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Athletic Talents in the District of Tiruchirappalli and the Enhancing Performance Factors
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Abstract

Identification of talent is the first step to promote any sport activity at any level. However the identification of talent poses a lot of challenges because of factors like social, ethnic and climatic conditions. This paper reviews the needs and necessities to understand these conditions in order to make the identification possible and meaningful. This study is basically focused on the athletes in the district of Tiruchirappalli.

Key Words: Ethnicity, Climate, Socialisation, Athletes, Performance, Identification

Introduction

Development of youth sports is considered by the nation as one of the most important focus areas and with millions of children and youth involved in the context, many recent developments have turned out to be positive. Though India is one country, it is not made of one race, one culture or one ethnicity. Hence, there are many important aspects to take into consideration when it comes to development of youth sports in the country. One is whether all the young people need to be trained in selected games to bring out the talented ones or if the individuals need to be accessed on their physical and mental attributes before trying them out in any sort of sporting competitions.

A group of people regarded as communally separate is referred to as a race because they share hereditarily transmitted traits believed to be significant by people with authority and influence in a culture. Experts say that sport involves complex issues connected to race and ethnicity. These issues have growing social significance as global relocation and political changes carry people together from diverse racial and

ethnic backgrounds and generate new challenges for living, functioning and playing jointly. The challenges shaped by racial and ethnic multiplicity are among the most significant ones we are faced with in the 21st century. Cultural viewpoints about race and ethnicity control social relationships and the organisation of social existence. Sport not only reflects this influence but is also a position at which people confront or copy dominant thoughts and forms of ethnic and racial relations in a culture. The social meanings and experiences linked with skin colour and ethnic backdrop influence access to sport partaking, decisions relating to playing a game, the ways in which people put together sport into their lives and the organisation and support of sport. Along with this, the food habits, terrain and climatic conditions also influence sports and talents a lot. This paper outlines how athletic talents can be enhanced and augmented as per the social, ethnic and climatic conditions of the athletes in the district of Tiruchirappalli. It is widely believed that any talent detection and identification model can only be successful

if the characteristics measured are innate (Simonton, 1999), and this belief is reflected in the majority of existing schemes. This position acknowledges that mature levels of innate characteristics are predetermined and can only be influenced by extreme environmental conditions conversely; characteristics that are not innate are influenced continually by the environment and individuals' experiences. It is therefore unlikely that mature levels of these latter variables can be predicted. Talent identification initiatives in sport have characteristically looked to find out the 'talented' at as early an age as probable in order to offer the 10 years of developmental opportunities that study has suggested is required to flourish (Ericsson, Krampe, & Tesch-Romer, 1993; Starkes, 2000).

General Issues

Young people lose shape and form because of many reasons. Data advocates that the rising occurrence of obesity has occurred simultaneously with changes in physical movement patterns. This substantiation is ecological, and as such does not offer as high a level of causal conclusion as individual point data. The proof is also rather limited. One of the major reasons for this is that bodily activity, in disparity to obesity, is not easy to evaluate as it is a multifaceted, multidimensional conduct (Wareham NJ and Rennie KL, 1998). Where superior physical development is an advantage, the youngest players are considerably disadvantaged. Many 'talented' kids may be overlooked just because they are born quite late in the assortment year and are therefore with a reduction of physical development (Helsen, Hodges, Van Winckel & Starkes, 2000). Children who have insufficient motor skills are frequently relegated to a life of barring from organised and free play experience of their friends, and consequently, to a lifetime

of idleness because of their irritations in early movement behavior (Jess, 1999). Even children can show highly sensitive memory skills inside their area of capability. If the information to be kept in mind can be linked to existing knowledge, people appear to be able to remember extraordinary amounts of information (Howe, 1999; Howe, Davidson & Sloboda, 1996). It is not easy to test players' ability and it includes factors like physiological, anthropometric and psychological measures (Reilly and Thomas, 1977). On the other hand, Randak (1998) recognises the fact that many adolescents do not play inside governing body structures and are consequently lost to development. It also characterises the support expected from the performers and how these vary because of time but in addition, and perhaps most prominently, it highlights the meaning of changeover, a basic aspect which is also emphasised in other more normal psychology areas such as lifetime development (Hellstedt, 1995; Bee & Mitchell, 1984). It is a known fact that the variables also will be heavily influenced by both experiences of the past and physical development (Ackland & Bloomfield, 1996; Bloomfield, Blanskby, & Ackland, 1990). Here is where the experienced will do better than the inexperienced. The pressure of performing for the first time evidently presents a challenge and there is little doubt that students always feel about 'staying there' rather than 'getting there' (Gould et al 1993b; Kreiner-Phillips & Orlick, 1993). Using ideas rented from the sciences of intricacy and non-linear dynamical systems, we will describe some fundamental principles that have implications to a whole range of performance domains, such as trade and the arts (Gould, 2002; Loehr & Schwartz, 2001; Lubinski & Benbow, 2000; Simonton, 1999). It is hard, if not impossible, to forecast the mature value of a hereditarily driven variable due to non-linear

processes of expansion (Abbott & Collins, 2002; Aitken & Jenkins, 1998; Simmons & Paull, 2001).

Social Environment for Sports

As per Schwery, R. and Cade, D.(2009), an essential social factor along with politics, financial system, and culture, sports is the most popular supplementary activities for young people because these factors are strongly associated to the socialisation in schools. The way in which young people socialise depends largely on the opportunities they get to involve in a group. The larger the group means the better the social skills. In the schools and colleges in the district of Tiruchirappalli, there are evidences that the system to allow all the children to participate in sports and games is yet to achieve the satisfactory mark. Especially the participation from the part of the girls diminishes as they grow older. Once they come to secondary level, they almost stop all the sport activities. In the schools meant only for girls, there is considerably a significant participation as well as performance which help in the identification of talents.

In the schools and colleges that offer or encourage maximum participation in sports, one can see visible talents. The maximum number of performers in the district of Tiruchirappalli comes from particular schools and colleges that offer better atmosphere for sport activities. In this way, it can be said that talent identification has a close connection with the atmosphere of the sporting field.

Ethnicity and Sports

Experts will not question if we put up the fact that there are assumptions that are inherent in the term “Ethnicity and Sports”. If one does so, it will be something that will undermine any effort to expand understanding of sport history and attract others to the field. Every community is with a profound relation to one sport or the other.

The youth of every particular locality used sports for social binding since time immemorial. It is also a fact that most of the traditional games of the underdeveloped or developing countries are yet to find recognition at international level. While some communities have included modern games in the social sport activities, many are in the crossroads without a clear picture. In the communities that have made modern or modernised games for social binding, there is maximized participation and talent exhibition. In the traditional setup, except for few, localities do not have opportunities to exhibit the talents as the participation itself is limited. Thus, there is an urgent need to take up the idea of adaptation as per the present condition to excel.

Climatic Conditions and Performance

It is an accepted fact that most of the outside sport activities, and in particular endurance sports, are powerfully influenced by the difference in meteorological parameters. The assessment of bio-climatological conditions and of thermal comfort in endurance sports, particularly in athletics, has an essential importance not only for appropriate planning of the training curriculum and the dietary plan, but also for a better assessment of the race plan (Olds et al., 1995). In spite of these observations, the influence of meteorological and environmental conditions is often disregarded in the open-air sport performance appraisal.

When it comes to identification of talents among children in the district of Tiruchirappalli, one can find the general attitude that the weather conditions are harsh for outdoor activities. The opinion about rising by working out in open places sometimes deters the enthusiasm to come out. One can find that athletes from the places in Tamil Nadu that are less humid and swelter come out in large numbers.

Results

A group of talented students has been identified and divided into two groups based on talents for sports and talents for athletics. In group 1 are the students identified for athletic performance and in group 2 are the students identified for sporting skills. Group 1 participants were tested for speed, agility, jump, endurance and flexibility. Group 2 members were tested for confidence, team work, endurance and anticipation. The results show that with the support of minimum segregation and grouping, considerable performance to identify the talented ones can be achieved.

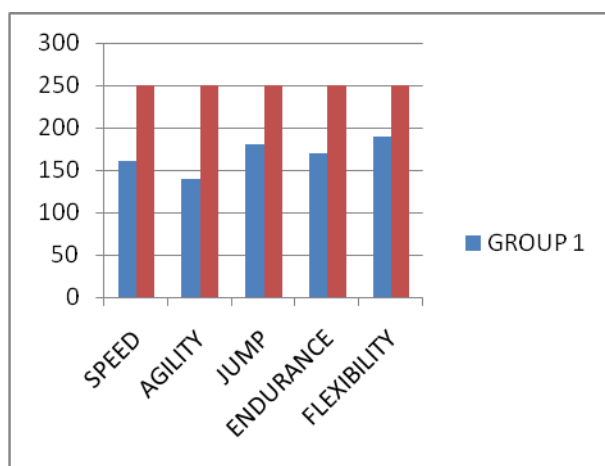


Figure 1

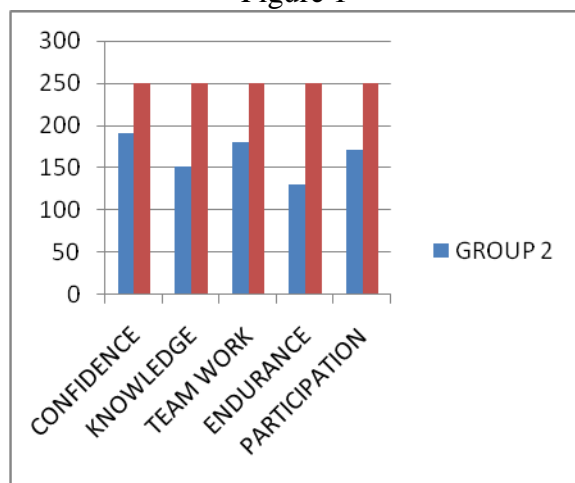


Figure 2

Implication

Thus, athletic talents can be identified and augmented with proper understanding of social, ethnic and climatic conditions of the athletes in the district of Tiruchirappalli. They need to be given the necessary support at the school level for early participation, at the community level for socialised development and in general based on the environmental conditions. In this way, better talent identification and promotion can be made possible.

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