

Retirement Considerations

Timing



Deciding when to retire from competition is a critical aspect of the transition. It's important to listen to your body and assess your physical and mental readiness for retirement. Consider your age, injury history, demands of your discipline and your personal goals.

Financial Planning



Athletes often have unique financial considerations, which can include endorsement deals, retirement funds, and post-retirement income sources. Consult with financial advisors to help you make informed decisions about your finances.

Career Transition



It's beneficial to start thinking about what you want to do after retiring from competition whilst you are still actively competing. Identify your skills, interests, and potential career paths and be open to working on both. You might want to stay actively engaged in Athletics, and there are many avenues to do this. Retiring from competition doesn't mean retiring from the sport.

Social Support



Surround yourself with a strong support network. Family, friends, teammates, and mentors can provide emotional support during this transition. Your connections through your time in sport can continue to be wonderful connections outside the competition arena.

Mental & Physical Health



The transition away from competition can be emotionally challenging. Seek support from sports psychologists or counsellors to help you cope with the emotional aspects of transitioning from competition life. Consider your long-term physical health. Work with medical professionals to address any lingering injuries or health concerns and develop a plan for maintaining a healthy lifestyle post-retirement.

Communication



Keep open lines of communication with coaches, teammates, and support staff throughout the transition process. They can provide valuable insights and support. There are Alumni opportunities both socially and professionally. Once a part of the Australian Athletics family always a member of the AA Team.

Identity, Purpose and New Goals



Athletes often derive a significant part of their identity and purpose from their sport. It's essential to find new sources of identity and purpose before retirement, such as hobbies, volunteer work, or other passions. Establish new goals and objectives. These goals can help provide direction and motivation during the transition period. And remember, all the personal traits that brought you to the high performance environment are traits that can transfer into outstanding and fulfilling careers and pathways.

Retiring from competition can be challenging. Take your time to assess your options, seek guidance from experts and lean on your support network as you navigate the important life change.