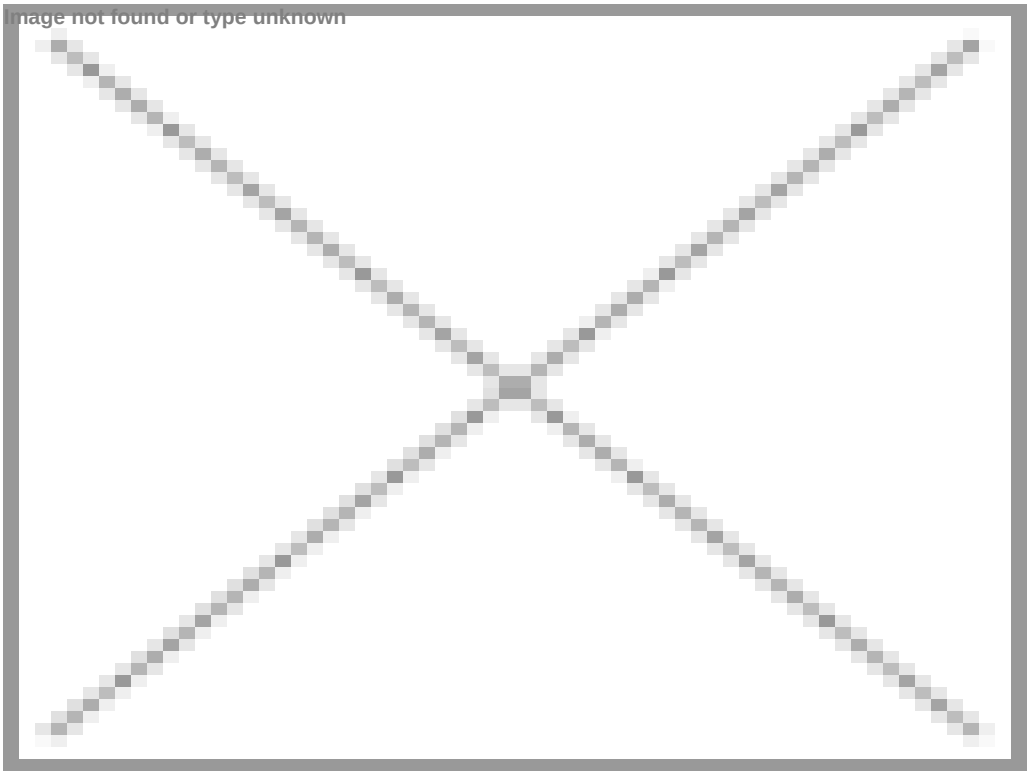
02 NOV 2022

ATHLETES INVITED TO REGISTER AS UIPM LAUNCHES ATHLETE CENTRED PROGRAMME (ACP)



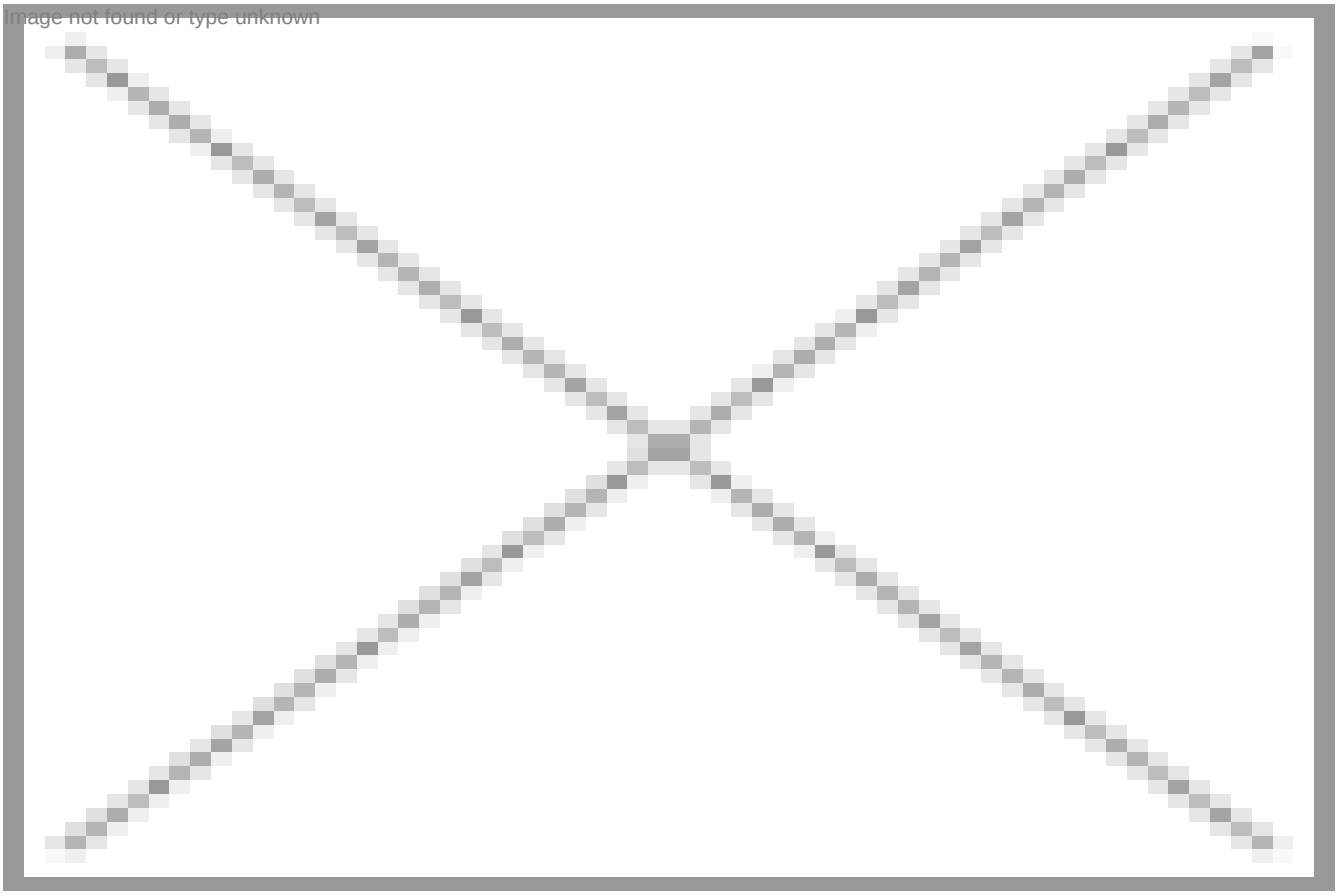
UIPM's digital educational ecosystem is complete with today's launch of the Athletes Centred Programme (ACP).

The goal of the latest addition to UIPM's online platform is to support the global UIPM Sports athlete community and provide them with a space where all athlete-related resources and opportunities can be easily found. Athletes who register will find informative and engaging content on the platform.

Athletes are now invited to register for the ACP, which sits alongside the Coaches Certification Programme (CCP) and Judges Certification Programme (JCP) and is based on the following pillars:

1. **Athletes Zone**, with fresh information about athletes of the past, athlete of the year awards and athlete success stories away from the field of play.
2. **Educational** and **career** opportunities.

3. Resources to support athletes with dual careers including **downloadable tools** created specifically for pentathletes, like planners, checklists and cheat sheets and guidelines.
4. A fun **quiz** to test Modern Pentathlon knowledge.
5. Pentathlete-tailored educational series of **videos** and **courses**.
6. Athletes' essentials and **pathways** for athletes to become **coaches** and **judges**.



UIPM downloadable digital tools to help athletes to balance training and non-training routines are included:

- Day Balance Sheet
- ?Weekly Training Planner for Pentathletes
- Pentathlon Bag Checklist
- My Year Review
- Values Checklist
- 100 Goals for Success
- Daily Self-Reflection Tool
- Soft and Hard Skills Review
- Mid-year Pentathlon Performance Review

By the end of 2022, Pentathlete CV Templates and Guidelines for CV Writing will be added to the athlete library. All materials are available in (.doc) and (.pdf) formats that athletes can use digitally as well as print and added to a notepad or sports diary.

A video series **‘After the finish line: Planning ahead with Pentathlon’**, consisting of eight initial episodes, features former pentathletes who continue to serve Modern Pentathlon at international and national levels: coaches, judges and officials.

Each episode charts the career path taken in professional sport by different interviewees. Every Thursday a new video will be available at the platform. An interactive quiz after each episode helps

athletes to check their knowledge and gain UIPM badges. This series kickstarts a new era of UIPM original courses and webinars for athletes.

The platform's **Opportunities section** offers athletes scholarships, internships, educational programmes, courses and sessions as well as other activities from UIPM and partners, the IOC and Athlete365 Career+, World Olympians Association (WOA) and other Olympic and international sport organizations.

The ACP platform and all resources are free of charge. Registration is simple and, like the Judges and Coaches areas, is available on https://edu.uipmworld.org. The ACP section will appear automatically for athletes who already have a Coach or Judge account on the educational platform.

Through the ACP, UIPM maintains its commitment to athletes by creating and developing valuable and effective content and programmes and always listening to athletes' suggestions to make them ever more pentathlete-tailored.

UIPM Athletes Committee Chair, Yasser Hefny OLY, said: "I encourage all our athletes to register on the Athletes Centred Platform, an essential tool to enable them to discover educational opportunities and make the best out of the templates and models created to help them manage their academic careers besides doing the sport they love."

UIPM Athletes Committee Member, Natalya Coyle OLY, added: "The Athlete Centred Platform is a brilliant initiative. I know that, at the beginning of my career, I needed help planning, organising and understanding the balancing act that is the Modern Pentathlon. For those at the end of their athletic career, getting advice on CVs and the next steps is a welcome resource. I'm delighted there is something available for all levels of athletes."

Any member of the community who has suggestions, ideas or recommendations for ACP development is welcome to contact the UIPM Project Manager at projects@pentathlon.org.