



Working actions factor Time / Goal Balance

Actions for coaches/trainers

- Help and support youngsters to learn how to organize their time and be more efficient.
- Inform youngsters on the possibilities to combine sport with school and/or work.
- Passion for sport could teach youngsters to be time-efficient. Make them passionate!
- Sport activities schedule should be arranged as flexible as possible and in accordance with the school program. Whenever possible, articulate class schedules and disciplines evaluation with schools.

Actions for clubs

- Organize sport classes (directly) after school (end of the midday). Followed by dinner and homework session or social work. Therefore, youngsters are not going home after sport, with the risk that they don't return. Also, eating and homework are to be done anyway.
- Implicate parents in collective/ shared transportation if the travel distance between school and sport facility is important.
- Offer homework classes and support at the sport club if practice does not ideally fit the school schedule.
- Create extra-classes and opportunities to teach youngsters and parents time management.
- Open a club facility in the school neighbourhood to decrease the parents and youngsters travel distance.
- Find technical solutions to organise matches in order to limit the amount of travelling.