



Australian Government
Australian Sports Commission

ACE

ATHLETE CAREER AND EDUCATION ENHANCING YOUR SPORTING LIFE



While in the middle of my career I didn't understand the importance of balance. I wish I had, because I truly believe it would have made me a better athlete. I thought all I needed to do was swim – nothing could have been further from the truth. Hindsight is a wonderful thing.

Daniel Kowalski, former Olympic swimmer, now ACE Adviser



ACE has really provided me with an avenue to have a greater sense of balance in my life. In the end, it helps you with your sporting performance as well.

Elise Rechichi, Olympic sailor

BALANCE

Balancing or integrating your sporting goals with the other components of your life can be a challenge: dealing with family, study, work and social demands takes planning, compromise and creativity.

Research shows the same thing as the ACE network has found: athletes who achieve a sense of balance in their life also tend to perform better in training and competition.

Furthermore, athletes with interests and commitments outside of sport face less difficulty adjusting to life after sport, as they already have an alternative focus for their energy.

Having balance in your life also means you may be able to develop skills outside of your sporting experience that can be applicable to alternative careers.

Finding ways to integrate the various components in your life requires:

- identifying priorities: it is important to determine what your needs are, and from there you can develop strategies
- setting goals: goals help to establish direction, record your achievements and integrate all the things happening in your life
- good time management: effective time management should enable you to feel more balanced and perform at your best. But, before you look at how to best manage your time and gain some balance, you need to think about how your time is currently being used and how you would like it to be.

The ACE network has a team of great advisers with a history of helping athletes with lifestyle management. We work with elite athletes experiencing similar demands to you, to help find the best solutions, and can assist with all of the strategies discussed on this factsheet – so speak to them now, before the demands become overwhelming.