



PROGRAMMA CIO PER GLI ATLETI IN CARRIERA

Si pubblica qui di seguito la Circolare FIG riguardante il programma CIO per atleti d'elite, denominato “ ***IOC Athletes'career programme***”

Tale programma è nato con l'obiettivo di fornire, agli atleti di alto livello di tutto il mondo, quegli strumenti utili sia durante la loro carriera e vita agonistica che per un eventuale inserimento nel mondo del lavoro al termine della carriera sportiva.

Il programma si articola fundamentalmente su tre punti :

Educazione: es. come gestire con successo attività sportiva e studio

Abilità: es. informazioni generali circa la salute, l'igiene alimentare, il rapporto con i media ecc.

Lavoro: es. cosa fare al termine dell'attività sportiva, come inserirsi nel mondo del lavoro ecc.

Digitando <http://www.olympic.org/en/content/Olympic-Athletes/Elite-Athletes/> sarà possibile consultare più approfonditamente il programma suddetto



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To the attention of

- the FIG affiliated and associated Federations;
- the FIG Authorities;
- the FIG Technical Committees;
- the FIG Athletes' Commission.

Lausanne (SUI) FIG Office, February 17, 2010. phs

Dear All,

We are pleased to inform you that the IOC has launched the new [IOC Athletes' care programme](#) section of the IOC website.

This programme consists of practical information, tips and support which any athlete can access.

To ensure you are doing everything possible to perform at your best when it counts, the IOC Athlete Career Programme provides guidance and the necessary tools to help you successfully manage training, competition as well as the challenges and opportunities day-to-day life as an elite athlete. It focuses on three fields:

- Education
- Life Skills
- Employment

It has been designed with you in mind, based on advice from elite athletes, coaches, NOCs and experts from around the world.

The programme is developed and delivered by the Olympic Movement, including National Olympic Committees, International Federations and National Federations.

Kind regards.

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE
Philippe J. Silacci, *Media Operations Officer*.



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For more information, visit the official FIG <http://www.fig-gymnastics.com/>

