



Australian Government
Australian Sports Commission

ACE

ATHLETE CAREER AND EDUCATION ENHANCING YOUR SPORTING LIFE



I have always studied and worked throughout my orienteering career. However, when I returned from Sweden, I became more focused on finding a long-term 'career' job. I started focusing more on the future and my life after sport.

I talked to people, including ACE staff at the ACT Academy of Sport, about my options and tried to identify what it was I really wanted to do. I also did some work experience to get a feel for what sort of work was around.

Jo Allison, orienteering



I asked the ACE crew, 'Once the swimming is over what do I do?' They answered, 'What are your interests?' I told them and they came back to me with a list of courses I could do and that's what I've followed through.

Sam Bramham, Paralympic swimmer

CAREER PLANNING

A career is a sequence of paid and unpaid work roles, which you undertake throughout your life. Sport can be the main priority in your career now, but it is a good idea to know what other options you have and plan for the time when sport is no longer your main priority.

Age is an important factor in high performance sport and it is unlikely that you will be an elite athlete for your whole working life.

It is vital you consider what you would like to do in addition to your sport to ensure your wellbeing into the future. You might still want to be involved in sport, perhaps as a coach, physiotherapist or event coordinator.

Alternatively, there are a range of non-sport related careers that former athletes have gone into, in areas as diverse as media representation, teaching, IT consultancy, carpentry, property management and medicine. Others have managed their own businesses, from large scale media and marketing enterprises to single fishing boats.

ACE can help you manage your career goals as part of our career counselling and planning service. We can assist you to explore your options and find the best pathways to achieve your goals, in a way that suits you. This could involve:

- assessing your current skills, interests, values and abilities
- considering time available, financial commitments and goals
- gathering information about possible careers
- identifying strategies to achieve your career goals.

As you identify skills, motivators and interests, it is easy to become excited about making plans for a future that integrates a career in sport and alternative options!