

Nordic-Baltic Sustainable Approach Coaching Youth for Elite

(presentation of project)

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GENERAL DESCRIPTION OF THE PROJECT

The main idea of the project is the continued development of the Nordic-Baltic Coach training network, which was established in 2009 and has been expanded via two key projects “NB Coach Training Network” and “Coaching through Generations”. Focus will be on Sports Coaching in youth, who are seeking to become elite sportsmen and emphases will be put on exercise training - including effective approaches to a sound development of the athlete. Exercise training is understood as a tool to reach sports results, to participate at all levels of competitions, and to be a high level sportsman. The aim is to develop talented youngsters and youth as well as optimize the quality of daily training, with the aim to equip individuals with the physiological and psychosocial skills allowing them to successfully make the transitions that are inherent in a sport career. The task for the coach is to prepare the person to an optimal sports career without damaging his or her overall quality of life, especially health, and rounded personal development. Sports federations and associations are of great help to develop up-to-date study programmes for future coaches. Cooperation between universities and sports confederations will help reaching better results in developing study programs, optimizing the education of young coaches, and enhancing the competences of all actors within the project. Adopting a sustainable perspective will inspire coaches, sports organizations and sports psychology practitioners to look beyond the individual athlete and focus on the developing and maintaining environments that underpin athlete’s development.

There are many prerequisites to be a successful sportsman, but it’s essential to develop age related skills youngsters and youth, to be trained by coaches, who are familiar with human physiology, psychology, nutrition and with an up-to-date coaching methodology based on the newest research results.

THE PURPOSE

The purpose is to strengthen the network of Nordic-Baltic Coach Training and to continue developing a study program of “Sports Coaching” with the emphases on exercise training that takes all aspects of sportsman’s development: the psycho-social environment, motivation, nutrition, management, and different coaching philosophies. The project seeks to change the philosophy of the study programme by implementing new sustainable approach: moving from practice based, sport result orientated studies towards up-to-date research based and promoting overall wellbeing in the process of sport performance enhancement studies

Diana Rėklaitienė:

In 1995 she acquired a Bachelor of Physiotherapy at the Lithuanian Academy of Physical Education (now - Lithuanian Sports University, LSU).

In 1997 she gained a Physical Therapy Master's degree.

In 2003 she defended her social sciences (education) doctoral thesis at the Joint Lithuanian Academy of Physical Education (now - Lithuanian Sports University, LSU) and Vilnius Pedagogical University (now - Lithuanian University of Educational Sciences, LEU) doctoral studies.

Since 1997 she worked as an Assistant and a Lecturer in the Lithuanian Academy of Physical Education (now - Lithuanian Sports University, LSU).

Since 2009 she is an Associate Professor at LSU Applied Physical Activities Department.

During 2009-2011 she worked as a Head of the Recreation, Tourism and Sport Management department, Lithuanian Academy of Physical Education (now - Lithuanian Sports University, LSU).

Currently she is a Head of Coaching Science Department at LSU.

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