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To,  
Shri Kan Singh Rathod,  
Secretary General,  
Gymnastics Federation of India.

Respected Sir,

At the very outset, I would like to convey my kind regards and at the same time appreciate your broad perspective and visionary attitude towards development of gymnastics.

Secondly, I beg apology for missing the chance you have provided, due to financial crises. I joined the job which is not fetching anything to gymnastics from my side, but believe me sir, that I always have a strong urge to volunteer myself for the development of my game. This can be possible only with all your inspiration, motivation and blessings. I would be happy to dedicate most of my time towards the enhancement of our game.

With my limited vision and experience I am herewith to put forth a proposal with completely fair aim and considering no personal benefits or achievements, which I think is very vital at this moment.

The proposal is to establish a "RESEARCH WING" in our Federation, the skeleton of which is enclosed for your kind perusal. I will be grateful to you, if you go through the proposal. Your recommendation and suggestions in this regard will be highly appreciated. If you think its worthy, it can be established more comprehensively. I assure my complete involvement for anything you assign.

Once again humbly requesting you to please go through the proposal skeleton, do the needful and oblige.

Thanking you sir,

Yours truly,

(Prof. Shatrunjay M. Kote)

Enclosed: Proposal of "RESEARCH WING"

# GYMNASTICS FEDERATION OF INDIA

## **RESEARCH WING**

### **SKELETON**

#### ***VISION STATEMENT:***

Research in any field is as important as the Achilles Tendon in human body to stand erect, walk, run and sprint, our game being no exception to it. Basically research in Indian sports is in its state of infancy when compared to other countries in the world.

Any progressive system circuit is complete only when there is curious study about the problems arising and putting oneself the questions as to why, what, when, which, who, where and how of the problem or anything. Moreover, the judgment or justification made after all the above mentioned process will vetch logical, rational, objective, pragmatic, reliable, valuable and economic answer or solution, what is required for the success.

I think now its high time to establish a “research wing” in our Federation as the process of success in sports in a long term and needs proper direction with scientific and rational foundation. As on today the results cannot be expected in short span or any success at higher level is enduring and is to be established patiently.

#### ***GOALS AND OBJECTIVES:***

1. The reason(s) for today's performance and our actual status when compared at global levels.
2. The level of competition as on today and the prognosis of performance of next 3 to 4 Olympic cycles.
3. The exploitation of code of points to its maximum extent.
4. Total attitude of the society towards the sports especially gymnastics should be changed.
5. Attracting mass participation un gymnastics with the help of media and making available the equipment and infrastructure at the grassroots.
6. Progressing in technical know how in coaching trends.
7. Complete exposure maximally at state, national and international level competitions.
8. Required frequent alterations in the syllabus of the trainee courses in gymnastics.
9. Planning hierarchy in coaching schedules.
10. Introduction of gymnastics in school syllabus.
11. Optimum utilization of available resources (living and non-living).
12. Stress on building broad and sound base.
13. Establishing basic level programs for various beginners age groups its exposure, training and utilization.
14. Enhancing cooperation and team work attitude.

### ***TODAY'S SITUATION:***

The present condition in the field is far better than the past, but still the desired result by the Federation, gymnasts, coaches, parents and society are not achieved. Many of our teams are taking part in various international competitions and our standing at that level is not hidden.

It is always said and understood that when we are developing, there is always better today than yesterday and have the hopes to enhance our tomorrow when compared today.

### ***HOW DID WE GET HERE?***

The reasons for today's conditions are very well known, but still the original assumptions applicable yesterday may not prove fruitful today as we are not competing with ourselves, but at the global level.

The technical know how about gymnastics performance is with very few and to compete at global level, it becomes highly impossible without sharing as cooperation and team work leaving our ego.

No or least support from the parents and society is received as there is low scope of job and career opportunity in our game when compared to hard work and risk factor.

There were regional feeling among the higher officials and declaration of partial judgments were witnessed still the hoped, that keeps ourselves, our curiosities and game active, considering that today is better than yester and tomorrow will be the best.

### ***AVAILABLE OPTIONS:***

1. People with research attitude should be encouraged to join.
2. Volunteer may be given preferences.
3. Few experts from outside gymnastics field may be added for help.
4. Surveys may be organized with the help of physical education colleges at local places.
5. More and more students opting for research may be encouraged to do Ph.D., in gymnastics and help them accordingly.
6. Every plan of the research wing should be a long term, and should have complete transparency as no matter whomever takes the charge should continue with the opted research.
7. Consistency in the research work is highly expected.
8. The administrative office and laboratory required with minimum facility may be established at a place.
9. Few physical educations, M.Phil. and Ph.D. guides may be given affiliation with our research department.

10. After establishing research wing we may approach to U.G.C. for obtaining grants and recognition as research centre.
11. In the beginning suggestion may be invited from experts in our field for further developments.
12. Once a task is allotted / assigned to he / she will have the responsibility to complete it within stipulated time.
13. A nominal fee may be charged for year / life time membership of the research wing.
14. Some percentage of funds may be kept reserved from the Federation for research as the business people do for Research and Development.
15. A research quarterly may be published to expose the work undertaken and completed by research wing; this will keep the department working continuously. This quarterly subscription should be made compulsory to all the state and district associations in India as it will be containing the research papers which may be helpful in developing training and coaching methodologies. This way the work will reach at grassroots.
16. Few policies and bylaws of the research wing should be prepared.
17. At least one research should be undertaken and completed by the member in two years or else his membership may be cancelled.
18. The expenses of the research will be bourn by the Federation.
19. If the research is major than a member coordinator / principle investigator for the research group may be appointed to facilitate the work.
20. At least two meetings are necessary to be conducted and attended by each and every person and researcher in a year.
21. Immediate research:
  - a. Preparation of norms for available gymnasts at all levels.
  - b. Analysis of norms of various countries and sending / circulating to all centers for talent identification.
  - c. Preparing list of availability of infrastructure and apparatuses at all levels in India.
  - d. Preparing list of appointed coaches, volunteer coaches, instructors, judges (state and national), other experts from specialized fields with their address, contact numbers, e-mail ID's, area of interest etc.
  - e. List of successful gymnasts with their brief bio-data.
  - f. Collection of training and coaching related literature in audio, video, text or any form from gymnastics advanced countries.
  - g. Inviting for research wing membership on nominal fees along with their bio-data and field of interest.
  - h. Immediate video shooting of each and every apparatus of boys and girls in the forth coming tournaments for analysis of performance.
  - i. A psychological test, few anthropometric measurements, a questionnaire about diet and training may be administered on the competitions in the international competition.
22. Requirements may be established slowly:
  - a. A permanent office address of research wing.
  - b. Three or four updated and latest computers set.

- c. Related software to research and statistics.
- d. A telephone line with internet connection.
- e. Three to four members for administration and research in office.
- f. Anthropometric measurements devices.
- g. Motor ability measuring devices.
- h. Video cameras and still photo cameras, web cameras of high resolutions.
- i. Various dynamometers.
- j. Sophisticated treadmills and other equipments.
- k. Fax and answering machines.
- l. Minimum furniture.
- m. A laboratory room etc.

23. In initial stages artistic gymnastics for men and women is to be undertaken.

GYMNASTICS FEDERATION OF INIDA											
REGULAR WING						RESEARCH WING					
Existing Participation			Enhancing mass participation			Existing Participation			Enhancing mass participation		
Research wing											
Field						Laboratory					
School syllabus gymnastics or basics		Artistic Gymnastics		Rhythmic Gymnastics		Aerobic Gymnastics		Acrobatic Gymnastics		Trampoline Gymnastics	
Boys	Girls	Boys	Girls	Girls		Boys	Girls	Boys	Girls	Boys	Girls
Coaches		Judges		Sports Scientists		Analysists		Statisticians		Computer Experts	
RESEARCH											
GROWTH AND DEVELOPMENT OF GYMNASTICS											

- 24. To establish a “Research Wing” or a “Research Department” of the Federation at any Centre of Excellence.
- 25. To appoint five to ten experts from the field who have scientific vision and dedication to support the game.
- 26. To provide minimum required equipment for the research and experiments.
- 27. Every national competition will be witnessed by some of the experts for study and analysis.
- 28. Experts appointed should be from various fields as coaching, sports sciences related with gymnastics.

## GOALS AND OBJECTIVES:

### **(I) The reason(s) for today's performance and our actual status when compared at global level:**

A survey should be conducted in different age groups, at different places, at various competitions regarding the exact level of performance of the Indian gymnast. If this is not possible at mass level, at least the best six teams and best eight players on each apparatus in both the genders in sub-junior, junior and senior at state and national level should be selected. Most of the stress today should be laid on the younger age group as the time factor required for nurturing the performance will be amply available. At the same time it is required to gather various video recordings of different competitions organized in various countries of different age levels. This will fetch a guideline for the task and can be modified accordingly to the Indian geographical location and environment.

### **(II) The level of competition as on today and the prognosis of performance of next three to four Olympic cycles:**

The competition today in all the fields seems to be high, because what we lack is the foresight which is utmost required in our respective fields. The very basic thing and fact is "change is the ultimate reality of the cosmos" and our field being no exception to it. Basically the development in every field is observed because human being is always craving for luxury, comfort, fame at the stake of no risk and economy. On this platform we should focus as what 'development' is- **'it can be defined as the qualitative transformation which brings about progressive changes towards maturity and functional improvement in any system'**. Looking at this we should introspect ourselves and ask, 'are we developing?' If yes, at what rate? Will the present rate of development keep us in the race? If yes, for how long and at what level? Somebody defined maturity as the 'natural unfolding', but here should we wait for the natural time period? No! We have already lost the natural unfolding period because of our lethargy. Now it's high time that we should recover, transform the natural to artificial unfolding on the basis of law of 'conservation of compensation'. Today we should think of that development which the world will be attaining after certain period and plan for something above all which will fetch glories in our performance, than leave the process for natural unfolding. Prognosis of something is very much essential instead of regretting and fighting or having grievances on the past. Looking at today's development, in future there may be ten apparatuses for men instead of six or individual apparatus may have their own associations / clubs / federations etc., instead of one high bar we may find two to perform on simultaneously. Why not one of Indian thought about 'vaulting table?' Which we came to know after its successful implementation at different competitions. This is where we are lagging. We stress upon the foresight which is not limited to next Olympic cycle, but of Olympics and World Championships after 12 to 16 years. Here we should also emphasize on the rate of development during last two decades as it will fetch idea to program the coming time. To start with we should undergo the complete recording of each and every gymnast of the forthcoming international

competition on each and every apparatus for analysis and study or to plan something very comprehensively in this regard.

**(III) The exploitation of code of points to its maximum extent:**

Through study of code of points, correct interpretation of every rule and article, the study of movements with its degree of difficulty, economy of all performance factors, suitable movements to perform according to the structure of Indian gymnasts etc. It is also necessary to establish training stages, required qualities, motor abilities, training aids, distribution of time, lessons for mastery, risk factor, safety measures etc. of each and every element of the code should be done systematically or should be studied which is established earlier by the experts. This will enhance or facilitate the coaches to design the routine of an individual which is highly effective from the competition point of view and safer from gymnast's point of view. Few expert coaches may be asked to submit the teaching, training and coaching methodologies of each movement and after collection, a scientific and rational approach and methodology may be established. To start with, few elements with required parameters may be handed to the expert coaches for their views, suggestion, means and methodologies. The qualified and expert judges may be asked to write down the best possible routines on each apparatuses suitable for Indian gymnast without much risk. This may after analysis and interpretation produce five to ten ideal routines which again may be chosen according to structure or built of the gymnast as well fetch highest scores from the judges. After thorough study of code of points and watching different competition at various levels, it may become possible to prognosis the changes in next edition of code of points.

**(IV) Total attitude of the society towards the sports especially gymnastics should be change:**

Our society is of bread, clothing and sheltered oriented philosophy. It is observed that nobody bothers about fitness or sports, but they have time and money to spend in festivals, temples on gurus etc. This became possible for the theist to attract the mass through lectures, which would tap the proper nerve and has lapsed years together. The flourishing 'guru' industry as we see today is not the change of a day or two, but has taken years to convince the people. In the similar fashion the average intelligence of the society is to be estimated, few things of their interest, profit are to be convinced, regular hammering is required and this is possible only thorough giving importance to our own profession, respecting gymnastics at all levels. The career option's low risk factor, economic efforts, basic infrastructure at reasonable cost, grace of sports, its affordability etc., are to be exposed for general people to change their attitude. The benefits of achieving medals are to be publicized through advertisements etc. few organized fans are to be prepared to advertise the advantages of sport from mouth to mouth.

**(V) Attracting mass participation in gymnastics with the help of media and making available the equipment and infrastructure at the grassroots:**

It is necessary that everybody in the field should try for mass participation as we all know that 'quantity leads to quality' in their respective vicinity. This is possible

through the help of media, as video shooting of our center or minor competition is to be telecasted through local cable network with minimal expenditure. At the same time the clippings of national and international competitions should be telecasted at local levels. The availability of competitive gymnastics apparatus for everybody is not required. Exposure of only few mats, a spring board a trampoline etc., will attract more and more children as jumping, bonding, rolling, climbing etc are the basic or intrinsically motivating movements in human being. Slowly this may be developed through convincing localities, donors, politicians, welfare agencies etc. for funding. Today media is working miracles in changing the societal attitude. Exploitation or media management at local and global level is of vital importance for popularizing the sport. Changing the rules and regulations of demonstrations, competitions according to the demand of local citizens or society, will help the game popular.

**(VI) Progressing in technical know how in coaching trends:**

Today we are lagging in performance because of poor technical know how, rather we are not ready to accept the new approaches and trends. Few video shooting, training and coaching material from developed countries should be brought. These techniques of coaching and training are to be assessed and interpret for the development of new techniques which are suitable for Indian gymnasts. These developed techniques should be percolated to the last man who is actually working at the grassroots or at beginners' stages. We have the gymnast from different place of India to represent our country. The applications of techniques are different from one another as we don't have an ideal technique for implementation. Hence the coach in the camp will face the difficulties, at the same time advance movements which are based on proper basics cannot be taught. The latest trends in coaching the required equipment to develop basic, the time duration allotted or stress on the basic should be specifically guided as the advance are based on proper and sound foundation.

**(VII) Complete exposure at state, national and international level competition:**

It is necessary that at all levels fair selection is expected, avoiding the dropout rate of the upcoming gymnasts. Fair judgment at all levels is very necessary. Various build up competitions at local levels are to be organized for publicity and awareness about gymnastics. This will facilitate the satisfaction of getting feedback within shorter periods. It will also intrinsically motivate the gymnast to work hard for the progress as the immediate aim and stimulus is always within his potential reach and limit. The process of progressive filtration is possible through this aspect of competitions. The build up competition which will enhance the confidence level in the younger gymnast which may persist to perform at recognized competitions. Few competition basis syllabus for school level boys is to be designed and yearly thrice competitions may be organized at school level at local places. In this syllabus, apparatus should not be involved as it will lead to negation due to lack of availability.

**(VIII) Required frequent alterations in the syllabus of the trainee courses in gymnastics:**

As we all know that the only institution in India which awards diploma in coaching is N.S.N.I.S. Everyday we come across the change in technology and science of

coaching at global level and we must introspect that are we adopting the latest developments and trends. The syllabus of the trainee courses at national level should be regularized as and when required according to the latest research and development at global level. Now concepts of utilizing various technologies in our fields as computers, various software related to development of game are very much necessary to adopt, as sports achievements at Olympic level is one of the criterion for defining a developed, developing or underdeveloped country. Every now and then the agencies which are directly related to the field should pass their requirements to the institutions which are running these types of courses and the alternation in the syllabus is to be made accordingly and immediately.

**(IX) Planning hierarchy in coaching schedules:**

In the very beginning before clarifying this concept it is necessary for each and everyone in the field to be very clear that basically we are one and we are Indians. We should surrender our ego for the country. Here in this point expert coaches are called together to form training scheduled which should be very precise and comprehensive to be implemented at all levels. To form this program all the volunteers may be invited. The schedule should be prepared considering the present performance status and prognosis the performance at global level, aiming after certain period, should be general to specific, availability of minimum infrastructure at all levels, estimated cost of new implementations etc. This plan prepared by the experts should be percolated from single school to national level. Every level should be planned systematically which is pragmatic and possible for an individual to work at local level. After implementation, regular follow-up, timely alterations and changes should be carefully watched. After certain period the feedback should be called from various levels for assessment. This plan should be in nature of hierarchy, i.e., broad foundation tapering a pointed glittering goal.

**(X) Introduction of gymnastics in school syllabus:**

Basically two teams should be working under this research wing, one for the achievement of goal from the volunteer participation and the second to establish mass awareness. The second team of Federation should be establishing good rapport with the educating agencies at government as well as non-governmental organization level, trying to convincing today's importance of awareness about well-being, healthy life, fitness at the same time stressing on gymnastics for overall development of the child. Here I am quoting few examples of different countries which are almost equal to Indian conditions, but stressing on health, fitness and gymnastics at school level. By convincing at national and state level a basic syllabus may be introduced on physical training which should be named as gymnastics. Today looking at the awareness about health and fitness, university grants commission is stressing on implementing physical education subject in syllabus which is exam oriented and have weight age in marks memo. In the same way basic gymnastics syllabus may be framed and implemented for mass participation it should have examination and criterion of passing for promotion to higher classes. The federation may put this proposal to the education department as gymnastics is mother of all sports.

**(XI) Optimum utilization of available resources (living and non-living):**

This is possible only when there is mass participation and demand from the society. A list of availability of infrastructure and apparatus may be developed, the utilization is to be estimated, the unused time is to be calculated and used accordingly. Lists of experts, coaches, analysts, judges etc. are to be prepared and should assign the work according to their quality and demand from the needy. The available living resources as national level coaches may be deputed to various excellence centers to impart coaching. Secondly if any centre is having good infrastructure, the interested may be allotted the facilities on reasonable fees. Looking at the investment and today's utilization, we can say that the infrastructure and apparatus are averagely used for just four hours a day i.e., only 1/6<sup>th</sup> of the day is utilized, remaining 20 hours the infrastructure and apparatus stay idle. These 20 hours may be utilized for the others those who don't have the facility, by paying reasonable amount.

**(XII) Stress on building broad and sound base:**

Considering the sub-junior performance at international levels, we seem to be ahead, but as we look at the advancing age group performance, we are nowhere. Now the question is why? Are we moving towards early specialization for our interest? We are not giving ample time for developing broad and sound foundation which is required for higher performance. We are exploiting the gymnasts and draining them at early age for attaining laurels. Ethically we are not going properly according to the stages of development. We are losing long term higher goals by attaining short term lower goals. The orientation of basically working on human machine is to be attained and every life on this search has given specific time for growth and development is to be kept in mind. Our basic responsibility of overall development before performance is to be attained. Here the necessity of designing a syllabus for specific age group according to his/ her growth and development. Few exercises, elements should be precisely and comprehensively prepared to form sound foundation. The development in the performance should be according to his/ her growth and development principles. Basic training principles are to be considered before planning.

**(XIII) Establishing basic level programs for various beginners, age groups its exposure, training and utilization:**

Specification should be set of starting age in girls and boys according to Indian environmental conditions. Basic training program in first, second and so on years should be comprehensively prepared. Every month, week, day and session programs should be prepared. The program should clearly mention the number of specific training hours, along with the daily life schedule. Participation in the first competition should also be clearly mentioned. The research wing should study the present training programs implemented in different states at different levels. After analysis the required changes and standard schedules is to be prepared.

**(XIV) Enhancing cooperation and team work attitude:**

The development or success can be achieved only after cooperation and team work. Every individual of gymnastics family should strive for the development through teamwork and cooperation. No single individual is perfect in this world, so each and

every individual should dedicate his best to achieve the goal. If a healthy competition among us is developed this should at least be expected in our field as it is called a 'sport' and its 'spirit'. Everybody should have a feeling of oneness, patriotism etc. It is said that only a drop will fill the water from the brim of glass or a sentence is incomplete without a full stop which is just a dot. So here the cooperation of every dot to complete the sentence of achieving Olympic mental is necessary. Gymnastics Federation will be one and only one Federation which will be having research wing as an identity. We are mothers and we initiate life, we give birth, so let us be one for the birth of an Olympic medal.

Here many of us may be thinking that to advise or suggest is very easy. Practically is it possible? Will there be consistent coordination among ourselves? Etc., etc., but somewhere, sometime we should have to brake to all these thinking, keep the view optimistic, visionary attitude as the days are changing, the requirements are changing, the needs are changing than why not our approach? I know that I am not keeping anything new in front of your all; many of us may be thinking on the same channel, may be more advanced and clear. I felt it necessary to express myself and invite all those who think the way of development, volunteer and express what I could not and encourage. Every day we are passing, we are missing 24 hours and only you and me the athlete/ player knows the value of time better than any other, who with a millisecond wins or loses a medal. Time is not money, it can't be reimbursed.