

Dancing on the Tightrope

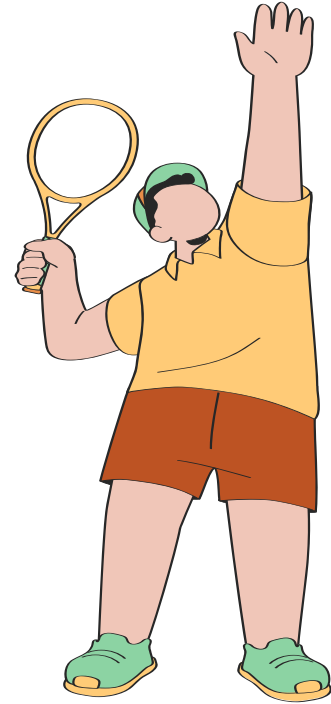
Stressors & Competences of DC Athletes

Frank Muller

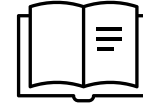


01

DC athletes' stressors



Academic stressors



Performance expectations

External & internal grade expectations/evaluation



Interpersonal conflict

Conflict with important others



Time commitment

Time spent in school, for studying, homework & transportation



Teachers' shortcomings

Lack of interest and/or understanding for sport side

“It is just hard to find the time to do all my homework and studying, because I spend so much time at practice and travelling to competitions, and then my grades are bad”

“Some teachers don’t understand and respect how much time we spend in our sports and that we are trying our best!”

“I put myself under immense pressure to get good grades!”

“I am in my last year of high school and sometimes it feels like all I do is studying. I don’t have any time for my friends!”

Athletic stressors



Performance expectations

External & internal performance expectations/evaluation



Time commitment

Time spent for training & travelling to competitions



Coaches' shortcomings

Ineffective, non caring & outcome-oriented coaching style



Injuries

Especially chronic or recurring injuries

“My main stressor is my unrealistic expectations of myself, that I can never fulfill and thus am always disappointed after matches!”

“My coach stresses me out on race days, when he tells me 100 things at once that I have to do!”

“The week of a competition I am so nervous that I constantly think about it. Because of that I can’t focus at school and I am unable to sleep.”

“I am afraid to return to sports after my injury, but at the same time I put myself under pressure to perform at the same level as before!”

“I feel like I am not supported by my coach!”

Consequences for DC athletes

1

Schedule clashes, no off-time & constant pressure



2

Sleep problems, constant fatigue & mental stress



3

Impaired Wellbeing & Drop-Out

“You constantly feel that pressure to perform in school and sport, because you don’t want to disappoint anyone. So you keep studying and practicing hard, but therefore have no time for yourself or friends, which is very stressful. It sometimes feels like being trapped in a vicious circle!”

— Sportlycée DC athlete

02

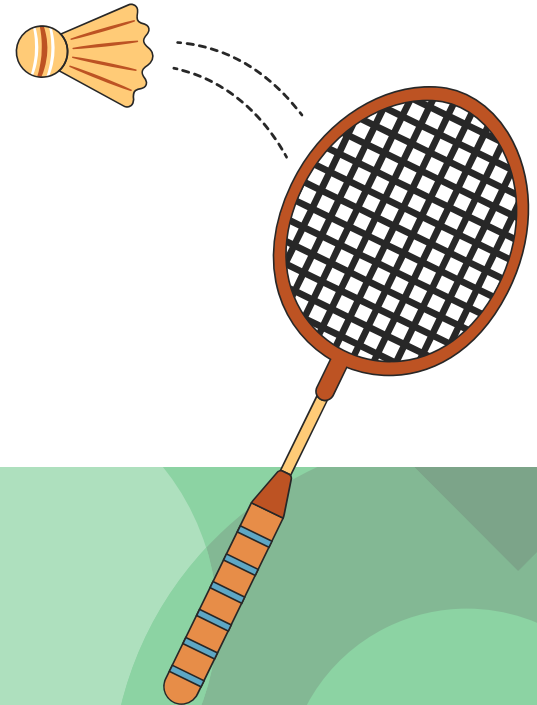
Competences DC athletes need to develop



Competences DC athletes need to develop

Based on 3247 DC athletes' answers

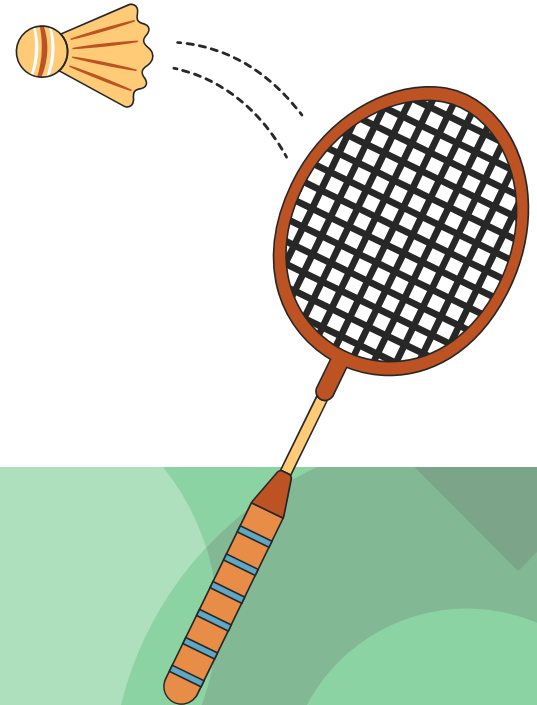
1. Ability to cope with stress in sport & study
2. Assertiveness (being self-assured & acting with confidence)
3. Ability to use your time efficiently
4. Ability to use setbacks as a positive stimulus
5. Being patient about the progression of your career



Competences DC athletes need to develop

Based on 3247 DC athletes' answers

6. Belief in your own ability to overcome challenges
7. Understanding the importance of rest and recuperation
8. Ability to focus on here and now, without being distracted
9. Perseverance during challenging times and in the face of setbacks
10. Ability to regulate emotions in different situations



03

Tips for entourage members



Tips for entourage members



Clear role

Know and communicate your role



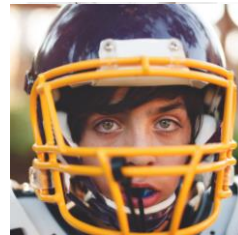
Make compromises

Be informed what a DC is & be ready to compromise



Acknowledge

Respect DC athletes' commitment & sacrifices



Be interested

Show your interest in the person behind the athlete or student

Tips for entourage members



Personalized support

Each DC athlete needs something else



Communication

Encourage & execute proactive communication



Reach out

Even if everything seems ok



Enjoy it

Have a positive attitude in your work with DC athletes

Sportlycée LUXEMBOURG



Help them to dance!

Sources

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Contact

frank.muller@sportlycee.lu
www.sportlycee.lu

