

Indian Scenario of Contemporary Sports Schools: Meta-Analysis

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ABSTRACT

Sports talent identification is essential for systematic and long-term sports achievement at national and international level. To find out various schemes of preparation of sport talented children and youth and to analyse different sports training program in India, this study was carried out. This study was a descriptive & the comparative research. Meta-analysis process was done involving a comparison of the various ten sports schools in India. Analyzing six governmental and public sector and four private sector schemes of sports talented children in India, researcher unfolds their specialties. Primary and secondary sources data was gathered. In India, all sports talent children were spotted in school or education-based organizations. But those who are talented and not in the school system might not get spotted. Indian scenario of Sport Talented children is Education based and biased also. So, career in sports is must with education only. Also, no scheme applies all sports science like Intelligence test, Personality test etc. and the entire entrance test were westernized. No scheme educates the parent attitude, sports player's knowledge about sports and integrated system of sports and education in one campus, one authority head. An age criterion was from 8 years onwards, but before 8 years, no scheme provides basic education.

Keywords : Sports school, Talent Identifying Scheme

Introduction

The scientific approach in sports training and coaching is very essential for high performance. Sports performance is the perfect harmony of execution and outcome of a sports action or a complex sequence measured or evaluated according to socially determined and agreed norms. (Theiss. and Schnabel., 1987) There are various performance factors affecting the success of players in competition. E.g., physical fitness, techniques, tactics, past records, environmental factors, psychological makeup, emotions, etc.

Talent Identification

To prepare an international athlete who will achieve high performance, sports talent has to be identified in early stage. A diamond shines only when cut and polished. So are sports talents. It is drawn out that talent search is designed to identify promising young athletes or players (12 years and older) and prepare them for participation in domestic, national, and eventually international competition. The program utilizes information across all disciplines of sports sciences to identify young athletes with characteristics associated with elite performance. Athletes are then guided to sports and games that best suit their attributes and provided with the opportunity to realize their potential in a high-quality talent development program.

Sports talent is the sum total of pre-requisites and possibilities of their development possessed by a person which will enable him to achieve high performance in a sport in future. The pre-requisites include motor abilities, technical skills, tactical efficiency, physique, personality traits, motives, interests etc. (Singh H. , 1983)

In performance sports, identification of talent is of immense importance. Several disciplines of sports science are of help in the identification of talent. But their approach is limited to one or a few components of talent. Talent finds full expression in physical activity during competition. During competition total personality of the sportsman is involved. As a result, competitive performances are very good indicators of sports talent. All countries which are front-runners in International level sports competitions are so due to these reasons. In India, work done in all these aspects is inadequate. In this relevance, adequate information is not available about Indian Scenario. Thus, researcher chose this topic.

Background : - Winning a medal in the Olympics, World Cup and International competitions is not an easy task in the tough globalized world of sports competitions. This is long term plan in the clench of die-hard competitive training. This has eventually compelled coaches, trainers and all those concerned with the development of sports to pick-up children at an early age in order to train them in long term planning for optimum results. This has posed a problem to the physical educationists and sports scientists to find out methods for selection of potential sportsmen at very early age. This has resulted in an increasing interest in talent spotting in all sports. (Brar, 1991)

The search and selection of potential athletes in specific fields based on scientific knowledge is a matter of routine in many developed countries. Unfortunately, in India this aspect has not been given serious consideration. Consequently, athletes are selected from the "Available Pool" mainly based on their performance records on various sports meets. It is often forgotten that such "talents" have already reached their peak performance with little scope for further spectacular improvement in spite of intense

grooming schedules; therefore, fresh look needs to be taken to improve upon the methods of selection of Indian athletes. The need is to be identified at a very young age. (Singh J. , 1987)

For top level performance, it is very important to spot, select and nurture a budding sportsman as it is recognized by that entire athlete must possess some inherent qualities which can be developed by means of systematized and scientific training. For spotting and selecting a player, one must consider physique and fitness, as these qualities will help a long way towards better performance. Moreover, hard competition has eventually compelled sport authorities to pick-up children at an early age in order to train them over a long period for optimum results.

All the above information suggest that talent must identified by scientific procedure and it was very essential for preparing an international player.

Relevance of sports schools in India

To obtain excellence in sports, it is very necessary to begin training at a proper age. Today it is difficult to evolve a sportsman considering the vast curriculum and modern race for marks. Therefore, there is a great need to develop an independent system. Along with sports skill, sports should be developed as a career so that sports persons can earn their livelihood from it. Success in sports is multidisciplinary. It involves physiology, physics, psychology, sports Training, sports medicine and such many more sciences. It also involves their inter relation. These and many more sciences must be studied in detail to evolve a method. To do fundamental and extensive work in sports field and reach great heights in sports to restore glory of Indian sports. Sports schools will nurture sports person useful entity of the society as he/she will guide the common man regarding good health, health habits and will promote exercises for physical fitness in the society. This will enable an individual to use his/her sports talent to lead an active, enthusiastic, and respectable life in the society.

In India various attempts have been made by Government bodies, Public and Private sector bodies, Non - Governmental Organizations, Private Clubs, and some schools to prepare sportsmen of national level in a limited number. These efforts or Sports Programs are as follows. For this purpose, researcher carried out the meta - analysis of "Indian scenario of contemporary sports school".

Purpose

The purpose of this study was to find out various sports schools which are nurturing sport talented children and youth in India and to analyse these different sports schools in India.

Method

This study was a descriptive type of research. It provides a method of investigation to study, describe, and interpret what exists at present. This descriptive research involves a comparison of the various sports schools in India. This study has brief information of ten sports school model and then with the help of meta - analysis, researchers pointed out the various specific requirements of the ideal model for sports school. Data was collected with help of e-tools and online information available and actual visits to the models of this schools. Sources of data were primary and secondary. All the information were verified and authenticated. Researcher worked in the two sports schools and was visited other three sports schools in Maharashtra state. Meta analysis of the information of these ten sports schools were carried out with reference to the pre-decided points such as aim and objective, admission procedure, age -gender and sports events, infrastructure and coach's availability, training process, financial aspects and academics etc.

Brief information about Indian scenario of the sports school was studied as follows:

SAI Training Centers (Sports Authority of India, 2012)

The Government of India formed a committee in 1987 to study all schemes of government and consequent to its findings amalgamated SAI Schemes to promote sports and games including physical education. Mandate of the Committee was to review the programs; schemes and make recommendations for their continuance with modifications as also merger of the Schemes, where considered necessary. The Committee felt that to get talent from the rural areas, and to provide in-house coaching facilities to the talented youth of the country in their own States, Sports Authority of India should launch scheme which came to be known as Sports Project Development Area Scheme (SPDA).

Based on the recommendations of the Committee, a Scheme was formulated, whereby each SPDA Centre was to cover 80-100 development blocks and jointly implemented by Central and State Governments or UTs. State's share was to be provided in kind, including hostel and the land for development of infrastructure for starting the SPDAs; Each SPDA catering to a maximum of 4 Olympic disciplines, based on the popularity of these in particular area.

Later, with the aim to providing coaching, training and nutritional support to sports persons who attained advanced levels of sports proficiency, the Scheme known as Sports' Hostel, was launched by the former SNIPES Board.

The Governing Body, consequent to a study conducted, in its meeting held on 25th May, 1995 decided to merge both the Schemes and titled it, 'SAI Training Centre, (STC) Scheme' to make it possible for Central Government and State Government to work together for sports development efforts, through integration of various Schemes, correct

existing regional imbalances in sports infrastructure in the Country and within a State, enable SAI to nurture junior sports talent scientifically who had attained excellence at Sub Junior level under NSTC Scheme and induct them into the STCs/ Centers of Excellence, for further scientific and in-depth coaching on a long term basis, provide package of assistance for sports infrastructure and undertake various sports programs in particular areas, ensure maximum utilization of the facilities already existing or to be created in a district/ zone to avoid a situation where sports infrastructure remains idle and also ensure proper maintenance of the same, ensure equitable distribution of the funds earmarked for various Plan Schemes of the Government of India and SAI and take the benefit of various Plan Schemes to the grass root levels for nurturing talent.

In order to groom junior level sports persons in the age group of 14 to 21, SAI Training Centers were established, for which the State Government were to provide all the infrastructure facilities, with SAI running the Scheme by providing scientific training to the selected trainees/ equipment support and minor current repairs of the infrastructure talent.

Selection of trainees will be done on basis of potential and performance. Trainees who are medal winners in State/National Level Competitions are automatically admitted into the Scheme subject to their being found medically fit. Trainees who are medal winners at District Level Competition or have participation in State Level Competitions are admitted, subject to their being found fit medically or physically and also have the required potential which is assessed by battery of tests.

Facilities provided to the trainees include boarding, sports kit, stipend, competition exposure, education expenses, medical, insurance and others. The details of financial support given, or facilities provided under the Scheme.

Disciplines covered are Archery, Athletics, Badminton, Basketball, Boxing, Cycling, Diving, Fencing, Football, Gymnastics, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Karate, Kayaking & Canoeing, Lawn Tennis, Sepaktakraw, Shooting, Softball, Table Tennis, Taekwondo, Swimming, Volleyball, Weightlifting, Wrestling and Wushu.

Age Criterion: Sports persons in the age group of 14-21 years are admitted under the Scheme. Relaxation is given in meritorious cases with particular focus on Gymnastics and Swimming.

At present there are 60 STC Centers in which trainees are being trained all over the country.

Krida Prabodhini - Maharashtra State (Directorate of Sports and Youth Services Maharashtra State., 2008)

Under Governments of Maharashtra Sports Policy, to nurture the skills of various sports events, residential Krida Prabodhini was formed to provide the facilities to Students of 8-14 age groups. In this Krida Prabodhini, students are selected through Battery of Test, conducted on District, Zonal, & State level.

The objective of the Krida Prabodhini was to develop players of international standards. It is required to adapt the alternative recruitment process to attract hardworking and skilled players. To develop more and more players of International and Olympic level, selection of skilful players and providing Technical & Scientific training, appropriate diet & modern sports facility and to develop a culture of sports and planned efforts.

Centres of Krida Prabodhini are Pune, Kolhapur, Sangli, Thane, Amrawati, Akola, Nasik, Nagpur, Pravaranagar, Aurangabad and Gadchiroli.

Pimpri Chinchwad Municipal Corporation (PCMC) Krida Prabodhini.

P.C.M.C. has also residential sports school “Krida Prabodhini”. It provides the academic & sports facilities to nearly 130 students. This school was set for the students from PCMC school of standard 5th to 10th. This school was started in 2001. It was aimed to nurture its own students to national level players. Sports events selected at this school were athletics, kabaddi, Kho Kho, volleyball, boxing and judo. Students were admitted through physical fitness test battery and only 25-30 boys and girls combined were selected. Help of other sports sciences were taken from government departments like hospital. This is PCMC school and thus all financial matters are well kept through municipal corporation. Infrastructure facilities are available and provided through PCMC including grounds, uniform, transports expenses, diet, and scholarship.

Pune Municipal Corporation Krida Niketan, Pune.

On the identical basis of P.C.M.C. Krida Prabodhini, Pune Municipal Corporation started Krida Niketan in 2009. Features of this sports school are all the same as P.C.M.C. Krida Prabodhini.

Andhra Pradesh Sports School (Andhra Pradesh Sports School, 2006)

Andhra Pradesh Sports School Established by the Govt. of Andhra Pradesh in November 1993 at Singaipally and Thoomkunta (V) of Shamirpet, A.P. Aim of this school was to nourish the children to excel at National and International Competitions and to Produce “High Calibre Sports Persons” from Andhra Pradesh. To achieve this aim, vision was to achieve excellence in coaching and teaching, to preserve and generate the knowledge and talent, to cultivate and resolute the moral values, to develop and enhance the human resources, to improve the quality of life and contribute a sustainable development of the Region and Nation in harmonious with our culture, heritage and environment. Motto was Service to the Society through Sports. The school is running on totally residential

pattern from IV class to Intermediate with A.P. State Syllabus (English Medium). Teacher - Student ratio was 1: 20.

The Motilal Nehru School of Sports, Rai was founded in July 1973 by the Government of Haryana with the prime objective to provide excellent educational facilities with extra emphasis on sports to deserving students. The School is organized on the Public-School pattern. It is fully residential and co-educational. The School is affiliated to the Central Board of Secondary Education for the Secondary (Class X) and Senior Secondary (Class XII) Examination. Our endeavor is to help and guide the students in their vigorous pursuit of excellence in academics and sports. The administration of the School is vested in a Special Board for the School constituted by the Government of Haryana. The expenditure on academics and sports is heavily subsidized by the state government. The School is located at Rai, District Sonapat.

Spread over about 250 acres of verdant splendor, the magnificent campus covers the school building, academic and administrative blocks, hostels, residential accommodation for staff, auditorium, athletics stadium, swimming pool, gymnasium, tennis courts, basketball and volleyball courts, equestrian lines, football and Astroturf hockey fields, squash court, school infirmary and miles of boulevards skirted by majestic avenues, a Multipurpose Hall, 10m Indoor Rifle Shooting Range, a Cricket Pavilion.

The School motto is enshrined in the Sanskrit expression – Rise High. Thus, all the efforts are directed to help the students to forge ahead providing them with the right opportunities and an ideal environment for harmonious development of the personality. School endeavor to instill in the students a sense of responsibility and initiative to become useful members of the society so that they can competently play their important roles in the nation building process.

The academic and administrative head of the School is the Principal & Director. The P&D is assisted by the Vice-Principal, Headmistress and Administrative Officer (Bursar). The teaching staff consists of fully qualified and trained teachers with the necessary attributes and aptitude to work in a residential school.

Coaches are selected from two sources: their own establishment and Sports Authority of India. Each one of them, besides being a good sportsperson is a virtual expert in his/her discipline. The coaching they impart in various sports and games is modern and scientific.

The School activities or curriculum is broadly covered under three heads, viz. Academic or Curricular, Sports and Games and Work Experience or Co-curricular.

The School is fully equipped to train students in almost all disciplines in sports and games i.e., Athletics, Gymnastics, Swimming, Basketball, Hockey, Lawn Tennis, Boxing,

Cricket, Football, Horse Riding, Volleyball, Rifle Shooting. The best possible facilities in terms of modern equipment, spacious playfields and expert coaching staff provide the students with every opportunity to excel in sports and games. The coaching system also trains the students to develop the traits of leadership, team spirit, co-operation, and sportsmanship.

School has an Olympic-size swimming pool, a modern gymnasium, lush green tennis courts, rifle shooting range, two squash courts and well-equipped fields and facilities for all other major and minor games.

It is a great privilege for the school that it has become the first in the country to have an AstroTurf for hockey in the school campus. It is not only helping the budding hockey players of the school but also of the state, who are able to use it to improve their skills in the game considerably and contribute to the growth of the game at state and national level. Every student is expected to gain proficiency in at least one game by the end of the Secondary School Examination.

Adequate coaching and practice are given both in the morning and evening sessions. The school teams in various sports are encouraged to participate in several State and National level tournaments. Inter-House tournaments are also held in every sports/ game. Special coaching camps are held to train those selected students who show encouraging potential in a sport/ game. Attendance is compulsory for students selected for these camps and defaulters are fined.

Performance/achievement in sports and games is also regularly graded and a student who does not achieve the minimum acceptable grade, is weeded out from the school.

Admission process is such that there will be only one point of entry to the School which is Class IV. Approximately 100 children will be admitted in Class IV. Boys and Girls will be admitted in the ratio 1:1. And five candidates will be admitted under outstanding Sports person Category in class IV to XII. 21 students (02 boys and 19 girls) will be admitted in class-V. These seats will be Filled out of candidates to be sponsored by Sports and Youth Affairs Department, Haryana. The candidates sponsored will be medal winner in Khelo India National School Games, Khel MahaKumbh etc. Motilal Nehru school of Sports, Rai will admit such students based on Physical Efficiency & Sports Aptitude Test and Game specific talent test. The admission will be restricted to those sports disciplines available in school.

Entrance Test

General Admission to Class IV (the Main Entry Point) is made based on the following Tests viz. Physical Efficiency and Sports Aptitude Test (PESAT) and Game Specific Talent Test.

The Physical Efficiency and Sports Aptitude Test for class consisted of 30-meter flying Start, S.B. Jump (cm), Medicine Ball Put up to 10 yrs. 1 kg (above 10 yrs. 2 kg meters), 6x10 m Shuttle Run (Sec.), Forward Bend & Reach (cm), S.V. Jump (cm.), 800 M. run (min. sec) and

Game Specific Talent Test. If candidate clears PESAT, then he/she will be called for Written Test (qualifying marks for the test will be 40%).

All students prior to being finally selected for admission to the school are asked to be medically examined by a Medical Board according to the standard prescribed by the Special Board for the School.

Usha School of Athletics (Usha School of Athletics, 2008)

Usha School of Athletics was formally inaugurated in May 2002 at Koyilandy, Kerala. The vision of U.S.H.A. was to nurture talent to achieve excellence in every field of athletics and to place India firmly on the international sports map. Mission drafted was to identify and nurture talent, and groom it to be at par with international athletes, to eliminate any disadvantages or handicaps by providing all essential training inputs – physiological, physical, psychological and technological – to blooming athletic talents, to provide continuing education along with sports training, to promote scientific training in sports and apply all research results and to inculcate love for sports among the general public and to promote sports as a serious career for the talented. Values were designed such as U.S.H.A. will pursue excellence while maintaining organizational and personal integrity and focusing on technological enhancement of talent. U.S.H.A. will develop talent based purely on merit and will maintain transparency in all operations. Goals were stated as Excellence for the U.S.H.A. students in every event from school level to international level and Victory for U.S.H.A. students in the 2012 Olympic games, and every Olympic meet thereafter.

A 20 Crores Rupees project, the school, Usha says, would be the country's premier institute for training young talent. The Government of Kerala came out with an offer of 30 acres of land and a financial grant of 15 lacks for the project. Usha School was incepted in Koyilandy near Kozhikode on rented premises with twelve students.

The students live and train under the guidance of P.T. Usha from day one based on a pre-planned time schedule in the school. At present, the school coaches eight trainees - all girls.

The method of study, exercise, diet, psychological counselling attitude building etc. are carefully planned and scientifically devised with the help of internationally acclaimed experts in the respective fields. Teachers who know and understand their students, know their sports, and possess developmentally appropriate philosophies help nurture

the budding talents. A full time Certified Athletic Trainer provided medical care to their athletes.

Kreedakul Program of Jnana Prabodhini, Pune (Lunkad, 2015)

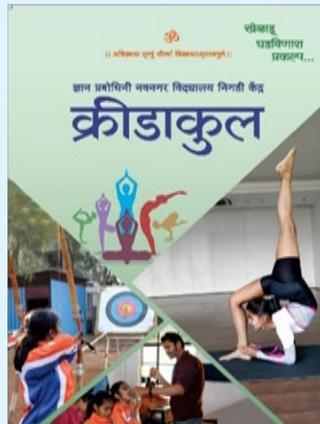


Figure 1 : JPNV Kreedakul Brochure

The Kreedakul Program of Jnana Prabodhini, Pune is the Nursery of India's Future Gold Medallists which was started in 1998 at Jnana Prabodhini Navnagar Vidyalaya, Nigdi, Pune. It is a special sports school which is committed to prepare sportsmen of national and international calibre. This needs a separate education system. There are some limitations for the normal schools, as they have to maintain a balance in studies and sports. The Kreedakul Program is trying to set up an independent educational system with the aim of grooming sportspersons. They have started from standard Fifth. There is a separate division of selected students and they are trying to keep all the obstacles away from their daily routine. To give minute attention towards all the students, the number of students selected in a class is restricted to 30.

Kreedakul is a private sports school which is one of the sections of JPNV, Nigdi school in Pune. This school was incorporated in June 1998 with the aim to nurture national level players.

Kreedakul is located in Nigdi which is 20 km far from Pune city, Maharashtra. Kreedakul is a private section which is funded through student's education fees and social funds. All recruited staff like teachers, coaches and sports science support staff are privately governed. (unaided staff)

Kreedakul is for std 5th to 10th std secondary school. For this std 4th students from JPNV, Nigdi and other outside school students get enrolled their names for the purpose of admission. Kreedakul school is special purpose private school aimed at Nurturing

National Level players. For this purpose, entrance test is designed for students who seek admission. Kreedakul is a co-educational school. Only 30 students get admission at std 5th. Entrance test is specifically designed consisting physical fitness test, psychological interventions and medical check-up.

Kreedakul is a day boarding school of 12 hours. Daily schedule consists of - morning and evening 2 hours each devoted to sports coaching, 5 hours for academic teaching learning process, 2 hours for meal and one hour for sports science support staff like medical check-up and psychological training.

Kreedakul has ample sports facilities like 2.75 acres of ground comprising 200-meter soil track for athletics, 30 meters *18-meter indoor gymnastics hall, archery arena, two kabaddi indoor ground and one kabaddi mat ground, Mallakhamb and yoga hall. These facilities are ample for total 180 students of Kreedakul.

All staff are privately recruited. Total 10 specialized dedicated and experienced coaches were there for total of six sports events. Besides coaches, two medical staff and one sports psychologist are recruited for students.

Kreedakul being self-financial school, it is managed by Students fees. This fee excludes meal and transport expenses. Besides fees, donation from society, CSR funds of various private companies and government grants for competition are available for running Kreedakul.

Kreedakul has Athletics, Gymnastics, Archer and Kabaddi main events and Yoga and Mallakhamb are other sports events. Students participated in Govt. and association level sports competitions. Other activities are in house competition, training camp, trekking etc.

Kreedakul is an integrated special sports school aimed at nurturing national level players. All coaches, students and their parents are in same directions to achieve this aim. Parent's participation is well planned in some activities of Kreedakul like training sessions observation, competition and camp. Diet and psychological guidance are instructed to parents so that they can help their pals at home also. Kreedakul planned parents training sessions, meetings, and tours.

Achievements – Kreedakul achievements every year is at least 10 national and 50 state level players. In 21 years, total 200 national players are nurtured from Kreedakul.

G. V. Raja Sports School, Kerala (Director, n.d.)

This school was started in 1975 at Thiruvananthapuram, Kerala by private management. Objective was set to choose talented sportsman from various sports and nurture them to international level players. This school is full residential and for standard 8th to 12th

only. Total 390 students are there both boys and girls. School has synthetic track, indoor court, hockey ground and cricket practice nets. School provides separate residential and mess facilities to all 390 students. This school has football, judo, boxing, cricket, volleyball, hockey, weightlifting, and athletics. Talented players were spotted through all Kerala State of 6th and 7th std. and then sports specific skill test were conducted.

Millennium National School, Pune (Director M. N., n.d.)

This school was started in 2000 at Pune and is normal academic school. Millennium School is dedicated for preparing players from normal schooling system with additional time after school. This school have special training for volleyball, kho-kho, gymnastics, and basketball. Facilities for these and all other sports are vast and the ration for players to train in specific sport event is very trainable.

Findings and conclusions

After conducting the study, some findings were as follows.

1. All schemes in India have common objective of producing sports talented players of international level.
2. All government sports talent children training schemes were based on their school or organizational level structure like Army, for age group 8 to 14 years and country widespread. (not local level)
3. All schemes in India were having entrance test criteria like Battery test for Physical fitness, medical examination. But except Kreedakul Program, no other schemes have psychological test as Intelligence test.
4. Major government schemes were for already sports medallist players on district, state, or national level.
5. All government schemes in India provide stipend, food, sports kit, training equipment and coaching with rewards also. Schemes from army provide service also.
6. USHA scheme was for only Athletics event. It was focused scheme. (like private club)
7. Major government schemes were for residential type and funding was lot of.
8. All public and private sector schemes train from basics. As they nurture talented players and not directly admit the medallist players.

Discussions and Suggestions

After getting information and analysing this data and findings, researcher want to

discuss some important points. In India, all sports talent children were spotted in school or education-based organizations. But those who are talented and not in the school system might not get spotted. So Indian scenario of Sport Talented children is Education based and biased also. So, career in sports is must with education only. Also, no scheme applies all sports science like Intelligence test, Personality test etc. and the entire entrance test were westernized. No scheme educates the parent attitude, sports player's knowledge about sports and integrated system of sports and education in one campus, one authority head. An age criterion was from 8 years onwards, but before 8 years, no scheme provides basic education of Physical fitness.

Some suggestions were:

1. Researcher recommended doing changes in entrance test and recommended designing the indigenous test for entrance.
2. Researcher recommended real talent hunting procedure. It might be conducting National level sports talent hunt or starting sports activity camp for age group of 5 to 9 years.
3. Researcher recommended giving diet plan to students and parents. Also, there should be system which would keep the follow up for diet.
4. Researcher recommended starting or designing structure comprising after 10th standard sports school or college and starting program for pre-fifth standard.
5. Researcher recommended mass participation in normal school physical education program and sports training program. Also, to increase awareness about sports in society.
6. Researcher recommended finding parent attitude and their training.
7. Researcher recommended objective evaluation of students and scheme also.
8. Researcher recommended planning of complete years of sports school, also defining and detailing aim and objectives.
9. Researcher recommended implementing other sports sciences scientifically like modern medicines, video feedback etc. Also, data recording should be well organised.

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