**Retired Olympic Athlete**

Off my hats to the retired Olympic athlete. I once saw a newspaper about a Chinese Olympic athlete holding his saga of Olympic gold medals on the street complaining about his future and being ignore by the Chinese sports association and worrying about his living. Is it the faith of most athletes? We all have limits? Young till old and die, I assume this is the same as athletes, athletes’ career has even more short life span. World top class athletes seems not the problem like footballer Messi. However, this seems most the faith of most of the athletes who runs the quarter finals at the Olympic, who is not renowned or even never heard of his name. Is there a turnaround for this situation? For providing solutions, we first need to know how an Olympic athlete is being selected and trained. In Hong Kong top class athlete is usually selected before their teenage, some even smaller. Usually, this kind of athlete is being recommended by their school they study. Once selected, they will join the Hong Kong team, the team that represents Hong Kong. Apart from studying at school, they usually start a series of training, usually is after school, or even weekend and even on public holidays. I even heard some even drop off from the school to become a full-time athlete. As you can see theses seems causes a great impact on their studies. In order to chase back the knowledge, they missed, most of the retired Olympic athlete go back to college but not during the earlies but during their middle age. The lucky ones will be called by the government to act as a coach, others seem need to sort their own path. Some even don’t choose to go back to college and starts to create its own business. Is there a way to solve this issue? To solve this issue, first we need to know how an athlete is trained. Training an Olympic Style athlete is not a sport teacher training at school. No joke! They are trained by the most superior world class coach, this kind of coach not only knowledge but even has a high academic qualification. They have a systematic way and theories to back up. They usually have joint network with the world class universities, so that’s why Olympic athletes always break world records. Not only training, nutrients is another issue. Those athletes have tailor made diet plan. Usually, these kind of intense training causes injuries, those athletes have their own physiotherapist following them, even I have heard they follow them even they have contests. It is a retired athlete become useless. Not quite! This kind of world class athlete compare ordinary sport lovers, receive much more knowledge, diets, sporting rules, training methods and accurate sport movement, they even have better attitude, because that is how they need to obey and listen to the coach. How to survive is based on how the athlete absorb the knowledge during their sporting career, and that is the difference between top class and ordinary athletes. I propose retired Olympic style athletes can act as a personal trainer during their career path. I mean personal trainer not a one person to 20 students school style training. Your income is base on your previous results and popularity. How much this kind of Olympic style costs for one-to-two-hour training. If I act as a parent or myself, ordinary athlete I am willing to pay for $1,500 to $2500 Hong Kong dollars for one hour training. If you want top class athlete $3,000 to $4,500 for one hour will definitely be a choice. If an ordinary Olympic athlete has 2 students for a day, that’s has $3000 to $4000 per day. If working hard, I assume 20 days, that is around $80,000, not bad! But charging this amount, I assume is a no play show. I hope not only training but even knowledge that you learnt during your athlete career.