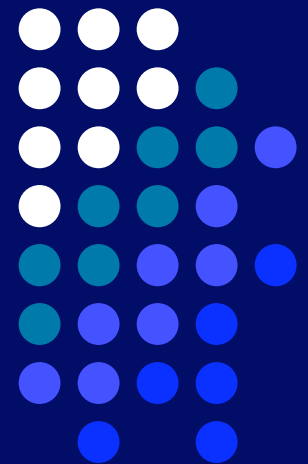
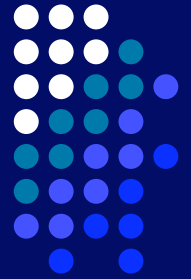


Athletic Transferable Skills

Presented to Grandview Heights
Christopher Stankovich, Ph.D.
www.drstankovich.com

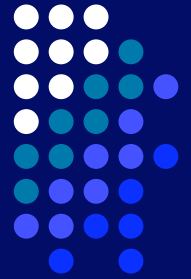




Tonight's Agenda

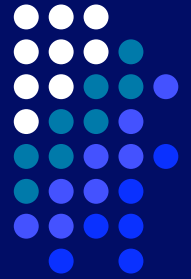
- Discuss the origin and history of why athletic transferable skills (ATS) came about
- Examine the realities of playing college and professional sports
- Identify a selection of some of the most invaluable ATS and process their applications
- Discuss the relevance toward sport retirement transitions, as well as self-confidence development

The *Serendipitous* Discovery of Athletic Transferable Skills

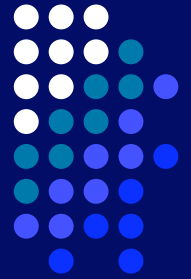


- Original work with student athletes at OSU
- Discovery of lack of preparation for a future without sports
- Additional discovery of related concerns, including little work to no work experience, poor future planning, and lack of self-confidence
- In our attempts to address these concerns – and broaden the athletic identity – we came to realize athletic transferable skills and their remarkable value!

Why this is Important to High School Student Athletes

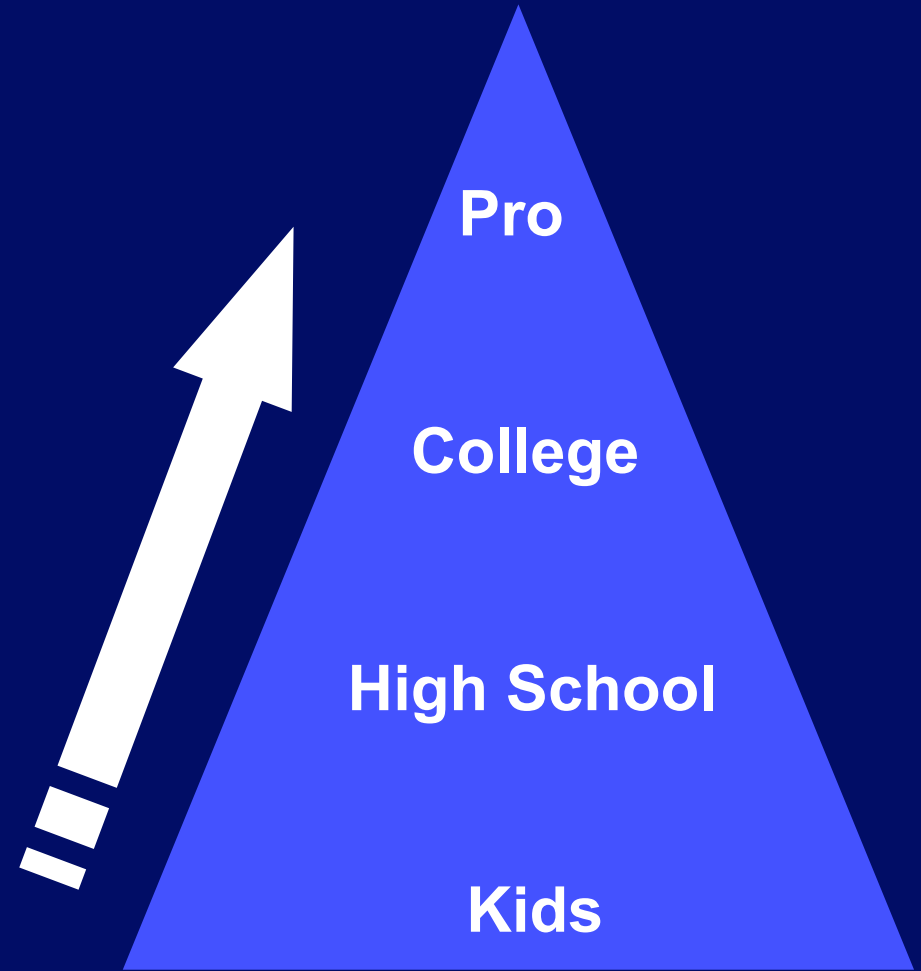


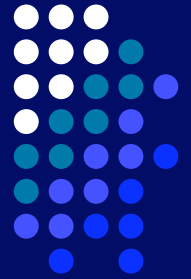
- The same issues once only seen at the college level have trickled down to younger athletes (i.e. lack of preparation to transition from sports, exclusive athletic identity, self-confidence issues, etc).
- ATS are important skills to use even if the sport retirement transition is planned for and of no negative consequence
- ATS are *life skills*, and really good ones at that!
- Have you mastered life skills yet??



The Realities

- Over 30 million kids play sports each year
- About 5-7% play in college (but not all are on FR scholarships)
- Only about 1.5% of all college student athletes play professional sports

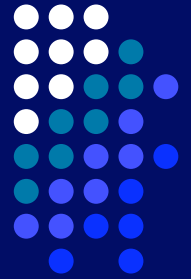




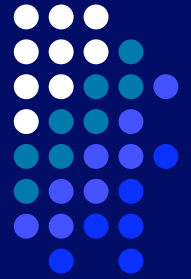
Athletic Transferable Skills

- Setting & achieving goals
- Communicating effectively with fellow teammates and coaches
- Resolving conflicts
- Being both a spontaneous & systematic decision maker
- Being responsible for unique rules and guidelines
- Focusing under pressure
- Rebounding from adversity, including playing time concerns and even cuts
- Developing into a team leader
- Time management skills
- Dedication
- Other????

These are *NOT* Skills that are Developed by all Students!



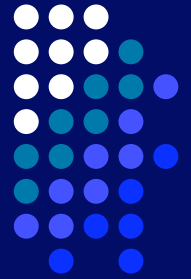
- Not all students learn these skills through the “normal” curriculum at most schools
- Most student athletes tend to overlook ATS, or they never acknowledge them in the first place!
- By identifying and using ATS student athletes are far less likely to experience distress from sport retirement, and at the same time are more likely to develop the needed self-confidence to succeed in academics, career, and life



Homework

- Brainstorm all your athletic transferable skills and write them down
- Examine the unique and varied ways you can use athletic transferable skills in *all* areas of your life
- When the day comes where you will no longer be able to compete in athletics, think of ways you can use athletic transferable skills to help you cope
- If you have a teammate struggling with any of the issues we have discussed tonight, help him/her identify and use athletic transferable skills!

Dr. Christopher Stankovich



Dr. Stankovich received his Ph.D. in Clinical Counseling from The Ohio State University and is the founder of Advanced Human Performance Systems, a counseling center in Columbus, Ohio, that offers performance-enhancement assistance to athletes and coaches, as well as various non-sport groups, including physicians, attorneys, business people, and educators. In addition to his private practice, he is a former Visiting Professor of Psychology at Kenyon College where he taught Clinical and Sport Psychology. He has also taught at Otterbein, Capital, Wittenberg, and The Ohio State University.

Dr. Stankovich is the co-author of 2 books (“The Parents Playbook” and “Positive Transitions for Student Athletes”) and has been published in several scholarly journals. He is recognized throughout Ohio as “The Sports Doc” for his regular featured television segment on Ohio News Network (ONN), and his featured column in Columbus Parent magazine. Additionally, he has worked previously as a featured columnist for Business First newspapers. He is regularly featured in USA Today, Washington Post, The American Psychological Monitor, San Francisco Chronicle, NY Post, ESPN, ABC World News, and Fox National Sports Radio. For more information about Dr. Stankovich’s counseling and performance consulting please visit www.drstankovich.com, or call 614-561-4482