

Title: High-performance athletes dual career possibilities in Latvian higher educational institutions

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Sports: Mixed

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Main theme: Dual career support

Secondary themes: Culture

Aims: The aim of the study was to provide an overview of high-performance athlete's dual career management opportunities in Latvian higher education institutions.

Method: Participants competed for Latvian national teams and were aged between 16 and 33, and many had competed in an Olympic Games, World and European Championships. Data was collected through interviews about dual career issues, and questionnaires.

Results and Practical Implications: Results highlight how many of the young Latvian athletes are regularly competing in training camps outside of the country, they must participate in education via e-learning (online learning) and study on an individual learning plan when they are outside the educational institution. Having access to online learning was deemed an important aspect in linking high-performance sport and education, and perhaps should be a tool which is implemented amongst other dual career programmes. The study also found that as athletes got older within their dual career, financial support became increasingly important, and athletes over 20 years of age needed more organisational and psychological support within their dual career. The authors concluded that within Latvia, dual-career programmes would benefit from individuals who can help advise and organise

athletes' dual careers, similar to in other countries (e.g., United Kingdom). Finally, the athletes recognise that it is easier to achieve their goals within sport and education if the educational and sporting environments interact.

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