



Active for Life Stage

The age of transition from competitive sport to lifelong physical activity.

Objective: A smooth transition from an athletes competitive carer to lifelong physical activity and participation in sport.

Basketball programs need to ensure:

- Move from one sport to another. For example the 16-year old basketball player becomes a rower or the 12 year old gymnast becomes a basketball player;
- Move from one aspect of the basketball to another. For example assisting athletes with a disability in order that they may enjoy the game;
- Move from competitive basketball to recreational activities such as hiking and cycling;
- Move from competitive basketball to volunteering as a coach, official or administrator;
- Upon retiring from competitive basketball, move to sport-related careers such as coaching, officiating, sport administration, small business enterprises or media;
- Move from highly competitive basketball to lifetime competitive basketball through age group competitions such as Master's Games.

A positive experience in sport is key to retaining athletes after they leave the competitive stream.

Basketball must make the shift from cutting athletes to re-directing them to sports where they are pre-disposed to train and perform well.

THIS MAY OCCUR AT ANY AGE

