

## The Study on Programmes, Facilities and Achievements in USHA Schools of Athletics

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**ABSTRACT:** The study on this paper focus on the various programmes, facilities and achievements that are available at USHA School of Athletics, Quilandy, Calicut District, Kerala, India. The personal interview technique was adopted for the collection of data. After obtaining permission to visit the school, through proper channel, the author visited the campus personally for the detailed study with a check list to collect data. The detail of the collected data pattern to the study was classified as General Information, Programmes, Facilities, Achievements and Special Information. Going through the analysis and interpretation of the data, it shows about the detailed information of the school and its vision, mission, various future plans and table wise detailed information about achievements and its diagrammatic representation on both state and national level. In short we can state USHA School of Athletics is best in their organization and administration looking forward its goal for achieving the Olympic medals.

**Keywords:** Training programmes; Facilities; Achievements.

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### INTRODUCTION

The achievement in any field depends upon the human potentials, which is determined by his or her total participation in the activities and with full confidence and determination. The goal is the sign of development which motivates individuals to reach or to achieve in their attempt in a given activities if possible if the participation will be frequent. A sufficient duration and frequency which will yield the personal result that directs to the goal or achievement. The performance and achievement in sports is determined by a planned programme, training and necessary prerequisites and facilities. This also involves the coaching schedule, training methods, and the relationship of coach with athlete, administration etc.

Every nation demands physically, mentally and socially fit citizens. Efficient functioning of the body improves only when it is activated properly. That is the effectiveness and efficiency of various organs of the body which improves only when it is regularly activated. Hence it becomes necessary to compulsorily impart the program of physical activity. Human development within the medium of physical activity in both qualitatively and quantitatively satisfying participation requires total

involvement of the personality, physical body and mind. In planning participation to meet educational goals one must establish the personal qualities that result from physical activity. The standards are presented for the normal individual. They therefore must be adjusted by the teacher for individual differences on the basis of both physical and mental emotions etc.

P.T. Usha, who put her trust in her natural talent and her faith in God Almighty, got her strength from the prayers of about hundred crore of people in India, has emerged as the most successful women athlete of this great nation. When she was running to success from the local village school, through college, university and state level to national games, Asian games and then down the Olympic track, the whole country was with her. Sharing her glory as well as her tears. In the track, P.T. Usha was not an individual. She represented the spirit of a great nation.

Many people remember P.T Usha came riding like a winner, full of verve and vigor, crossing all hurdles, becoming the first in the Indian sports women to enter the Olympic final. At the tender age of sixteen, gracefully striding towards the finish line, her long legs covering the distance effortlessly like a gazelle, silvers in the new Delhi Asian games in 1982, one gold and one silver in Asian track and one field meet in Kuwait five gold and bronze in Jakarta, and four gold and one silver in 1986 in the Asian games in Seoul a total of 102 International medals for her country. No athlete, male or female, has ever won five gold and one bronze in international athletic event in the world until P.T Usha achieved this in Jakarta in 1985.

The mindset of Indian athletics has changed from “can we do it” to we will do it. That was the mind shift of a national inspired by simple women from a tiny village of India. In 1984 she missed an Olympic medal. Now she wants to ensure that many of our young athletes can win what she missed. She took a long time to get over the past, and perhaps this sowed the seed of USHA (Usha School of Athletics) a sports school that would not handicap a potential winner. It is P.T Usha’s commitment to her country, for her country.

Champion performance is not something that just happens. As any good coach would explain, the secret of champion athletes is that they are developed by being properly motivated, by receiving guidance and instruction from experienced teachers and performers and by systematic conditioning through well planned training programmes. A well-planned training programme is something that takes not only year round participation but also many years of building. Obviously the novice should not merely copy the training schedule or style of a champion. Therefore the coach should understand the individual athlete and his/her needs, provide realistic goal attainable yet challenging within the individuals skill level, and offer a training schedule tailor made for the individual. Different systems of training methods lead to the achievement in athletics performance. Fartlek training, interval

training, the Lydian training systems, track training, weight training and play metric training are more advantages to different events in athletics.

Training and conditioning are the only, ways to build up the stamina, endurance, strength, speed and flexibility that the body of athlete requires. Before any type of training programmes each give must have a thorough medical examination and must be pronounced fit for the strenuous activity. Every coach should understand the principles of athletic training and conditioning and their results are familiar with up to date methods. Here the USHA follow the various training and various conditioning programmes for women's after the selection programme. There are so many exercises for increasing strength, endurance, flexibility and speed. According to the various individual events the coach can apply the various training programmes for various events. Here diet is also helpful to improve the performance of women athlete.

## **1. METHODOLOGY**

The major part of the study is to collect the necessary information and the data. Here the personal interview technique was adopted. The data collection is done in various aspects which includes general information, list of programmes, facilities provided, major achievements and other special information.

### **1.1 TRAINING PROGRAMMES FOR ATHLETES OF USHA**

At any time of practice session the athlete's assemble in the hostel and transportation facilities are provided to reach the stadiums. USHA conducted the sand pit-training programme. Her practices are done in Payyoli beach. Even now the same way is practiced. There USHA conducted the training programme especially for the competition period. The training sessions are conducted either morning or evening. During the competition period they start the systematic sand pit training for athletes.

### **1.2 DAILY SCHEDULE STUDENTS**

The students of USHA are studying in two government schools. Few of them studies in Government Mappila School Quilandy and others studies in Government girls high school Quilandy. There they participated in various cultural activities within their school time between 10.00am to 4.00 pm. As they study in school the evening practical session starts at 5 p.m. The students have the transportation facility for their academic purpose. USHA provided one van for athlete's transportation facilities. The morning practical session will started at 6.00am.

Every year above 500 athletes from Kerala assembled with their parents. Here USHA identify the right talents from among them. At beginning USHA conducted the selection camp by the way of preliminary selection camps which were organized at various places in Kerala. Now the camps are conducted in only one place.

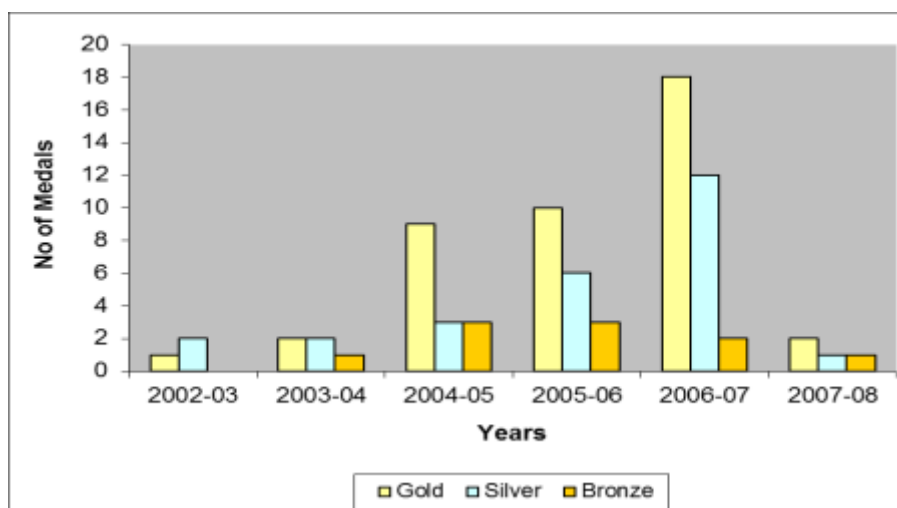
Short listed students from the above preliminary camps come together at sports council stadium, Quilandy whom will be assessed by a panel of experts for the final round. P.T. Usha and J.S.Bhatia, National athletic coach, will review the performance of the aspirants in a full day camp narrowed down to 30 athletes for the final selection process and coaching camp. The criteria were the overall performance in physical mental and psychological areas.

The 30 finalists will stay, practice and perform with P.T.Usha. The camp duration is three weeks. USHA school selects, young talents to be trained purely based on merit of the candidate and criteria like wealth, status, influence religion etc., have no role in the selection process. P.T.Usha personally spent many days with the selected students before the final selections. The selection camp in 2006 has attracted lot of aspirants.

**Table 1. The Statement Showing the Athletes of USHA Year-Wise Achievements in National Athletic Meet. 2002-07**

Medals	2002-03	2003-04	2004-05	2005-06	2006-07	2007-08
<b>Gold</b>	<b>1</b>	<b>2</b>	<b>9</b>	<b>10</b>	<b>18</b>	<b>2</b>
<b>Silver</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>6</b>	<b>12</b>	<b>1</b>
<b>Bronze</b>	<b>-</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>

The table 1 clearly indicates the year wise achievements of U.S.H.A in various National School Athletic Meets during the year of 2002-2007. The table shows the various number of gold, silver and bronze total respectively year wise.



**Fig 1: Year Wise Achievements in National Athletic Meets 2002-07**

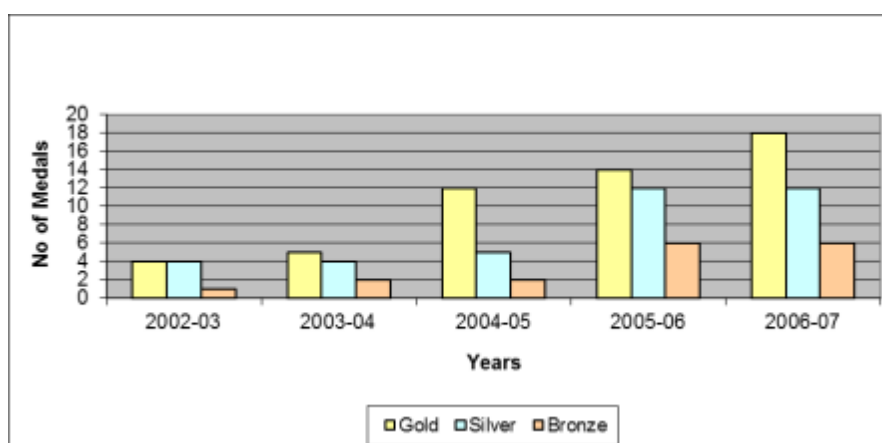
Fig. 1 shows the year-wise achievements in National Athletic Meet held from 2002 to 2007. The data depicted in the figure for the year 2007-2007 was the data collected up to May 2007.

**Table 2. The Statement Showing the Athletes of USHA Year-Wise Achievements in State Athletic Meets. 2002-07**

<i>Medals</i>	2002-03	2003-04	2004-05	2005-06	2006-07
<b>Gold</b>	<b>4</b>	<b>5</b>	<b>12</b>	<b>14</b>	<b>18</b>
<b>Silver</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>12</b>	<b>12</b>
<b>Bronze</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>6</b>	<b>6</b>

Table 2. clearly indicates the year wise achievements of U.S.H.A. in various state athletic meet. The table shows the total number of gold, silver and bronze respectively.

From the results depicted in tables 1 and 2 and figures 1 and 2 it is clear that USHA is doing an excellent work by promoting the budding sports person from the country. Though the school does not have full-fledged total facilities, USHA has achieved a lot in the short span of five years. This shows the effort the dedication and progress achieved by USHA in a short period of time.



**Fig 2: Year Wise Achievements of USHA in Kerala State Athletic Meet 2002-2007**

## 2. SUMMARY AND RECOMMENDATIONS

### 2.1 Summary

Athletics today has reached high level of scientific approach on facilities, technique and training methods. The systematic adaptation of the scientific methods the athletes can reach the peak performance. The paper was based on the study on programme, facilities and achievements in Usha School of Athletics. The collection of data was done through the personal interview and questionnaire method

The various programmes are available at USHA School of Athletics including the various training programmes like, Track training weight training, sand pit training etc. P.T. Usha and one of training assistant has conducted the entire training programmes. Facilities mainly based on the various sponsors. The athletes are provided with all available facilities like hostel, transportation and training purpose. Each and every part of the entire facilities depends upon various contributors. While looking into the achievements we can realize the Usha School of Athletics achieved more than expected within the short period of time. Including one international participant there were so many national and state level achievement in athletics. In short we can state Usha School of Athletics is best in their organization and administration.

## 2.2 Recommendations

Based on results the following recommendations are made

1. The further study can be conducted on achievements tentative training programs and seasonal training program.
2. More study can be conducted on the influence Nutrition, infrastructure facilities and scientific principles adapted for training.
3. More study can be conducted on weight training program and its various procedures.
4. More results can be achieved through adapting more scientific methods of training on athletics.
5. More achievements can be gained by using various audio visual aids and slides of international high-level performers. That creates interest and motivation among athletes.
6. The performance would be high if the academic education provided in the campus would reduce the mental and physical stress among the athletes.
7. The dream of Usha School of Athletics is to win a medal in Olympics that would be fulfilled if government and other private sponsors provide assistance to enhance the infrastructure facilities for the athletic training programme.
8. Still more progress can be achieved through organizing discussions, meeting and camps to increase awareness on sports and fitness at international level.
9. More and more Research related training is recommended to achieve highest excellence in literature co operation

## 3. CONCLUSIONS

The present study was about the various facilities, programmes achievements in Usha School of Athletics. While going through the study, information conveyed us the various future planning of Usha

School of Athletics. The representation and participation is higher than their existing facilities. The programmes and facilities are inter related to the sponsorship of various sponsors of Usha School of Athletics. While going through the diagrammatic representations Usha School of Athletics achieved higher standards in athletics. The study on Usha School of Athletics got more assistance from Friends of Usha School of Athletics. While go through the selection procedure we can state that selection of an athlete to Usha School of Athletics is a prestige to their parents.

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