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RESEARCH ARTICLE

AN ASSESSMENT ON THE CURRENT STATUS OF WOMBERA ATHLETICS PROJECTS IN BENISHANGUL GUMUZ NATIONAL REGIONAL STATE METEKEL ZONE WOMBERA YOUTH ATHLETICS PROJECTS

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ABSTRACT

Wombera youth athletics project was known in producing world famous athletes like Almaz Ayana, who is currently world best athletes in long distance running. The present study was conducted with the objectives of assessing the current status of wombera athletics project in Benishangul Gumuz National Regional state and point out problems, more concretely it specifies the following objectives; investigate the major problems of the athletics project in the study area, inspect the mechanism of the athletics method of training in the study area, the relationship that exists among coaches, athletes, personnel of woreda to federal athletics federation, methods of its talent identification mechanism. Descriptive survey method was conducted 30 athletes and their coaches were selected based on purposive sampling techniques. In addition to this sport officers from Wombera Woreda, Metekel zone, Benishangul Gumuz Regional State, and federal athletics federation. Now this project declines its performance. After analyzing the data we concluded that lack of applying training principles, inappropriate talent selection method and the training category used, limitation of coordination of the respected organization.

Key words: Athletes, Training Principles, Talent Identification, Category, Youth Project, Technique.

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INTRODUCTION

Athletics sport is an exclusive collection of sporting event that involve competitive running, jumping throwing and walking. The most common type of athletics competitions are track and field, road running, cross country running and race walking. In addition to this, the 5km, 10 km, half-marathon, and marathon races are all classified as long distance running events (Wong T. Shing 2009). Ethiopia is best known by long distance athletics sport. This tends to the reflection of cultural identity. Ethiopian Athletics Federation (EAF) along with Regional Federations are striving their best for the development and expansion of athletics sport in different parts of the its region. One of the most important influences on positive development in youth sport comes from the personal interactions athletes have with coaches (Bruner, Hall, & Côté, 2011). The Ethiopian Athletics Federation along with Regional Federations are striving their best for the development and expansion of athletics sport in different parts of Ethiopian regions. There are over 35 athletics training centers opened by EAF and more than 30 athletes in each club and have functional persons whom are involved in the training centers (EAF, 2002).

In B/Gumuz regional state there are 3 athletics projects, the two projects are found in Assosa zone where as the remaining one is in Metekel zone. The Metekel zone project is located in Womberaworeda Debrezeitkebele. The focus area of this research is located in Benishangul Gumuz National Regional State Metekel Zone, Womberaworeda, Debrezeit city, far from the capital Assosa by 550 km, It is favorable altitude for athletics training, nearly 3000meter of altitude above sea level. The project has contributed famous athletes like Almaz Ayana, gold medalist in 5km 2015 (IAAF, 2015 and 2017) and other more athletes whom have been selected for the national clubs. They also competed at an international level and got medals for their country. Nevertheless, this athletics project is being reducing its contribution on the production of athletes to almost none.

Statement of the problem: Ethiopia is well known by athletics sport particularly by running events 3km, the 5km, 10 km, half-marathon, and marathon races are all classified as long distance running events (Wong T. Shing 2009). For this reasons, it launches federal athletics projects, in some selected regional states. Womberaworeda athletics project club is one of the federal projects with the joint support of B/G regional sport commission that starts training in 1994 E.C (EAF. 2002).

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At the time of its establishment, Wombera athletics project has produced competitive and famous athletes like AlmazAyana, gold medalist in 5km at Beijing, 2015 (IAAF, 2015) and others at the national clubs that computing at the international level. Now a day, this project is so much declining by unknown reasons. Due to the un known reasons, why this athletics training center is declining and other related issues, the study was focussed the reasons that made the athletics center (Wombera youth athletics project) to decline and pointing out all the hindering factors of the project's performance. Thus, there are malicious problems but probably will be avoided. The researchers will try to address and bring the problems of the athletes the study will help to cripple the problems right at the center with all necessary precautions and provisional alerting situations. After all, the main concern of this study is to curb and avoid the inherent problems of the project so that the project will provide athletes with bright and promising future, both for national and international levels.

Basic Research Questions

This study tried to address the following basic research questions.

- Are the coaches of the athletic projects follows appropriate training principles?
- Are the coaches apply talent identification process?
- Do the region's sport Commission, Metekel zone, Wombera Woreda, and EAF Control, follow, and frequently supervision, monitor & evaluate the athletics projects?

Objective of the study

General Objective: This study was aimed on assessment of the present status of Wombera athletics projects in Benishangul Gumuz National Regional State and point out problems it is facing. More concretely, it will try to attain the following specific objectives.

Specific Objective

Specifically this study have:

- Investigate the major problems of the athletics projects in the study area.
- Assess the relationship that exists among coaches, athletes, their family, and administrative bodies in the study area.
- Analyze the athletes' current performance on the study area.
- Inspect mechanisms of the athletes' method of principles of training in the study area.

MATERIALS AND METHODS

Research Design: The nature of data generated to undertake this study lends itself to both qualitative and quantitative approaches, particularly to the descriptive survey method.

Source of data: The researchers have used both primary and secondary sources. The primary sources would be gathered from questionnaires, interviews, and observations. On the other

hand the secondary sources from available documents from the woreda sport offices up to the federal athletics federations.

Population and sampling: The Wombera athletics project has 30 athletes and one coach. The research population includes a range of respondents namely; Athletics project young Athletes, coaches, sport officers, and athletes' parents. All the young Athletes of the project will be selected by using purposive sampling method. In addition, to this coaches, sport officers from the Womberaworeda, Metekelzone sport office, regional sport bureau, and from the federal athletics federations /administrative bodies/ and Athletes' parents will selected by using availability sampling as they are few in number.

Study Area: There are three zonal administration and one special woreda in B/G Regional State, namely, Assosazone, kamashzone, metekel zone and mao-komo special woreda. Of the three zons Metekel zone is located in north of assosa and have seven distinct woreda namely guba, dangure, pawe, mandura, dibati, wombera and bulenworeda. This research study will be conducts in B/G Regional State, Metekel Zone, Wombera Woreda, Debre Zeytekebele Wombera youth athletics project. It is located some 550km from the capital of Assosa, and have an altitudes of more than 300meters above sea level. As altitude is the major factor for athletics distance training, this athletics projects is well favorable for their distance training.

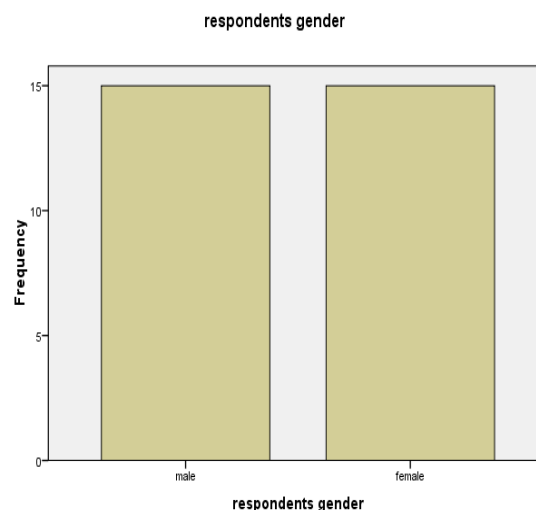
Data gathering instrument: There is profound conviction that there is merit in using more than one instrument as they support one another to generate acceptable ideas. Accordingly, the researchers used to employee questionnaires, interviews, and observation to collect data from the representative samples.

Methods of data analysis: As far as data analysis is concerned, both qualitative and quantities approaches was employed. Qualitative methods will be used to provide detailed descriptions of data to help the researchers explore and discover inherent patterns. A quantitative approach was used additionally for quantifying data in terms of percentages.

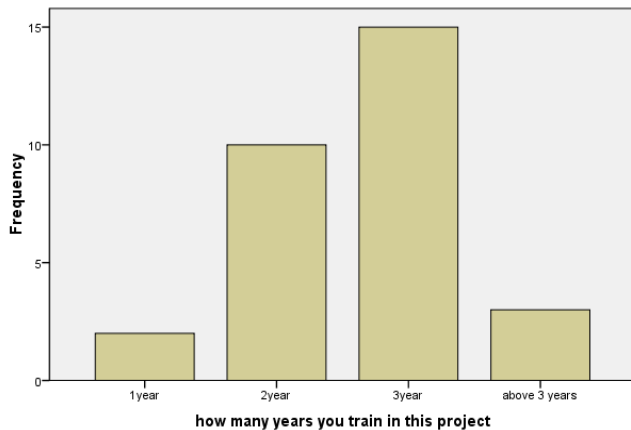
Presentation and Analysis of Data

Presentation and Analysis of data Obtained through questionnaire

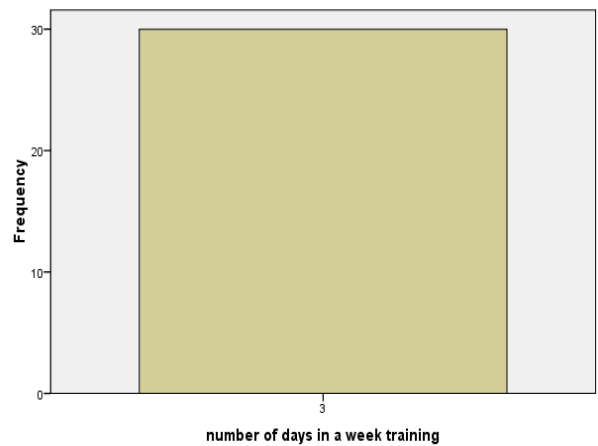
Presentation and Analysis of data Obtained through interviews



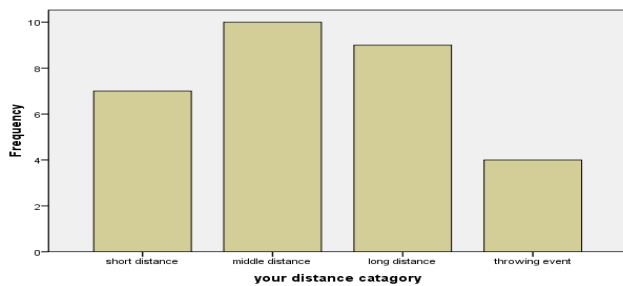
how many years you train in this project



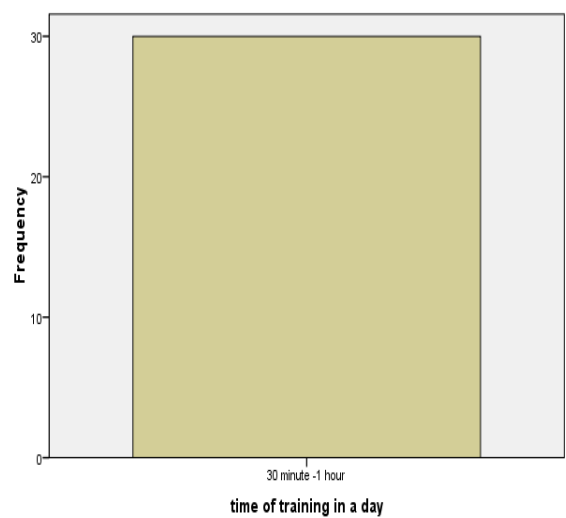
number of days in a week training



your distance category

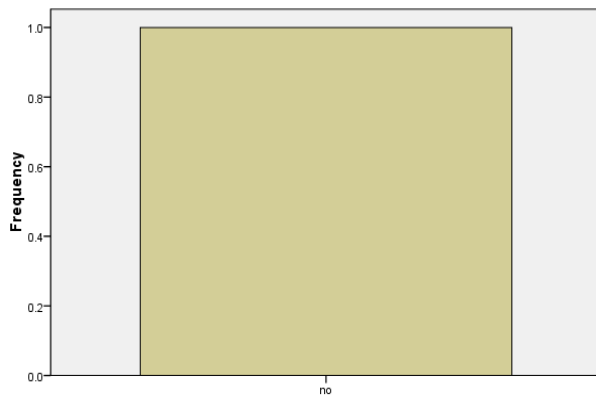


time of training in a day

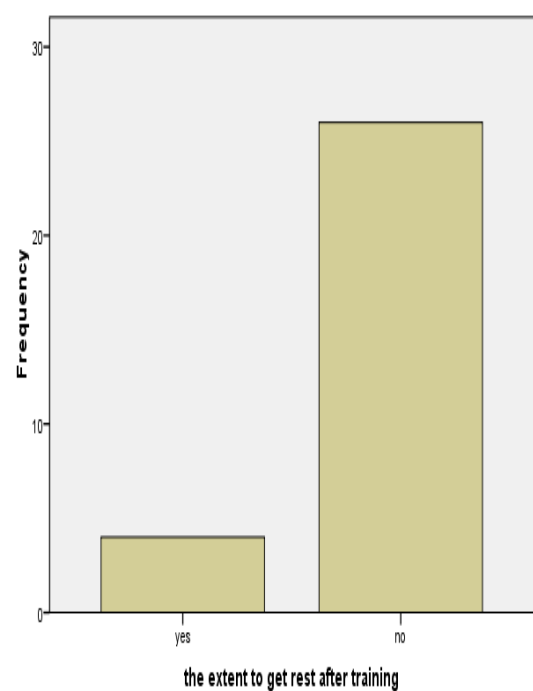


Talent identification and the athletes category

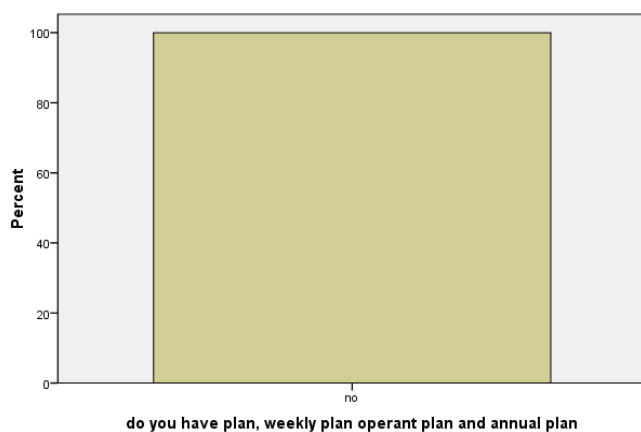
can you select based on talent Identification criteria



the extent to get rest after training

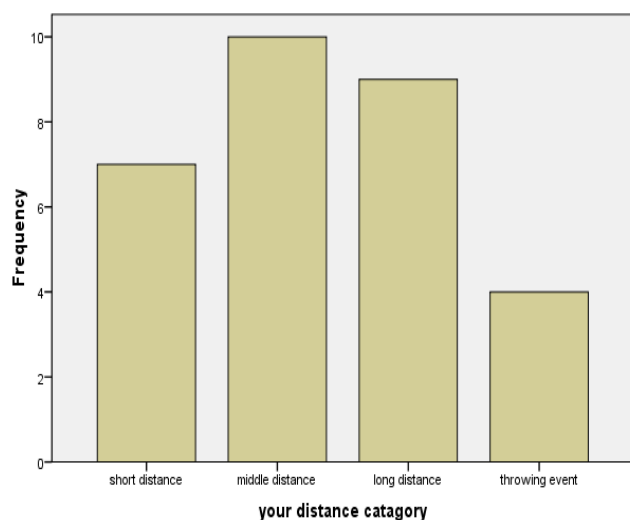


do you have plan, weekly plan operant plan and annual plan

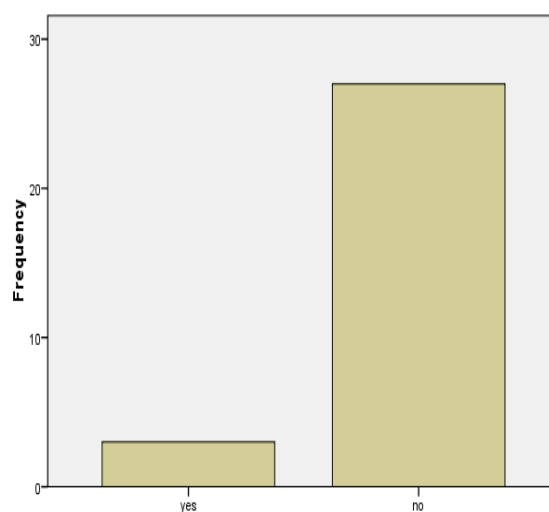


Training Method and Principles

your distance catagory

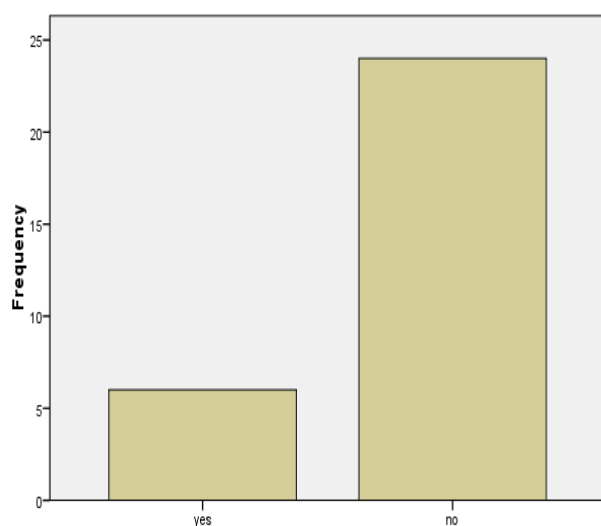


can your coaches record and adress your progress

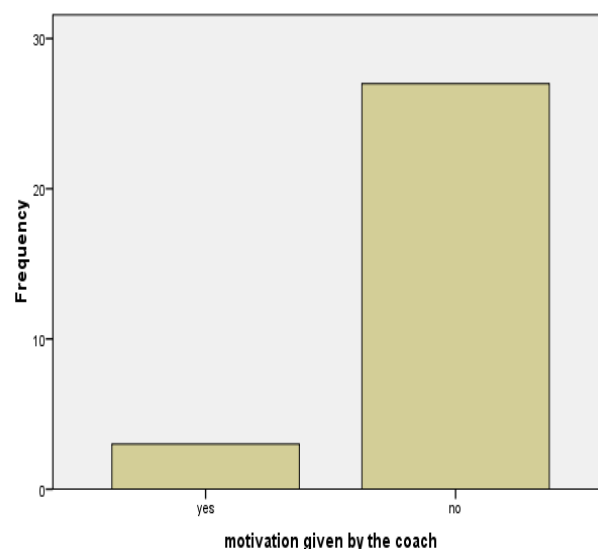


Availability of tournament and supervision

the extent to which you compute in regional and national level

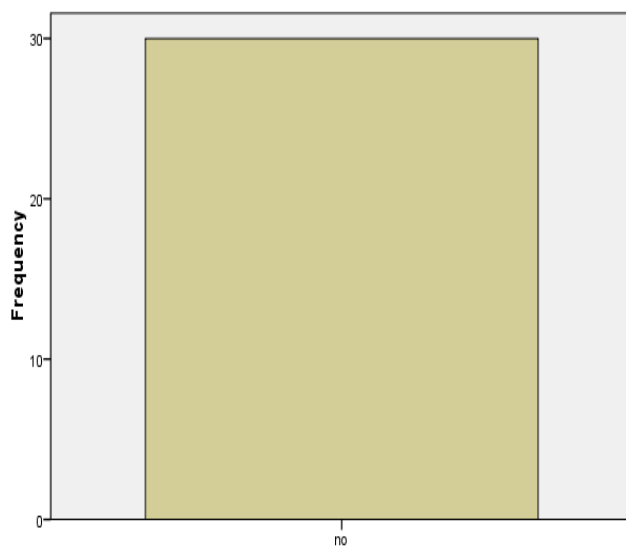


motivation given by the coach

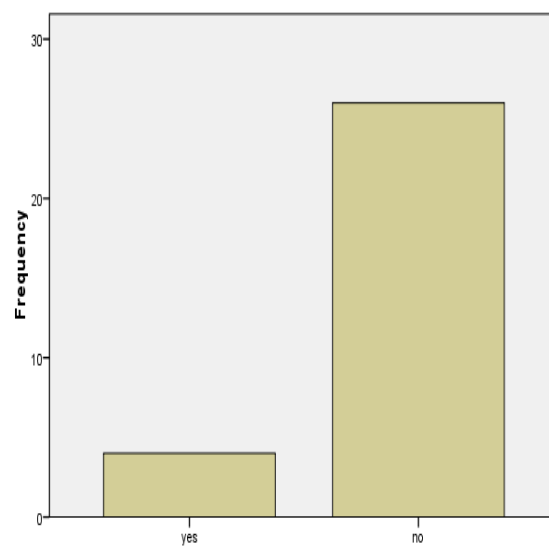


the extent to which you compute in regional and national level

suport made by national, regional zonal and woredas experties

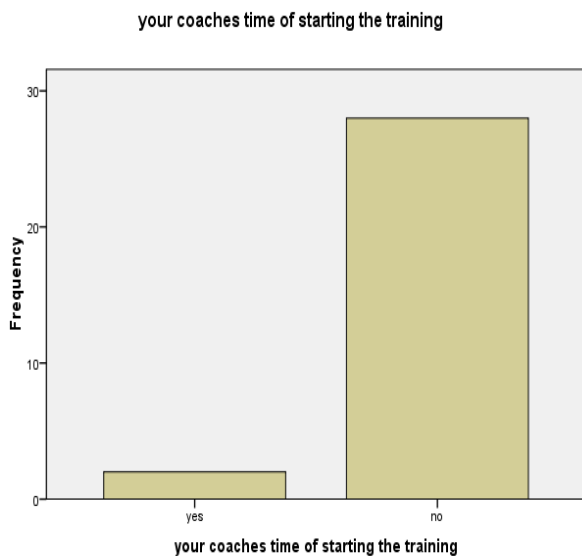


the extent to get rest after training



suport made by national, regional zonal and woredas experties

the extent to get rest after training



Interviewing with EAF Benishangul Gumuz Regional Sport offices, Metekel Zone and Wombera Woreda sport offices experts and sport administrators.

Table 7. Data gathering from observation

No	Activities observed by the researchers	Rating scales					Remark
		5	4	3	2	1	
1	Athletes talent identification and selection files in the hands of the coaches					✓	✓
2	Number of days that the athletes training in a week				✓		
3	The time spent in a single day training session				✓		
4	The coaches use of planning training programs				✓		
5	The coaches application and follow up while in the main work out period				✓		
6	The facility and material use in the training period				✓		
7	The application of training principles						
	a.Principle of overload						✓
	b.Principle of progression						✓
	c.Principle of specificity				✓		
	d.Principle of intensity				✓		
	e.Principle of frequency						✓
	f.Principle of Type						✓
	g.Principle of Warm-up and cool down			✓			

Regarding to the Wombera youth Athletics project the researchers interviews on

- The projects current status with comparing the past and its environmental favorability
- The projects role in the contribution of elite athletes for the national level including AlmazAyana
- The relation between EAF, BenishangulGumuze Sport Beurau, Metekel Zone sport office and WomberaWoreda sport office in the improvement of the project
- The effort made by these governmental organization in the support of mechanisms of
- Improving the coaches capacity by different training
- Frequent supervision by their expertise
- Preparation of tournaments and invitation of the projects Selection of talented athletes based on their current minima

The projects role in contribution for the federal clubs and national level like AlmazAyana. Most of the respondents regarding to the above statement and current status as compared to the condition before 2002 it was declined. The coordination between different governmental stake holders. In relation to this some improvement is in order but as to the youth projects it is insufficient. The effort to increase or

maximize the capacity and up to date knowledge regarding to this Burns (2000: 475) claimed that it is impossible to establish reliability in the traditional sense and that reliability in case studies is more "focused on dependability that the results make sense and are agreed upon by all concerned". As before the beginning of the project seasonal training was almost declined. In relation to the supervision made by the expertise. These are indeed some of the qualities an administrator has to possess in order to be effective and successful. When it comes to organization "a leader or administrator is one who motivates, provides, direction and delegates' responsibility and authority to the volunteers."(Sport leader ship course: 1986: 126)The existing supervision is not in the regular manner expertise from the region and zonal level supervised the project. With regard to the availability of seasonal tournament made by the worwda, zones , regional and the federal level the participation on the project was not sufficient. Even if availability of tournament helps to a good opportunity for the competent athlete in relation to this the prevalence of tournament made by all stakeholders was insufficient

Summary, Conclusion and Recommendation

Summary and Conclusion

This is to conclude points which have paramount importance or significance like the nature of the Athletics projects in the study area, Quality of training, fruitfulness and soon. The researchers explained these major points as follows. The place of study area is located at high altitude which is very conducive to rise up young athletes for long and middle distance running like Almaz Ayana, produce from this project, who are world first class athlete at this time both in middle and long distance running. Contradict to this the current majority of the athletes in the projects were short distance and field event category, only little of them belongs to it. This is one of the greater contribution for the declination and lack of competent athletes in the study area. In addition to this a single coach have been assigned to train all the events of this athletes whose category are different. Lack of applying training principles also have greater contribution to the current condition of the athletes in the project. This includes principles includes Principle of overload, Principle of progression, Principle of specificity, Principle of intensity, Principle of frequency and Principle of Type.

Lack of talent selection process has been also great contribution for the current condition of the athletes in the

projects. With regard to this Csikszentmihalyi (1993) also found that talent development involves the acquisition of a mature personality during the teenage years – a personality that allows the individual to cope with all the opportunities and obstacles that they will face in their chosen endeavor. Systematic way of selecting those talented athletes were the role of the coaches. Limited integrity of the federal, regional zonal and woredas sport expertise in creation of supervision, follow-up, technical and material support have been also great contribution for the current condition of the athletes in the projects. In addition to this those governmental organization unable to organize regular tournaments which enables them to share experience to improve competence of the current status of the athletes and leads to it. Furthermore those concerned bodies un able to facilitate short term training for the coach have its own significant factors for it. To be competent athlete the training day should be 4-6 days. But the existing training days of the project was only three days. Limitation to the development of planning including annual plan, operant plan, unit plan, weekly plan and session plan. In addition to this daily feedback after each training session regarding the improvement of the athletes performance significantly important. Lack of the above valuable information decline the athletes competent in the field.

Recommendation

For the effective quality training process in the producing of athletes in the study area respected sport administrative personnel provided highly responsible to create regular supervision, arrangement of tournaments, assigning the coach free from office work. depending on our conclusion the researchers recommend the following points

- Talented athlete should be selected based on talent identification principles
- Training principles should be applied like the training day 3 days a week is not sufficient for supper computations it needs maximize
- It is better to concentrate training program for middle and long distance training than short distance and field events
- Since its suitability of training long distance running interested governmental and non governmental bodies can launch similar project in the study area including of assosa university
- Interested researchers can find further study in the area about the effect of altitude on long distance running also advisable.

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