



Elite sport

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Sport provides a forum to learn skills such as discipline, confidence and leadership and it teaches core principles such as tolerance, cooperation and respect.

Sport teaches the value of effort and how to manage victory, as well as defeat.



Elite sports and education

The decision should be made, how to combine it????

Elite sport and career

Opportunities and threats

IT IS EASY TO COMBINE IT????



In the modern society

Elite sport should have focus not only on the performance and not only on technical sport skills, but the main focus should be on the development of the individual personality.



That why Elite sport is and should be an School for life

ITS THAT TRUE IN REALITY????

Sport is an ideal school for life.

The life skills learned through sport are fundamental to the development of the personality like



- Cooperation → fair play
- Communication → sharing
- Respect for rules → self –esteem
- Problem solving → trust
- Understanding → honesty
- Connect with others → self respect
- Leadership → tolerance
- respect for others → resilience
- Value of effort → team work
- How to win → discipline
- How to lose → confidence
- How to manage → competitions



Elite sport and family

The skills and values what we learn throught elite sports are excelent background for the self development in the family

**But there are
Positive aspects and dificulties, priorities and
Weakneses as well**



ELITE SPORT LEARNS TO EVERYONE:

- **LEARN TO BE**
- **LEARN TO KNOW**
- **LEARN TO DO**
- **LEARN TO LIFE TOGETHER**



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