



Category: Identification & Nurturing the Talent



ROLE, RESPONSIBILITIES AND STRATEGIES TO NURTURE WORLD CLASS ATHLETES

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INTRODUCTION

Performance of an athlete in top-sport depends on the athlete's technical, tactical, physiological, and psychological/social characteristics these elements are closely linked to each other, e.g., the technical quality of an athlete may not be utilized if the athlete's tactical knowledge is low. The physical demands in a sport are related to the activities of the athlete. In some sports, continuous exercise is performed with either a very high (e.g., 400-m run) or moderate intensity (e.g., marathon run) during the entire event. In other sports, like soccer and basketball, athletes perform different types of exercise ranging from standing still to maximal running with varying intensity. Under optimal conditions, the demands in sport are closely related to the athlete's physical capacity, which can be divided into the following categories: (i) the ability to perform prolonged exercise (endurance); (ii) the ability to exercise at high intensity; (iii) the ability to sprint; and (iv) the ability to develop a high power output (force) in single actions during competition such as kicking in soccer and jumping in basketball. The performance within these categories is based on the characteristics of the respiratory and cardiovascular system as well as the muscles, combined with the interplay of the nervous system. The muscular system is constituted by a multitude of components, which have important influence on the mechanical and metabolic behavior of the muscle. Muscle morphology and architecture, and myosin is form composition play a major role in the contractile strength characteristics of the muscle evaluated as maximal isometric, concentric, and eccentric contraction force, maximal rate of force development, and power generation. Glycolytic muscle enzyme levels and ionic transport systems are major determinants of anaerobic muscle performance, both when expressed as anaerobic power and capacity. Likewise, mitochondrial enzyme levels and capillary density exert a strong influence on aerobic muscle performance in turn affecting the force development and the maximal power output of human skeletal muscle, while also influencing the endurance performance of the muscle fibers. The respiratory, cardiovascular, and muscle characteristics are determined by genetic factors but they can also be developed by training.

Sports excellence is known as a top class performance in sports competitions. It is achieved through high level of commitment, resources and expertise. The concept of modern competitive sports stresses on winning philosophy because victory in sports has fueled a feeling of pride among nations [2]. Every institution whether School or College, University or Club, State or Country wants to finish on top in sports. Globally, quality coaching and application of scientific principles based on latest research with blend of sports technology are considered as an important engine room for sports excellence. Canadian sports excellence is a world class athletic achievement as a product of quality high performance development systems and programs. Nowadays Sports excellence programmes are adopted to produce the top level athlete and win the medals at international levels. Sport excellence is acting as a road map to long term achievements. A world wide national institution of sports, sports excellence centers and high performance centers are practiced to achieve and establish the excellence in sports. In these centers, the basic methodology



such as selection of talent, and its long term development supported by scientific and authenticated research and latest technology are adopted for grass roots to elite performance levels.

PILLARS OF SPORTS EXCELLENCES

The sports excellence programmes are designed for talented players who have performed advanced ability in particular event or game. The physical educationists, sports scientists, coaches and managers of national and international repute have emphasized that the top class sports performance depends on various factors i.e. genetically endowments, physical fitness capacity, application of proper technique, and tactical ability, strategy of competitions and psychological approach of players related to training and competition. These factors are achieved through multidimensional approach which is adopted for sports excellence by leading countries of sports. Here an attempt has been made to enlist the basic and important factors which are considered as integral part of sports excellence programmes throughout the world.

1. TALENT IDENTIFICATION AND SELECTION

Talent Detection

Discovery of potential performers who are not currently involved in the sport in question

Talent Identification

Recognizing current participants with the potential it become elite: performers. Predicting, performance. Over various periods of time by ;measuring physical, physiological, psychological and sociological attributes

Talent Development

Providing athletes with a suitable learning environment so that talent cans be realised.

Talent Selection

Ongoing process of identifying at various stages individuals who demonstrate prerequisite levels of performance.

In sports, it is the first duty of coaches, managers and authorities to identify and select the talent at proper age., most athletes started competitive sports while at school; generally this was between the ages of six and twelve at the average starting age being at around nine. Excellence in sports is always promoted in scientific and well-coordinated manner, which comprises of spotting and nurturing talent at the right age. So it is our primary duty to select the talented players in right age as per the demand of concerned event or game.

2. QUALITY COACHING AND COMPETITION EXPOSURE

The provision of high quality training and coaching is required at elite performance level. Sports training and coaching always plays a vital role for achieving the excellence in sports. sports training aims at improving sports performance up to maximum level. Total time and duration of training sessions, total sessions in a day and week, preparatory period, competition period and yearly training cycle should be in adherence to the principles of sports training. Stressed that, knowledgeable coaches constantly assemble mental models that enable them to meet their athletics needs and to effectively manage the central duties of organization, training and competition. The exposure of quality competition at national and international levels also boosts and polishes the competitive skill of players.

3. STANDARDIZED INFRASTRUCTURE AND SUPPORTIVE AIDS

The availability of standardized infrastructure or outdoors fields (synthetic surfaces, Indoor halls, conditioning centres and game related equipment etc.) plays a significant role during training and competitions. Rapid changes in the shape of field and equipments directly effect the performance of players.



Latest infrastructure, therefore be introduced at grass root level for better understanding and development of players. Supportive aids like computer, Iso-kinetic apparatus and video analysis systems should be available for the preparation of players from early stages for better preparation and understanding.

4. SCIENTIFIC BACK UP

In 20th century, the role of sports sciences gained attention of sports scholars for improving performance of sports persons in different parts of the world. young athletes in U.S.S.R are screened for their physical and psychological aptitude for sports. Sports excellence is almost impossible without a scientific temper. stressed that sports science is regarded an essential at gradients of high performance programmes and scientists from each subjects, were employed to assist coaches develop their athletes. emphasized that, exercise physiology, sports biomechanics and sports psychology are critical enhancement sports sciences. Sports sciences hold vital position in designing all types of sports syllabus and planning for elite performance here, important sports sciences are discussed briefly.

Exercise Physiology and Sports Medicine

Exercise physiology has wide areas which study the response of physiological aspects of athlete under and after the influence of physical exercises. exercise physiology is the study of function of human body during exercise. It helps to select the event while knowing the fast and slow twitch fibers of athletes. Under sports medicine the study of nutrition, injury rehabilitation process, recovery methods and supplement back up are carried out as essential parts.

Sports Biomechanics

Sports biomechanics is science which studies the motion of human being by the principles of mechanics. Sports biomechanics plays a vital role in technical aspects of concerned game or event. Biomechanics is the science concerned with the internal and external forces acting on a human body and the effects produced by these forces. In these days a number of softwares are developed with the help of biomechanics for analysis of technique of players. Sports biomechanics improved, efficient and safe sports technique; technical specifications of sports equipment and scientific methods of athlete's preparedness.

Sports Psychology

Sports psychology is a science in which the principles of psychology are applied in sport or exercise setting to enhance performance. The winner of four gold medals in 1964 Tokyo Olympic, Schollander said that, in Olympic competitions a race is won in the mind. some sports psychologists will give you psychological test to see where your weakness and strong areas. Sports psychology is the main weapon which boosts the performance of sports persons right from the childhood, during the training and as well as in the competitions. Minimum thirty minutes psychological preparations of young players from grass root level to elite performance level are recommended by experts on every alternative day during training sessions.

Systematic Research Programme

The research expertise informs and enhances the performance of athletes, coaches, sports managers and policy makers by providing answers to their performance enhancing queries. research aims to combine both experience and reason to create a method of rational inquiry for new facts and principles. Systematic and micro-level research in the field of sports sciences, infrastructural changes, technique of players and alteration in rules helps to improve the performance of players. Kamlesh said that, research makes coaches and physical educationists more pragmatic in their approach and helps the sports scientists to identify athletic potential in children, and the coach to groom them for fine performer. Authenticated and latest research techniques are also very important area which used by leading sports countries in competitive sports as performance enhancing tool.



5. SCHOLARSHIPS AND FINANCIAL AID

Sports excellence is not only delimited to scholarships but players will need to accomplish individual performance in their main event, which may be national or international level or possibly below that, but clearly being able to demonstrate and display the potential to reach this level. Presently, financial assistance of players is internationally accepted notion which helps them to arrange quality coaching and fulfill their needs related to sports performance. This figure is self explanatory which shows that inter-relationship exists between all parameters of sports excellence which ultimately supports to achieve sports excellence. But all the parameters should be applied from grass roots to medal winning stage. Further professionalism set up well netted in main games is required at national level to fulfill financial needs of international performers.

6. SECURITY FOR SPORTSMEN:

- Admissions in the preferred courses
Example: ICET, PECET, EdCET, EMCET etc..
- Job security : Railways , Airways IncomTax, Police Army etc ...
- Financial security : Sports Scholarships (SAI) , **Universities , Colleges etc....**
- Awards: Rajiv Gandhi Khel Ratna (RGKR), Arjuna Awards given by the Ministry of Youth Affairs and Sports, government of India.

7. ENCOURAGEMENT THROUGH SPONSORS:

Corporates, Multinational companies

Ex: Reliance, Pepsico , Kingfisher Airlines , Tata Adidas etc...

8. NATIONAL PRIDE

- Players should have national pride and patriotism to represent their country. The concept of modern competitive sports stresses on winning philosophy because victory in sports has fueled a feeling of pride among nations

Ex: The pride of Indian cricket Sachin Tendulkar, was the first batsman to score 10,000 runs in one-day cricket, in a five-day match series against Australia on the 31st of March 2001. He has scored a world record, 28 hundreds and 50 half-centuries in his 10,000 runs.

Conclusions

The elements that make up the Wheel of Excellence are closely linked and often operate interdependently. Focusing has the capacity to strengthen every other element and each has a role to play in nurturing excellence. Commitment provides the fuel that leads you along the path of excellence day-by-day. Belief in your potential provides the inspiration to pursue your dreams. Commitment nurtures belief and belief strengthens your commitment. Together they open the door to new realities.

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