

Contribution of sport training centers on development of Ethiopian athletics: In the case of Athlete Tirunesh Dibaba Sport Training Center

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Abstract

The purpose of this study was to investigate the Contribution of ATDSTC on the Development of Ethiopian Athletics. This study used both quantitative and qualitative research methods. Target population of the study was 12 coaches and 66 previous Athletics Trainee of ATDSTC. Both Primary and secondary data collection instruments were employed to collect relevant data for the study. Document analysis, Focus group discussion and Interview. Descriptive analysis of the data was analyzed using by Means, and Standard Deviations. ANOVA was used for the purpose of testing the Significance of (performance change) as well as if there is a relationship with specific athletic events. Athletes performance change was seen in their stay at ATDSTC with the mean score of minimum 4% and maximum 11 % in different athletics event. Athlete didn't maintain the pace of performance improvement for the last two years. Even if, the dissatisfaction level differs in their respective clubs Athletes had a complaint with the Food, Dormitory, Training Wears and Transportations that their Clubs provide them. Clubs provided only three sessions training per week with coach, the other days Athletes were working individually. Based on the findings of this study, the following issues were forwarded as recommendations. There should be a way that the ATDSTC assist the athletics clubs in a various aspects. The Athletics clubs should improve their training and different service that affect the performance of the Athletes. To maximize the contribution, avoid effort and resource duplication there should be an athlete transfer system i.e. there should be training centers responsible for talent identification, talent development center and high performance training centers.

Keywords: athletics, development, sport and training centres

Introduction

Weiss & Stuntz, 2004 stated that Sports Academy would enable sports persons to be supported by scientific and professional trainings and register better victories.

Athlete Tirunesh Dibaba Sport Training Center would have a significant role in bringing aspired results in sports. It promises to bring an elevated talent level amongst Ethiopian athletes and other sportspersons with higher quality facilities. The main mission of the training center is to produce new talented athletes by providing scientific and modern training to support Ethiopian Athletics.

As a result of this the training center contribution and achievement has to be evaluated and the training system must be supported with research based feedbacks.

Research Design

The purpose of this study was to investigate the Contribution of ATDSTC on the Development of Ethiopian Athletics by analyzing the Current Performance Level of previous Trainee in their present Clubs. This study used both quantitative and qualitative research methods.

The Study Area

The research was conducted in Athletic Clubs of Federal police, Mekelakia, Federal Maremia, Ethiopian Commercial Bank, Sebeta (Sebeta), Adama City (Asella), Athletic National Team and ATDSTC.

Participants /Subjects

Target population of the study was 12 coaches and 66 previous Athletics Trainee of ATDSTC.

Samples and Sampling Techniques

The document of all the 66 graduated athletes within the three consecutive years was taken from ATDSTC, Ethiopian Athletics Federation and their current performance from Clubs. 12 coaches were purposively selected since all the graduated athletes existed in those teams.

Data Collection Instruments

Both Primary and secondary data collection instruments were employed to collect relevant data for the study. Document analysis, Focus group discussion and Interview.

Statistical Techniques

The data was analyzed using Statistical Package for Social Science (SPSS). The descriptive analysis of the data was analyzed using by Means, and Standard Deviations. ANOVA was used for the purpose of testing the Significance of (performance change) as well as if there is a relationship with specific athletic events.

Data Collection Procedure

First of all, the researchers contacted the concerned bodies and Ethiopian Athletics Federation with a letter of

cooperation and got permission to collect data and obtain any relevant information. All the participants of the study were informed about the purpose of the study before the interview and the focus group discussion were held.

Analysis and Discussion

This chapter comprised the study findings to be discussed under different sections, based on the objectives of the study.

Descriptive Analysis

Table 1

		Descriptive Statistics							
Event		Sprint		Middle		Long		Marathon	
N		Male	7	Male	5	Male	2	Male	2
		Female	13	Female	19	Female	11	Female	7
		Mean	Std	Mean	Std	Mean	Std	Mean	Std
Female	EP	33.3129	25.21798	230.9120	82.52119	2261.7300	85.88519	5344.5000	136.47161
	BGT	31.9286	24.19126	213.0620	78.67666	2131.1550	95.67862	4806.5000	130.81475
	BCT	31.7443	24.14171	212.1540	79.48189	2086.8600	87.32769	4854.5500	13.08148
	PCG	4.2314	5.19256	8.8580	3.69260	6.2950	8.77520	11.1900	.18385
	CPC	.9643	2.04562	.8120	1.96467	2.1100	.31113	-.9850	2.94864
	Age	16.0000	.00000	16.2000	.44721	17.5000	.70711	19.0000	.00000
Male	EP	33.0600	18.64233	320.7737	233.34025	1288.8418	424.60372	4321.8257	92.81329
	BGT	31.7400	18.14972	307.8674	221.68672	1236.1173	439.62832	3939.1429	174.05979
	BCT	31.9469	18.06750	305.3579	218.89600	1237.5400	434.12143	4061.6757	210.39429
	PCG	4.6954	5.18302	4.2179	3.70156	5.0509	4.50528	9.9086	6.00108
	CPC	-.7431	2.96589	.6789	1.62640	-.1482	2.38209	-2.9000	4.23453
	Age	16.3846	.50637	17.0000	.57735	18.5455	1.21356	20.7143	1.49603

Key: - EP----Entry performance PCG--- Performance Change Graduation
 BGT---Best Graduation Time CPC--- Current Performance Change
 BCT---Best Current Time

1. Age

- The mean age value for sprinters was 16 for both male and females. There is a large deviation for males. The age of the sprinters is one factor believed to have an effect on athletes sprint performance. This early age can have positive or negative effect.
- On the other hand, the mean age score of middle distance female and male athletes was 16 and 17

respectively. This age group is ideally related to the objective of ATDSTC in producing athletes in early age.

Similarly long distance female and male athletes mean age group was 17 and 18 respectively whereas, 19 and 20 for marathon female and male runner consecutively. As we can see the age mean score of the athletes increases as the distance of the event increases.

A Graph Shows Performance change during ATDSTC

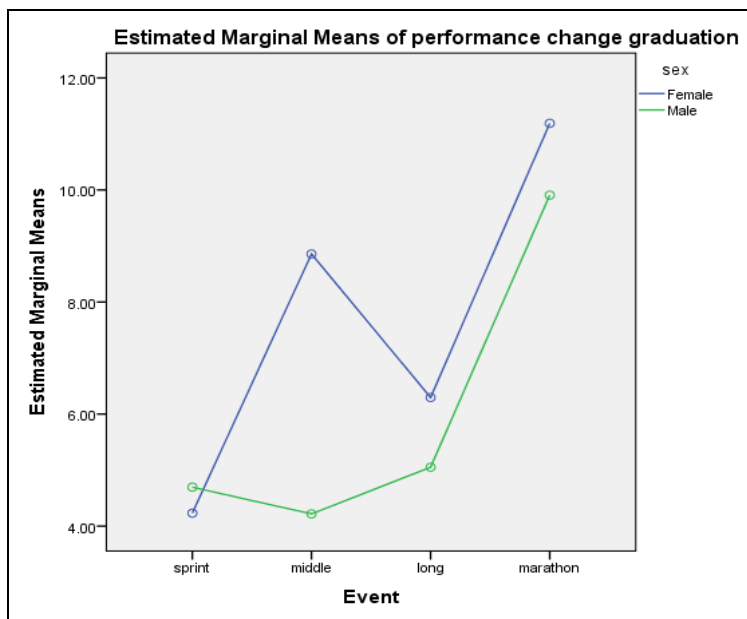


Fig 1

Performance change during ATDSTC

- There is a big difference in the mean percentage of

performance progression in sprinters between female and male: M=4.23 std=5.1 and M= 4.7 std= 5.24. As we

can see nearly an equal performance progression in both female and male sprinters in their stay in the training center.

- Unlike sprinters performance change mean percentage during stay of ATDSTC for middle distance athletes was 8.5 and 4.2 for female and male respectively.
- For long distance athletes with the mean percentage 6.3 for females and 5.05 for male.

- For marathon runner’s performance change mean percentage score for the females was 11.19 and males was 9.9.

Generally, a positive performance change was seen for all events at list with 4% mean percentage score for all events. as it was mentioned in FGD graduate athletes were greatly appreciate the training and the service that was given by ATDSTC.

A Graph Shows Performance change after Graduation

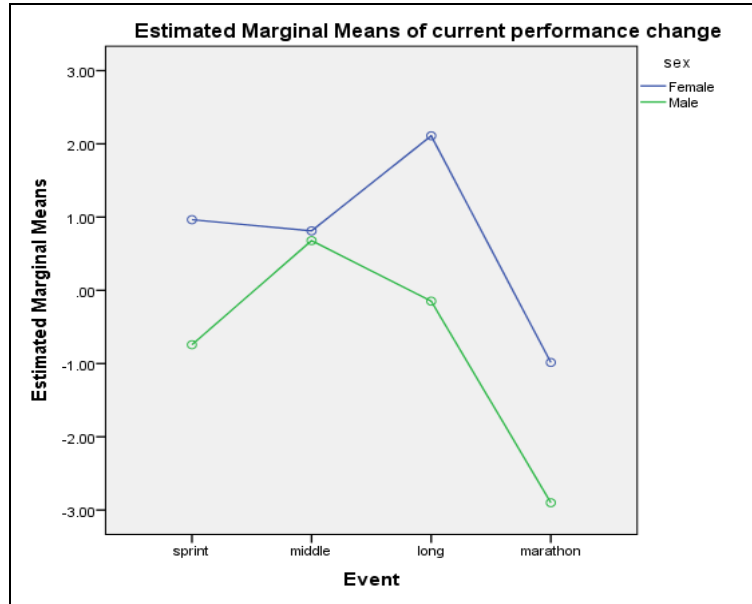


Fig 2

Performance change after graduation

- The performance progression for sprinters currently or after leaving ATDSTC was fluctuated across events greatly from negative to positive. The positive mean performance change for female sprinters (M= .96 std= 2.04) was scored while negative (M = -.74 std = 3) was shown for the male sprinters. Club training and service plays a very important role in the improved performance of the athletes as it was indicated FGD and interview most clubs were not providing training throughout the week and good services that contribute for the performance improvement such as food in all times, dormitory, proper training wears and gym.
- The performance progerition for middle distance athletes is currently or after leaving ATDSTC was shown a

positive mean performance change (M= .81 std= 1.96) for female and (M = .68 std = 1.63) was shown for the male middle distance runner.

- As it was seen the performance progression for long distance athletes after leaving ATDSTC was fluctuated across events greatly from negative to positive. The positive mean performance change for female was (M= 2.11 std=.33) was scored while negative (M = -.15 std = 2.38) was shown for the male long-distance runners. But there was a negative mean performance change was shown in both female and male marathon runners with (M = -.98 std = 2.95) and (M = -2.90 std = 4.23) respectively. As it was stated in the interview and FGD athletes and coaches were complaining about managers so as athletes are not doing training in their proper event.

Athletes of ATDNATC Representing Ethiopia on different continental and international competitions and their achievements (2002-2005 E.C)

Table 2

No	Type of competition	Year	Host City	Male	Female	Total	Achievements			
							Gold	Silver	Bronze	Diploma
1	African Athletics Champion	2002 E.C	KENYA-Nairobi	2	-	2	-	-	-	1
2	African youth Athletics	2003 E.C	BOTSWANA-	6	5	11	-	-	2	4
3	World Cross Country	2003 E.C	SPAIN-Puntaumbria	1	-	1	-	-	-	-
4	Pan African	2003 E.C	NIGERIA-Canavara	1	-	1	-	-	-	2
5	Khartoum Pan African	2003 E.C	SUDAN-Khartoum	1	-	1	-	-	-	1
6	World Youth Athletics	2003 E.C	FRANCE-Lille	2	3	5	-	-	-	2
7	All African Game	2004 E.C	MOZAMBIQUE-	2	-	2	-	-	-	1
8	African Cross Country	2004 E.C	SOUTH AFRICA	1	-	1	-	1(Team)	-	-
9	East African youth Athletics Championship	2004 E.C	UGANDA-Kampala	2	-	2	1	-	1	-

10	East African Juniors' Athletics Championship	2004 E.C	SUDAN-Khartoum	1	1	2	-	1	-	1
11	African Athletics Championship	2004 E.C	BENIN-Porto novo	2	2	4	-	-	-	2
12	World Juniors Athletics Championship	2004 E.C	SPAIN-Barcelona	1	1	2	-	1	-	-
13	African Youths Athletics Championship	2005 E.C	NIGERIA- Warri	3	3	6	2	2	1	3
14	African juniors' Athletics Championship	2005 E.C	Mauricious-	3	1	4	-	-	1	2
15	World Youth Athletics Championship	2005 E. C	Ukraine- Donetsk	1	2	3	1	-	1	
TOTAL				29	18	47	4	5	5	

Source: From Document Analysis, EAF Sources and ATDNATC performance Evaluation Reports
 Representing the country in international and continental competitions is the result of best performance in national competitions as a result, 29 male and 18 female with total of 47 represent their country in different athletics events. The table also indicates that the athletes achieved in international and continental athletics competition with 4 Gold 5 Silver and 5 Bronze medals for the country.

Athletes of ATDSTC breaking National Records (2002-2006E.C)

Table 3

No	Event	Achievement	Year	Remark
1	Javelin Throw	45.19M	2004	40 Ethiopian Championship
2	Long Jump	7.67 M	2004	40Ethiopian Championship
3	Triple Jump	1.67 M	2005	42 Ethiopian Championship
4	Triple Jump	12.56 M	2005	42 Ethiopian Championship
5	Hammer Throw	44.84 M	2005	42 Ethiopian Championship
6	Triple Jump	12.65 M	2006	43 Ethiopian Championship
7	Shot put	12.06 M	2006	43 Ethiopian Championship

According to Peter J L Thompson (1991)/89 "in athletics, records are made to be broken as a result of improved fitness. This fitness comes from an improved understanding by Coaches and Athletes of training and its effects". As the table indicated Athletes of ATDSTC were improved seven national record of the country in different athletics events. This showed that the training that was given in the training center was promising.

The interview analysis gathered from the club and national team coach

As athletic nutrition plays a vital role on athletic performance. Therefore; the clubs which provide the food services for their athletes were the indication for their performance improvement. As the interviews indicate that "the food which was provided by the club was not good enough for the athlete". The club provides food to the athlete only on the day of the training which was once after training and five times a week. As a result, the athlete seemed weak to cover the training that was given by the coach.

According to the coach, "this is one factor that affects the performance of an athlete" The athlete must replace the calories that expend during training and store some for the next day training program. Even some clubs were not providing once. As a result the Commercial Bank Club has to think over this and do something for the athletes in order to get enough food for their training and improved performance.

Focus Group Discussion Analysis with Athletes

To gather information on their satisfaction and opinion towards their previous Training Center the researchers have carried out a focus group discussion with twelve (12) athletes from Defense, Federal prison, Federal Police and Ethiopian Commercial Bank athletics clubs on May 20, 2014 for 1 hour. The age of the group members range from 19-26 years.

The following were the results of the FGD questions as summarized as follow.

The Athletes are responded as they didn't improve their performance for the last two years since they join their recent clubs. The reason behind was the service as a whole and training provision specifically. And as they mentioned that except Ethiopian commercial bank all of them provide dormitory services but quality in comma. Transport service were provided in all except federal prison whereas food service were good enough at defense but other may get when only on training days. Medical and health care were provided in all clubs. Sport wear all FDG groups were complained due to the service were provided once a year but federal prison still they didn't get any sport wears. With regards to salary all of FDG groups were happy with their payment but there is difference between the clubs.

Conclusion

- ATDSTC contributed 160 Athletes in different athletics events for Ethiopian national team with repetitions.
- Seven national Athletics records of the country, which are in different athletic events, were broken by Athletes of ATDSTC.
- 29 male and 18 female with total of 47 Athletes of ATDSTC represent their country in different athletics events and achieved 4 Gold 5 Silver and 5 Bronze medals for the country.
- There has been performance change in ATDSTC in all events except female sprint and long distance
- Athletes performance change was seen in their stay at ATDSTC with the mean score of minimum 4% and maximum 11 % in different athletics event

- Athlete didn't maintain the pace of performance improvement for the last two years.
- Even if, the dissatisfaction level differs in their respective clubs Athletes had a complaint with the Food, Dormitory, Training Wears and Transportations that their Clubs provide them.
- Clubs provided only three sessions training per week with coach, the other days Athletes were working individually.
- FGD showed all previous athletes had a better chance in participating in different athletics competition than ATDSTC was.
- Regarding International and continental competitions the previous athletes of ATDSTC were performing better in both track and field events.
- FGD and interview indicated that the training and different services that should be provided from ATDSTC still need to be improved

Recommendation

Based on the findings of this study, the following issues were forwarded as recommendations

- There should be a way that the ATDSTC assist the athletics clubs in a various aspects.
- The Athletics clubs should improve their training and different service that affect the performance of the Athletes.
- To maximize the contribution, avoid effort and resource duplication there should be an athlete transfer system i.e. there should be training centers responsible for talent identification, talent development center and high performance training centers.

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