



THE ROLE OF THE INITIAL SELECTION TO CHILD (LEVEL II AND III) FOR PREPARING THE FUTURE CHAMPIONS TO ATHLETICS

Gheorghe CUSMIR ¹
Laurențiu OPREA ²

Abstract

Stimulating interest in performance athletics by streamlining the process of selection and development of sports activity is a starting point for our approach.

Cultivating and harnessing the potential of students selected to practice athletics is another approach to the study.

One of the specialty objectives is to attract and select students in grades I to IV for practicing athletics; Special training of the students selected within the School Sports Club No. 1; Promotion of beginner athletes in the advanced and performance groups of CSS No. 1 or high performance clubs.

Keywords: *the role of selection; initial; training; champions of athletics*

JEL classification: *I0, I20*

Introduction

Stimulating interest in performance athletics by streamlining the process of selection and development of sports activity is a starting point for our approach.

Cultivating and harnessing the potential of students selected to practice athletics is another approach to the study.

Efficient use of conditional capacities specific to selected sportsmen is a priority of the project.

Developing skills for active participation in training as well as autonomous practice and independence of specific means is one of our goals.

The development of emotional and cognitive abilities must be a desideratum of the project. Also, we want to capitalize on the existing training conditions at the Sports Club No. 1, in Bucharest.

The sporting bases in which we operate are the Athletics Hall of the National Sports Complex Lia Manoliu; Iolanda Balas Sotter Stadium from Bucharest; Viitorul Stadium from Lia Manoliu National Sports Complex.

Project duration: September 14, 2015 - August 31, 2020.

¹ Sports Club No. 1 Bucharest

² Inspector I.S.M.B.



1. Issues addressed

The general objectives are: developing capabilities to harness the bio-psycho-motor potential of students - sports. Developing children's motor skills as an expression of the degree of development of each motricity, Developing cooperation and communication capacity.

Developing interest and motivation to practice athletics performance.

One of the specialty objectives is to attract and select students in grades I to IV for practicing athletics; Special training of the students selected within the School Sports Club No. 1; Promotion of beginner athletes in the advanced and performance groups of CSS No. 1 or high performance clubs.

Educational goals are to attract students into organized athletics to keep them negative (drug use, cigarettes, alcohol, computer addiction).

We propose the following morpho-functional objectives: harmonious physical development, development of motor skills and skills and specific skills.

Cognitive and affective goals: Educating self-confidence; Education of will and perseverance; Educating character and personality; Developing Thinking; Memory

Psychosocial objectives: Specialization in practicing athletics as an athlete; Sports instructor; trainer; professor; referee

The target group represents children from Bucharest; Sections 2 and 3; Between the ages of 8-12, who are tested and promoted, also from the students of the Sports Club No. 1 in Bucharest, trained by Prof Cusmir Gheorghe; Mixed group made up of athletes practicing athletics for three years

Proposed framework activities during the project period:

Drafting of the project:

Setting the calendar of activities.

Project popularization.

Identifying sources of participation and competitions.

Student selection and group formation.

Activities to continue the special training of pupils selected by Prof Cusmir Gheorghe from CSS No. 1 Bucharest.

Participating in competitions with selected children and their preparation.

Participation in Municipal Championships, National Championships and Finals National Championships.

Evaluation by the management of the club, the inspectorate, as well as the other partners of the results obtained after the design and implementation of the project.

Participants: About 250-300 students from 12 schools in sectors 2 and 3 will participate in the project.

Human resources: Students and teachers from partner schools and Community Police in Sector 2; The medical assistance is provided by the Steaua Bucharest Army Sports Club.



Material resources: Athletics or stadium at the National Sports Complex Lia Manoliu; Specific logistics (treadmill, sand pit, timers, roulette, etc.) Medical services (physician, nurse, ambulance); Arbitrators; Prizes (diplomas, medals, shirts, caps, pennants, cups); Schedule of competitions; Audio-video equipment.

2. Practical applications

Improving sports outcomes of children in the target group.

Developing correct technical skills in selected athletes.

Increasing seriousness about sports training for all participants in the project.

Increasing the motivation to achieve municipal performance; National and even international.

Educating recovery and relaxation skills after effort.

Cultivating a positive attitude towards athletic students towards the obstacles or difficulties encountered in preparation. Discovering as many talented children as possible to practice high performance athletics

General Competencies:

Use of specialized language in communication relations.

Use of knowledge; Methods and means specific to physical education and sport to develop motor skills.

The use of specific, non-specific information, means and methods for the development of general motor skills and specific to sport discipline - athletics in accordance with the age specifics; Sex and level of training.

Maximizing in competitions and sports contests; Of physical potential; Technical-tactical; Psychologically and theoretically

Schedule of practical sports training; Is conceived on the value level, specifying for this group the objectives of the training framework and the performance corresponding to the optimal pupils' age and the stage of preparation

3. Conclusions

From my researches, as a fundamental problem of modern athletics, the quality of physical training is highlighted by the drawing up of an intermediate and final initial program; The development of psychomotricity.

With superior values at the main scales that represent the main physical demands of athletes aged between 8 and 12 years.

Developed personality of the little athlete; Must be guided and coordinated by the coach, school, family and in the activity of learning, improvement and consolidation; Training and competitions

4. Motions

The tests are done both by control samples; According to the teacher's personal record and by participating in official competitions organized by the FRA; AMAB or unofficial competitions organized at school or sector level.



Specific samples to be trained in training; Will be: 30-meter or 50-meter running, long-distance jump, 600-meter running, throwing balls, skill.

The process of selection and development of sports activity includes in its evolution its main subsystems. In terms of the amplitude of contemporary sport, its structure and functions, the categories, its samples can be synoptically rendered in the form of a pyramid comprising four subsystems:

- 1 - the sport for all;
- 2 - the table of performance sports or sports in children and juniors;
- 3 - performance sports;
- 4 - high performance sports.

From the somatic point of view, we would select tall children with long legs with a normal weight and in some cases with large arms.

From a medical point of view, to a first medical visit, it makes a history of the subject on which we appreciate at first sight the state of health.

At present, sports specialists are working to determine the biologically optimal age to start practicing a certain type of sporting activity.

Age is one of the biological criteria used in sports selection and can be categorized into four types: chronological age, morphological, physiological age. Other methods, such as dynamometry, dynamography, ergography, chronometry, and chronograph, show, in addition to age, a biological criterion that can also be used in a well-organized selection process.

Using these criteria shows us the need to guide athletes from the beginning, as well as the ability to form homogeneous and performance groups.

Coping young talents for performance athletics will be done at the same time with parents' awareness and involvement in supporting this project

The maximum training time for beginner groups will be up to 120 minutes; Ideally 90 minutes and 3 training sessions per week.

REFERENCES

1. Carstea Gheorghe 1996 Teoria si metodica educatiei fizice si sportului, Editura Universul; Bucuresti
2. Dragnea Adrian 1996 Antrenamentul sportive. Editura Didactica si Pedagogica; Bucuresti;
3. Nicu Alexe 1999 Teoria si metodica antrenamentului sportive, Editura Fundatiei Romania de Maine; Bucuresti;
4. Ion Siclovan, 1997 Teoria antrenamentului sportiv, Editura Pentru Tineret si Sport;
5. Nicu Alexe, 1993 Antrenamentul sportiv modern, Editura Pentru Tineret si Sport;
6. Septimiu Todea, 2001 Teoria Educatiei Fizice si Sportului, Editura Fundatiei Romania de Maine;
7. Teodorescu Silvia 2009 Antrenament si competitie; Editura Alpha MDN Bucuresti;
8. Titus Tatu, Elena Plocon 2001 Atletism, Editura Fundatiei Romania de Maine.