



SPORT DIAGNOSTIC CENTER SABAC – BEST PRACTISE PROPOSAL

SDCS has never been directly involved in the organization of sport training process, but SDCS members (researchers and innovators) has rich experience and education about sport training.

So in this document we will not present our best practise, because we do not have it, but we will give guides how to enrich partner proposals and make unique approach for sport dropout prevention.

Our proposal is highly compatible with best practise proposals from BFU, CGFS and CBG and in the natural way upgrade proposed actions and filling missed gaps.

In the proposal of best practise of BFU there are 4 reasons and under reason no.1 and no.4 it is mentioned need for sport psychologist. In the best practise model from CGFS, which is well developed, there are many non standardized actions that are taken on the account and personal opinion of the coach (selection system, communication and identification). CBG mentioned emotional coach, so there are points where SDCS can help and support in order to develop proposed best practices.

Our proposal is to use all 3 proposed best practices, mix them and take the best in standardized system, also we should be open to observe other best practices in Europe and take the best parts from their procedures and incorporate them in our prevention system.

We think that prevention system should have the following phases and standardized procedures: identification, selection and action.

Identification system should be standardized with instruments that has scales for assessment, on our opinion psychological characteristics of the athletes, especially of resilience and perfectionism, rather than motivation, as one of the main conditions for sport dropout. Following instruments can be used for assessment of resilience: The student resilience survey: psychometric validation and associations with mental health, Suzet Tanya Lereya and The CYRM-12: A Brief Measure of Resilience, Michael Ungar while perfectionism can be assessed by Almost perfect scale, Robert B. Slaney. We believe that resilience is the most crucial one to be measured.

In selection process we should include measuring of relations between athlete, parent and coach that we can do with validated scales. Parental involvement and athletes' career in youth sport, S. Wuerth is scale where we can measure relation between parent and athlete and The Coach–Athlete Relationship Questionnaire (CART-Q) development and initial validation, Sophia Jowett which measure relation between athlete and coach. In this way we can correlate relations between athlete, parent and coach with aspects of resilience.

Action phase is to be discussed and developed on our opinion on the base of CGFS model in discussion with BFU, CBG and other best practices in Europe. SDCS will explore more deeply about past and current projects in Europe about sport dropout in the following weeks in order to collect data that can help us develop action phase.

Measuring instruments, scales and research component will be presented more detailed.

Developed with the **best partners**

