

Preparing for the Inevitable Transition

AthLife Fundamental

There are two guarantees in life for everyone, death and taxes, but for athletes, there is one more, sports retirement. Unfortunately, as soon as athletes start their careers, there is a slow and strenuous decline. Athletes' bodies will communicate the struggles after each excruciating season, eventually leaving hints to the impending end of their athletic career. Though it can be a depressing cycle, there are steps one can take to prepare and make the transition into life beyond sports tolerable.

Furthering Education

Whether you did not complete your degree, or it's been several years since receiving formal education, it is imperative to continue learning and expanding your knowledge. Being financially educated is essential and of the utmost importance. Additionally, understanding what your financial advisors, investors, and attorneys are doing with your finances is critical to preparing for a post-athletic career.

Furthering your education can also create opportunities in career paths that you may not have thought possible. Whatever your previous degree or education may be, that does not limit what you can achieve. Continuing your education in the off-season is a great way to get a jump start to prepare for life after sports.

Networking and Building Connections

Most professional athletes' salaries are reasonable, with opportunities to grow income outside of sports. Utilizing the connections around you to find partners with similar interests may be a great way to propel that transition outside your sport. Building relationships with your teammates and finding common interests to invest in can not only help bring income while playing but once retirement hits, that income will still be there and help slow the depletion of income received from playing professionally.

Many athletes have the opportunity to meet individuals in a wide variety of career fields. Reaching out to those connections periodically may open a door post-athletically for a job or investment opportunity. LinkedIn is a great way to connect with people on different paths and grow professional relationships.

Internships & Externships

One of the easiest ways to discover if a potential career is for you is to volunteer for an internship during the off-season. Throughout the time of that experience, you can actively learn about the day-to-day life of the job at hand. Doing this will quickly reveal whether that path is the right fit for you or not. Receiving an internship can be as simple as emailing the program organizer, manager, or advisor. Another way into this opportunity is to speak with your Player Director (professional) or advisor (collegiate) to connect you with potential prospects.