

# From Athlete to Coach Education for Athletes with Foreign Background

Do you want to become a Coach after finishing your own active athletic career?  
Would you like to use your experience and knowledge of training and competing to help another athlete? How to make a transition from being an athlete into becoming a Coach?



**F**ROM ATHLETE TO COACH EDUCATION (AtoC) is designed to help former athletes to transition into coaching.

If you have been an athlete of any sport at the national or international level and are now interested in coaching, AtoC education is a perfect fit for you. The main goal of AtoC is, that after graduating from the programme, the former athlete will have a...

- Mindset and perspective of a coach through the many personal experiences as an athlete
- Foundational knowledge and skills of learning and teaching
- Understanding of the main coaching strategies, such as programming and periodization
- Knowledge of the principles of exercise physiology and biomechanics, as well as principles of mental training
- Working version of a personal coaching philosophy
- New peer network of coaches for sharing, connecting and growing together

AtoC programme consists of traditional learning (live), distance learning (online) and practical coaching experiences. The 6-month intensive program prepares the participants for transitioning into a coaching career.

## From Athlete to Coach -education programme launches in April 2019

### On-site learning 8.–10.4.2019

1. Introduction
2. From Athlete to Coach – examining the career of an athlete from a new perspective; the mindset of a coach
3. The concept of learning and teaching
4. The theory and practice of coaching

### On-site learning 3.–5.6.2019

1. Cornerstones of coaching
2. Athletic development and physical preparation
3. Teaching motor and sport skills

### On-site learning 26.–28.8.2019

1. Coaching philosophy and communication skills
2. Coach evaluation and assessment

### On-site learning 30.10.–1.11.2019

1. The graduation seminar: Presenting the dissertations

AtoC programme is highly subsidised and therefore participation fee is only 200 euros. The price covers all the instruction, material and the digital learning platform for the 6-month period as well as the accommodation with meals during the on-site learning at Varala Sports Institute, Tampere, Finland.

Personalisation of the education will be done to serve participants' for their further educational needs.

**Applications must be delivered by 28.2.2019.**

[www.suomenvalmentajat.fi](http://www.suomenvalmentajat.fi)

You can get more information from Mr. Erik Piispa, Director of Education at Suomen Valmentajat Ry, [erik.piispa@suomenvalmentajat.fi](mailto:erik.piispa@suomenvalmentajat.fi), Phone 045 638 4772



## AtoC Education for Athletes with Foreign Background

**F**ROM ATHLETE TO COACH PROGRAMME FOR ATHLETES WITH FOREIGN BACKGROUND will be piloted as a part of the equality campaign by the Finnish Coaches Association.

Foreign athletes are an integral part of Finnish Sports and many will also live in Finland after their athletic careers are over. Some of the athletes come to Finland because of their sports and some might come as immigrants and become athletes while living in Finland. Their experience and knowledge within the sport could turn into a career as a coach for those who aspire to continue in the world of sports.

The sport system in Finland is based largely on volunteer coaching and becoming a professional coach is challenging. From Athlete to Coach -education program is designed to make the transition to coaching easier.

In addition to the educational coaching content, the programme introduces fundamentals of the Finnish language as it relates to coaching athletes. AtoC programme also gives insight to the Finnish sport system and the culture within. Working languages during the education are Finnish and English. Language support for other languages is available, if needed.

Virginie De Carne is eager to take part in AtoC Education for Athletes with Foreign Background.



Askar Sarsenbayev took part in the regular AtoC in 2012–2013.



This pilot programme is expecting between 16 and 20 participants and it will determine the need for the future programs. The Finnish Coaches Association is an active collaborator in the Finnish sport arena and shares the gained experiences with other actors in the field through multi-channel communication. The AtoC participant experiences will become a valuable source of information and insight about the association and the Finnish sport in general.

Some individuals with foreign background have participated in the regular AtoC programmes in the past and have suggested starting one specifically from the perspective of a foreigner or an immigrant. The education will be customized according to the needs of group and built based on the feedback from the participants.

From Athlete to Coach education for athletes with foreign background supports and promotes gender equality and thus invites both men and women to apply.



[varala.fi](http://varala.fi)

*The AtoC programme will be facilitated together with Varala Sports Institute, Tampere.*



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