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SNAPSHOT

ANNETTE HUYGENS-THOLEN 44 // AUTHOR AND PERFORMANCE COACH

This is one of my favourite photos from when I was on the Australian beach volleyball tour. It was taken in Geelong, during the 2001-02 season. I played beach volley professionally for 16 years – I also worked part-time as a physio, but in the years leading up to the 2000 Olympics, when I represented Australia, the beach was my office.

I first retired after the Olympics, but I kept going back to the sport because I loved it and identified with it. It was where I got to win and achieve. I tried to retire three times.

Finally, in 2007, I left the sport for the right reasons. I went to some personal development seminars and studied neuro-linguistic programming, and my mission was to help athletes create success on court. But I soon realised that where they need help most is off the court.

The transition from professional sport to real life is tough. Athletes often feel they've achieved their dreams, so they lack clear goals. They feel a lack of significance too. There's no "You're awesome" anymore.

I wrote my book because athletes are suffering quietly, too proud to admit they have a problem. I want to tell them, before they retire, that they need to think about their life as community members beyond their sporting prowess.

JANE SCOTT

SUCCESS BEYOND SPORT (Love Your Life Publishing, \$24.50) is available from www.successbeyondsport.com

