

COMPETITION IN THE TRAINING OF THE ATHLETES OF SPECIAL OLYMPICS

Perederiy A.V.

Lvov State University of Physical Culture

Annotation. The aim of the study is to characterize the competition as part of the system of training athletes of Special Olympics. It was determined that the specificity of the system of training athletes of Special Olympics is to focus on the demonstration of athletic performance. Determined that the results should contribute to the achievement of social adaptation and rehabilitation of athletes. Lack of dominance purely sports-effective component and determines the specific role of competition in the training. The classification of types of competitions. Characterized by specific features of the study (teaching), training and conditional qualifiers. Identified specific characteristics of qualifying and main events in the Special Olympics. It was determined that the competitions are important for the development of athletic skills, the creation of equal opportunities for competition. It was determined that the competitions are the best means of verifying the athlete athletic skills, measuring progress and providing incentives for personal growth.

Keywords: Special Olympics, system, training, specific, competition.

Introduction

Special Olympics, which were initiated in 1968 by Mrs. Yunis Kennedy Shriver, nowadays are powerful international sports movement, recognized by IOC [3, 4, 13]. Scientific researches of Special Olympics movement's problems cover wide circle of historical (Briskin 2004, 2006, Ye.N. Prystupa 2003, 2005, I.O. Kogut 2008, O.V. Rymar 2002, Matveyev 2002), organizational (V.I. Mudrik 2001, Yu.A. Briskin 2004, S.P. Yevseyev 2007) and world vision questions [8, 11, 16, 18, 19]. While researches of nosologically determined components of athletes training's system for Special Olympics are rather fragmentary. They deal with didactic peculiarities of training of persons with mental problems [6], methodic of training of female gymnasts for Special Olympics [1, 2], skating influence on the state of athletes with mental problems [7], correction of Special Olympics training programs' content (O. Pavlos, "Control of general physical and technical preparedness of sportsmen with mental problems", / O. Pavlos // Cultura fizica : probleme stiintifice ale invatamantului si sportului : Materiale conf. st. intern. a doctoranzilor / col. red. : Danail S. [et al.] . – Ch. : Editura USEFS, 2012. – P. 252 – 256.) [14] et al..

In previous researches the concept of system of athletes' training for Special Olympics was grounded on the base of binary factor, which determined its structure and orientation: competitions, oriented on demonstration of sports results, achievement of which shall facilitate social adapting and rehabilitation of sportsmen (A.V. Perederiy, 2013). The purpose of sports training systems by programs of Special Olympics is provision of maximal possible for certain athlete level of social adapting through improvement of physical, tactical, technical, psychological preparedness by means of training and competition activity in the chosen kind (kinds) of sports.

Training system is composed of two sub systems: personified and processing. With following certain structural identity with Olympic sports, training system of Special Olympics has specific meaningful content. Personified subsystem is represented by triad: ATHLET-coach, micro-society. Processing subsystem of sportsmen training for Special Olympics combines competitions, trainings and recreation, in the process of which education, development and social adapting of athletes progress. Availability of social adapting process and specific sense of competitions are distinctive features of structure of training system of Special Olympics athletes.

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Purpose, tasks of the work, material and methods

The purpose of the research is characteristic of competitions as a component of training system of Special Olympics athletes.

Results of the researches

Coming from the sense of sports activity, central place in processing subsystem of Special Olympics athletes' training is taken by competitions. Exactly competitions are the motive for systematic trainings. The level and significance of competitions, specificity of certain kind of sports or modified kind of competition activity determine requirements to athlete's preparedness, to the level of his physical and technical abilities. In compliance with fundamental principles of Special Olympics competitions are of great importance for development of sports skills; creation of equal possibilities for contest is the best mean of checking of sportsman's skills, of determination of progress and creation of stimulus for personal development [4, 5].

It should be noted that the role of competitions in training system of Special Olympics athletes differs substantially from their role in Olympic sports. In Special Olympics the so called non traditional model of competition activity is used, which stipulates the absence of final determination of results, registration of records, general ranging of places and general awarding of sportsmen. Realization of this model is ensured by the procedure of divisioning and is conditioned by the absence of orientation on achieving maximal possible sports results [4]. Also thesis of normative

documents of Special Olympics is important (www.specialolympics.org), affirming that it is an organization of systematic annual trainings and participations in competitions. That is, it stresses that processes of training and competitions are integral and have one common aim – development of athlete [12]. Alongside with it, it should be underlined that it is impossible to realize completely the tasks of Special Olympics with the help of purely training means in the chosen kind (kinds) of sports.

Special Olympics put forward the following requirements to competitions, which are carried out at different levels (local, by nationally accredited programs or regional and international competitions):

1. Games and tournaments shall offer competitions (kinds of sports, special kinds of competition activity, etc.) for sportsmen of all levels of abilities. In team kinds of sports every member of team must have enough opportunity for participation in competitions.

2. Games and tournaments shall offer to every sportsman equal chances for success in competition. Every kind of competitions shall be structuralized by dividing into divisions as per the level of skillfulness (on the base of acute registration of previous results) as per age and sex.

3. Considering the importance of competitiveness, the necessity of competitions for obtaining practical experience, every program which has accreditation, shall carry out competitions periodically and sufficiently frequently. The quantity of participants and the membership of delegation are regulated by quotas. International Special Olympics have exclusive right to establish compulsory quotas, which determine general membership of delegations, sportsmen, coaches and other persons, directed by accredited program to International games and other competitions, sanctioned by International Special Olympics.

4. General rules of Special Olympics stipulate appropriate criteria of athlete's passing to higher level of competitions: local program – national games – regional games – International games. Accredited programs shall act in compliance with the established procedures of athlete's (of any level of abilities) passing to the next level of competitions within the frames of Special Olympics.

5. Competitions' rules of Special Olympics envisage special regulations of awarding of participants, which are powerful motivation and stimulation of contest. All members of division are awarded. Athletes, who took 1-3 places, are awarded with medals of certain kind, athletes, who took 4-8 places are awarded with bands of honor. Participants, who violated procedure of dividing into divisions, who were disqualified or did not finish competition, are awarded with bands of participants.

Realizing the above mentioned programs, the accredited national programs carry out sufficient quantity of competitions every year. Local programs carry out competitions on club, school, district, city or region levels. For example, in 2012 the calendar of Special Olympics of Great Britain stipulated 43 tournaments (<http://www.specialolympicsgb.org.uk/>). Annual calendar of official competitions of All-Ukrainian public association of disabled "Special Olympics of Ukraine" and its branches stipulates not less than 10-12 tournaments by the most popular in the country kinds of sports (track and fields, football, basketball, ski racing and so on) and international competitions as per calendar of international Special Olympics (www.specialolympics.org.ua/). Increase of quantity of competitions on all levels is one of the most important tasks of Special Olympics' movement. In general, 50 000 competitions are carried out annually in the movement of Special Olympics, that in average is 136 competitions a day by different nationally accredited programs (www.specialolympics.org). Results of international questioning of Special Olympics witness that 2-4 times participations of an athlete in competitions during a year is compulsory. The best sports and adapting effect is achieved by athletes, who took part in competitions 5-8 times during year. At the same time, training system of athletes for Special Olympics lacks of clear differentiation of competitions by purpose and tasks, as it exists in Olympic sports (preparatory, control, selective, model, main competitions) [9, 15].

In our opinion Special Olympics shall envisage familiarizing (training) competitions. Training competitions are competitions, which are carried out within the frames of mandatory basic training programs (approximately in 6th and 8th weeks of training program) and are used for familiarizing with rules and conditions of competitions, norms of participants' behavior, procedure of determination of results, safety measures, distribution of duties between members of team in out door games and partners' competitions, etc. [5, 10, 17]. Such competitions shall be conducted between members of one team (schools) or with sportsmen of other school. They shall be conducted in friendly, usual atmosphere.

Most of competitions, in which athletes of Special Olympics take part, have double purpose. From the point of view of subjective (personality) oriented purpose they are main competitions, because every participant wishes to open his potential in the best way and show maximally possible for him result. At the same time, from position of process – oriented purpose – they are preparatory competitions, because, independent on the level of competition and results, achieved in them, in compliance with principles of Special Olympics, exactly competitions the most effectively realize the main purpose of activity – improvement and demonstration of skills, knowledge and talents of athletes, development of their abilities and skills.

Also it is purposeful to mark out one more kind of competition – relatively-selective. As it is known, selective competitions are carried out in order to determine membership of combined teams, to select sportsmen for competitions of higher level. Distinctive feature of such competitions is conditions of selection: winning of certain place or fulfillment of control normative, permitting to take part in main competitions. Selective character can be intrinsic either to official or to specially organized competitions. Relative character of such competitions comes from the norm of Special Olympics concerning quantitative quotas of participants (athletes or teams) of competitions of the highest rank.

The necessary and effective procedure of dividing into divisions naturally increases quantity of winners and prize winners, who become candidates to participation in competitions of the highest rank. According to rules of Special Olympics, if quantity of divisions and, consequently, the quantity of winners exceeds the quota, membership of team is determined by draw ceremony. Thus, achievement of certain result or place does not guarantee the membership in combined team.

Besides, in Special Olympics, competitions can be divided into qualifying and main. Qualifying competitions cover the procedure of dividing into divisions. Depending on specific of a kind of sports and the mean of winners' determination there are different approaches to the procedure of dividing into divisions. In all kinds of sports with objectively measured results in qualifying competitions (with divisioning) sportsmen fulfill general exercises. Indicators of participants are registered and evaluated by descending. As it is known, according to principle of equality, difference of sports indicators between the best and the worst sportsmen of one division shall not exceed 10 % (15 % if it is impossible to ensure 10%) [3]. Principle peculiarity of qualifying competitions in other, by means of results' determination competitions, is the fact that sportsmen fulfill separate parts of general exercises but not all general exercise. Teams-adversaries are determined by indicators, which are submitted together with registration documents. Thus, in team competitions distribution by the level of skillfulness is carried out with the help of team indicators and (or) results of qualifying competitions.

For example in competitions in nosologically-determined kind of sports – hockey on floor – the following rules of qualifying competitions were accepted [17]. Competition is conducted in two stages. The first stage stipulates conducting of competition in individual skillfulness of sportsmen and team. In hockey on floor the following tests are used for this purpose: throws to goals, passes, dribbling, throws for accuracy, defense.

Total result is determined as the sum of results in every of five kinds of program. The record of competition in individual skillfulness is submitted to referees' board of competitions of the highest rank, which, on the base of these results, preliminary forms divisions according to rule 10% (15%). It is necessary to underline that on any level of competitions (school, district, city etc.) this stage is preliminary, final formation of divisions is carried out by qualifying committee on the next stage of competition. On this stage qualifying committee review qualifying matches of duration less than 6 minutes,, which were played by circular system in one or other previously formed division. In this matches every team must ensure participation of all players of team, whose results were submitted in the record of competitions for individual skillfulness. Qualification committee takes the following decisions:

- certain team corresponds to the game of the given division by its preparedness;
- certain team does not corresponds to the game of the given division by its preparedness and is transferred to the lower division;
- certain team does not corresponds to the game of the given division by its preparedness and is transferred to one or other higher division;

After final distribution into divisions, in every of them main competitions are conducted by circular system.

The same approaches are used in football competitions. Teams can be divided into divisions as per evaluation of team skills, which are submitted before the beginning of competitions. This complex evaluation includes results of all team players from the following tests: dribbling, control of ball and pass, goal throw. Results of every player, obtained from these tests, shall be submitted to the representatives of organization committee of highest rank competitions by all teams. The tests for evaluation of team skills were developed to have preliminary idea about teams' level, which will participate in competitions and it will permit for organizers to form preliminary divisions for participation in qualifying round of competitions. These tests are used as a supplement when conducting qualifying matches.

In basketball competitions the following procedure of preparation and conducting of qualifying competitions is adopted. Before competitions chief coach must submit results of three tests of evaluation of every basketball player's skills in appropriate form: pick up of ball, dribbling, throws in basket. The tests are used only for evaluation of players/teams but they are not kinds of program, admitting awarding with medals or bands.

Chief coach also must determine five best players of his team as per game-on-site criterion and mark their names in general list of team. Team result is evaluated by adding of seven best players' results, followed by dividing of sum by 7. First, teams are grouped into divisions according to team results after evaluating tests for basketball skills. Qualifying round of games is conducted in order to complete the process of dividing into divisions. Within the frames of qualifying round, teams must play one or more games, with duration of every game not less than six minutes. All members of team must take part in game.

Rule 10% is not used in kinds of sports that require evaluation by referees (figure skating, diving, horse racing, etc.), but dividing into divisions is carried out according to the level of sportsmen's skillfulness, that also is determined in qualifying competitions. Referees' board determines sportsmen's rating and forms division on the base of evaluation of competition compositions' fragments or separate general exercises.

All other competitions are conducted as main, i.e. with determination of winners, prize-winners and sportsmen, who took places from 4th to 8th in certain division. It is important that results, which were demonstrated by athletes in qualifying competitions, would be not less than by 10 % (15 %) from the results of main competitions. Bigger difference in results of qualifying and main competitions (in favor of the latter) can witness about manipulations with divisioning and result in disqualification of athlete. In this case all responsibility for canceling of competitions' results is laid on coach.

Summary

1. Competitions in training system of Special Olympics' athletes, in opposite to other directions of adapting sports in Olympic movement, are characterized by the absence of activity aimed to achievement of maximal possible results. In compliance with philosophical principles of Special Olympics movement, competitions are of great importance in development of sports skills, creating of equal opportunities for contest and are the best mean of testing athlete's sports skills, determination of his progress and personal development.

2. In training system of Special Olympics' athletes there are marked out the following competitions: familiarizing (training), preparatory with process-oriented aim and relatively selective. Also competitions of Special Olympics can be classified as qualifying and main.

The prospects of further researches are connected with characterizing of other components of training system: personification subsystem, training and recreation as components of process subsystem.

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Information about the author:

Perederiy A.V.: krismam@bigmir.net; Lvov State University of Physical Culture; Kostyushko str. 11, Lvov, 79000, Ukraine.

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