FOR EDUCATION AND TRAINING OBJECTIVE Providing a DUAL CAREER strategy to help athletes develop a balance. Accompanying athletes along the different stages in their education, **MISSION** work and personal life, and guaranteeing their continued **Psychosocial** development during and after their sporting career. Academic 35 Work **DUAL CAREER Balance** 30 Retirement Sporting Career **Professional** NDEPENDENCE development 25 **Professional Employment** TRANSITION Expertise **Family** Colleagues **Trainer Partner** Master's **Trainers** Athlete Support Service Multi-disciplinary **Team** University SAE 20 Team-mates **Students Athlete** Non-formal Support COMMITMENT education Service PERSONAL **TUTOR** TAKING **PROJECT ACTION** Athlete Support Service (SAE) 1st TRANSITION **TUTOR** LIVING AND LIVING TOGETHER Professional Colleagues **Training Trainer Parents** Spanish Residence and Baccalaureate Tutor **CAR High** Secondary **LEARNING** 15 School Development Education ACADEMIC **ATHLETIC** CAR **PSYCHOSOCIAL YEARS LEVEL LEVEL LEVEL SERVICES**

TRAINING SERVICES AREA

TUTOR

THE CAR MODEL

- Support while adapting to the CAR lifestyle
- Extra study support service in the evening
- Personalised support for Families and Trainers

CAR HIGH SCHOOL

- Guidance for Academic Itineraries
- Mentoring Programme
- Personalised support for circumstances when attendance is difficult

CATALONIAN ATHLETE (SAE) SUPPORT SERVICE

- Continuous Vocational Guidance ("EXITS" Programme)
- Developing specific and transferable skills
- Job Offers ("SECAR" Programme)
- Training, Guidance and Follow-up for Sporting Retirement