

PRESS RELEASE

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Practical Recommendations to Support Young Athletes

TALENT Project Publishes Tailored Guidance for Key Stakeholders

As part of the Erasmus+ Sport project *TALENT*, the project consortium has released a set of five concise, user-friendly booklets offering practical recommendations for coaches, parents, teachers, sports clubs, and decision makers involved in the development of talented children in sport.

Supporting Holistic Athlete Development

Each booklet delivers tailored, evidence-based guidance designed to support the identification, development, and well-being of young athletes. Topics include managing dual careers, ensuring academic balance, promoting emotional health, and fostering collaboration among families, schools, and sports environments to reduce dropout rates and support long-term success.

Key Topics Include:

- Supporting dual-career pathways through flexible training and education;
- Promoting effective communication and cooperation between parents, teachers, and coaches;
- Early talent identification and inclusive coaching strategies;
- Policy-level recommendations for sustainable support systems;
- Creating safe, motivational environments for all children, regardless of background or ability.



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Access and Availability:

The recommendation booklets are available in English and partner languages and can be downloaded freely from the official TALENT platform:

<https://talent-edu.eu>



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