

## **SUCCESSFUL GYMNAST: A LONG TERM DEDICATION AND HARMONY OF PHYSICAL AND PSYCHOLOGICAL ABILITY**

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It would be a great understatement to say that competitive gymnastics is tremendously taxing from all view points on young potential athletes. This sport appears to be one in which a great number and variety of factors must be successfully overcome in order to achieve excellence. Many of these factors are biologically predetermined, such as adult height and body build, while others can be affected by the training process, either from a physiological or a psychological perspective.

What are some of the qualities that are required to be a gymnast? From a physical standpoint, it appears that to an increasingly greater extent, there appears to be a common body type that is extremely small in statures, lean and having specific proportions that are advantageous to performance. In comparison to other Olympic athletes, gymnasts are also amongst the strongest and most flexible. These physical qualities must be combined with a great capacity to learn physical skill that requires exacting precision in extremely dangerous and in habitual spatiotemporal situations. This learning must take place over a 5-7 years period, and as such, requires a social support system and parents and friends.

From all of the technical, physical and psychological components that contributed to the ultimate success of the several athletes, only the psychological variables were able to discriminate between the actual competitive rankings of the athletes.

Over the course, the field of applied sport psychology has taken hold of the sport of gymnastics as well as most other well developed fields of physical activity. No longer is physical and technical preparation sufficient for the preparation of champions.

Some of the plans were naively, but often eloquently, created by the athletes themselves based upon the traits and errors from numerous years of competition. Others were developed by the athletes in conjunction with their coaches, a process that was often able to shorten the trial and error process considerably.

A certain number of athletes benefited directly from available published material and from trained individuals in sports psychology. In addition the fact that the available expertise being delivered by sports psychologists either directly, or via their published works, may have missed the mark because of the difficulty in attaining the particular strategies and techniques to the specific demands of the sport of gymnastics.

It is within such a framework that gymnastic coaches, parents and sports administrators would be best advised to consider the developing gymnast, so that these precious individuals might be best nurtured and guided throughout their competitive careers without running the major period of their lives that follow.

It is only now, that such adages as “winning is 10% physical and 90% mental” or to quote yogi Berra ... ‘50% of winning is 90% mental”.

Success and continuance of young gymnasts in the sport is crucial for the development of national teams. Success and persistence in sports is also important to young boys in their social development.

From all the above it can be concluded that a successful gymnast... is a harmony of physical and psychological ability.

### **Essential contents to a long term building – up of performance (in men-gymnastic)**

#### **BT – Basic Training (7-8/9 years old)**

##### **1. First Stage (7 Years old)**

- \* Bring them to recognition and training lessons
- \* Win healthy, clever and physically qualified kids to a regular training work
- \* Review yearly

##### **2. Second Stage (8/9 years old)**

- \* Careful clarification of the aim / goal:
  - Parents readiness
  - State of health, physique qualification
  - Faculty intellectual
  - Personality motivation to do gymnastic / model
- \* First check to ascertain the degree of capable of development
  - Aspects of movement
  - Speed, adroitness
  - Reactivity
  - Movableness / flexibility
  - Strength
  - Psychical – pedagogical aspects like courage
  - Ability of presentation

##### **3. Third Stage (9 years old, by review also 10/11 years old)**

- \* Appropriation of development of performance prerequisites in a joyful, consistent many-sided, increasingly intensive and preserving training.
- \* Development of gymnastic and acrobatic abilities and assumption of movableness by using mediums like trampoline, lounges, pit...)
- \* Development of the first typical abilities of the competition appliances (training elements are for the time being elements of aim, they become again to assumable elements: simple competition exercises)

#### **BUT- Building – up – training (10-15 years old)**

##### **First Stage (10-13/14 years old)**

- \* Continue development of the general performance prerequisites.
- \* to coin the bodily domination with general and typical gymnastic mediums in the favourable learning period (before puberty) under observation of the development and of being susceptible in prop and movement system.

- \* Acquire a basic and multiple, specified repertoire of proficiencies (technical, athletics)

- \* Build up the prerequisites to stand a 12 point competition (two times free exercises).

- \* Build up fitness and form to absolve a daily intensive and effective training (two-phase-training)

- \* Prepare the claims of development and competitions of the next higher class of performance (technical)

Second Stage (14-16 years old, by later review also 17/18 years old)

- \* Support the load-ability in the phase of puberty with multiple, general and fundamental gymnastic proficiency (no conditional forcing up the load)

- \* Perfection of the general and specified prerequisites of performance like strength! > (favourable phase of the development of the general and special strength potential > and of the moveableness / flexibility, technical fundamental structures / basics)

- \* Use favourable individual conditions for preparing all elements of the compulsory and free exercises program and for performance on international tournaments.

- \* Stabilization of the reached performances of competition.

### **JT – Joining Training (15-17 years old)**

- \* Transfer of the high standard of bodily domination on all components of gymnastics performances under consideration of the international top level.

- \* High complex of the ability of variety fitness of fight

- \* Making out and develop final – performances

Goal: organize and guarantee a successful start with the men-gymnasts

- \* Produce the suppositions to raise the load for demand in the next Olympics

- \* Adaptation to competition-contents and competition-density and specialty of the competitions in the field of men-gymnasts.

### **HPT – High Performance Training (17-18 years old)**

Goal:

- \* Successful participation and securing the aims at the international main performances

- \* This development bases upon foundation of the forecast of the competition performances and is permanent precision by the alteration of the world-level and the current application of the valuation-rules.

- \* High demands to complex of:

- Development of performances prerequisites (strength, movableness / flexibility, technical-basis)

- Higher technical level, find best technical solutions, extreme – performances

- Highest degree of difficulties

- Best explorations of the bonification (credits, or combinations)

- High level of stabilization / standings