partners + project logo + Erasmus+ logo
- brief information on the project as follows so we have unity in our communication:

'The project aims to connect a pool of 9 400 dual career athletes across 9 European countries with 45 researchers and lead practitioners to define a set of key competences for a successful dual career.'

Each partner will keep a record of the dissemination of information carried out and regularly share this record with Simon and Isabelle.

Detail of Stage 2 & 3 Dissemination plan will be provided in September 2015. Stage 2 could be 3 key points to share with stakeholders and athletes. Stage 3 could be how to target employers. The Dissemination AHWG will discuss ideas and formulate before August 1 a proposal of programme for the first workshop to be organized on Wednesday September 23 – in connection with EAS 12th conference.

Work Package 6 – Internal Quality Control Ad Hoc Working Group

The Internal Quality Control AHWG will provide a continuing evaluation integrating the perspectives of the stakeholders into the activities and discussions of the partnership. It involves Kent Lindahl, Susana Regüela, Guy Taylor, and is chaired by Véronique Leseur.

The first tool the AHWG will use is a post meeting questionnaire to be sent to each delegate after each meeting to conduct a satisfaction survey (logistics, agenda, progress of the project).

The second tool will be a pre meeting questionnaire sent to each participating organization one month prior to the meeting to assess the period of six months between meetings as far as relations, communication, management and progress in the work done are concerned.

A spreadsheet monitoring the procedures to be followed and the deadlines to be met will be developed and posted on the shared platform.

The AHWG expects each participating organization to answer the questionnaires.

Other matters

Shared platform

A collaborative platform developed by INSEP will broaden the networking capabilities of the partnership; it should be ready after February 15th.

Future meetings

The next meeting will take place in Amsterdam on September 21 – 22, in connection with EAS 12th annual conference.

The institutions interested in holding the third meeting are invited to present a proposal.

The final meeting will be organized by VUB in Brussels.

Report finalized by Isabelle Daguin-Caswell (Paris, 6 February 2015) and Paul Wylleman (Brussels, 10 February).