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ADDIS ABABA UNIVERSITY

POST GRADUATE PROGRAM DIRECTORATE

**TRACK AND FIELD EVENTS RESULT SUCCESS COMPARISON
AMONG THE SELECTED ADDIS ABABA SECOND DIVISION
ATHLETICS CLUBS**

BY

DESALEGNTEGEGN

MSC THESIS

**A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE STUDIES OF ADDIS
ABABA UNIVERSITY IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR
THE DEGREE OF MASTERS OF SCIENCE IN SPORT SCIENCE**

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Addis Ababa University
College of Natural Science and Computational Science
School of Graduate Studies
Department of Sport Science

This is to certify that the thesis prepared by Desalegn Tegegn Yazewentitled; **track and field events result success comparison among the selected Addis Ababa second division athletics clubs**, which is submitted for the partial fulfillment of the requirements for the degree of master of sciences, in athletics coaching complies with the regulation of the university and meets the accepted standards with the respect to originality and quality.

APPROVEDBY THE BOARD OF EXAMINERS

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List of Acronyms and Abbreviations

AAAF	Addis Ababa Athletics Federation
AAA	Amateur Athletics Association
IAAF	International Association of Athletics Federations
IOC	International Olympic Committee
MYSC	Ministry of Youth Sport and Culture of Ethiopian
NSYS	National Standards for Youth and Sport
SPSS	Scientific Package for Social Science
TD	Talent Development
TDE	Talent Development Environment
TT	Talent Transfer

ABSTRACT

Track and field events result success comparison among the selected Addis Ababa second division athletics clubs

*The purpose of this study was **Track and field events success comparison among the athletics clubs**:The study comprises 3 clubs, 100 Athletics, 6 Coaches, 3 Administrative bodies, 1 Federation official. Purposive sampling is to focus on particular characteristics of population that area of interests, which is best enable to answer research questions. Then, purposive study is used to carry out this research. Three instruments such as document analysis, Questionnaire and interview were used to gather the data. The descriptive analysis of the data was analyzed by using both qualitative and quantitative methods. The finding indicated that out of 1–8 ranking position clubs have lack of enough facilities and equipment, training program is not an individual based, lack of adequate balance diet, shortage of training track and finance are the main problems, finally the researcher on the basis of findings of the study recommendations were drawn, the unsuccessful clubs should develop their finance and encourage Athletes by supporting sport materials, facility and equipment more over supply quality and quantity food. The government and private organizations should support Athletics sport and the National Athletes Federation also should give attention for clubs. Addis Ababa Athletics federation also should encourage clubs and prepared money award for successful clubs.*

Key Word:- Athletics, clubs, events, Facilities, Federations, Running, Successful, Unsuccessful.

CHAPTER ONE

1. INTRODUCTION

1.1. Background of the Study

Athletics (Track and Field) is a heterogeneous sport consisting of many disciplines performed on a variety of surfaces (indoor and outdoor, cross country, and road). Track events like walking, running (short middle and long distance) relays, hurdle and steeple chase. Field events such are Jumping and throwing. Jumping (pol volt, high jump, triple jump, long jump), throwing (shot put, discus, javelin and hammer).and demanding a variety of skills. It is an activity in which millions of people throughout the world participate and in which many more millions take an interest through the media. Athletics is directly and in directly a major industry involving in the finance depending on the success of countries and clubs at international, continental, national, regional, and even at the local competition level. This intern depends up on the success of individual competitors“. At the highest level participation it forms the heart of the Olympic Games, and its lowest level it provides countless athletes of all ages with enjoyment of physical exercise and thrill of competition(Howard and Payne, 1981).

All clubs strive to belong to the top ten positions and increase in medal ranking position and want to show superior sport performance, but many athletics clubs may not be in the position they wish to be. This is because “sporting success” as an individual or as group has frequently been regarded as a resource valuable for its suppleness and its capacity to help achieve a wide range of non-sporting objectives (Green & Houlihan, 2005). As a result, governments and individual or private stakeholders have become more to intervene directly in sport development by making considerable financial investments, thus leading to the increasing institutionalization of sport systems (e.g., Bergsgard, Houlihan, Mangset, Nodland, & Rommetvedt, 2007; Green

& Houlihan, 2005). This is not exceptional to Ethiopian clubstoo, even to Addis Ababa athletic clubs. National sport federations and interested citizens play a more and more significant and year by year extending roles in organizing club events and clubs. According to Nyerges, 2007 the reason for this is, on one hand, producing sporting and national athletes, on the other hand strengthen their participation before local spectators. However, it is the very nature of

competition that a club and an athlete at any level should wish to improve performance and win (Howard and Payne 1981).

The student researcher was first aiming to distinguish and identify which are the most efficient (i.e. which club succeeds in achieving Athletics success) and successful athletics clubs among the twenty-four Addis Ababa 2nd division athletic clubs. Second, suggest study-based recommendations to reverse the “success hindering” elements that cause most competing athletic clubs suffer the vicious circle of constant failure to achieve sporting success in year round athletics competitions. The student researcher believes this can lead to a deeper level of understanding of domestic provision and organization of sport opportunities and important lessons can be learnt about how domestic provision be shaped and adjusted for greater effectiveness.

When using one year athletics championship, it was result in coincidence ranking. To overcome the problem of success by coincidence, clubs must be evaluated over time. Based on this logic, and because, the number of top 20 and top 60 athletes provide an indication to clubs success, scores of each selected club recorded over the period of 2013-2016 was analyzed and compared. This is in line with the system used in Olympic Games to compare sporting success among countries IOC (2004).

In order to convert points won into a standardized measure first for the “absolute method” offers the principle of computing “market share”, that is, points won as a proportion of points available to win. The researcher used to computing method in search of answers for the research questions. Second, the “relative method” by which the number of competing athletes in club and the amount of financial investment put in a club is considered SIRC (2002).

The relative Method presents a method where by some of the differences between clubs on meso-level which are major significance in club success are controlled This allows construct indicators for “Relative success. “it is obvious that the size of a clubs competing athletes was one of a determining factor for success .The bigger the number of competing athletes, the larger the pool from which talent was recruited and greater the opportunities to organize training and win competition (De Bosscher 2007).

On the other hand there are reasons for the fact that wealthy club perform better. Richer clubs can invest more in sport, individual may participate Grater number of events and a higher payment from the club to the athletes has improve their general fitness and ability to perform at top level. Den Butter and van der Tak1995.Using simple correlation and linear regression analysis precise results used toproduced. Throughout the study, the necessary ethical procedure was followed.

1.2. Statement of the Problem

It is clear that sport clubs are a vital part of the fabric of community life in a country, and bring a range of social and economic benefits to local communities. However, all over the world, establishing a sporting club might not be an easy task, beyond that, working and toiling for its success is the most demanding, and tiresome issue. “Success” and “failure” are particularly pertinent cultural themes in the cultural space of sport. The pursuit and achievement of success is a highly valued goal in our culture, both within the realm of athletics as well as outside it; therefore we need to address and measure theseBourdieu1990

This particular case includes issues related to Ethiopia sporting clubs too. All sporting club owners strive not only to establish and organize athletics clubs, but to belong to the top athletic performance ranking by improving their medal ranking and local athletics position. The superior athletics performance in turn demands a wholesome effort of all stakeholders including individual athletes. Athletics success of a club is usually measured by the existing success of individual competing club members and the aggregate ranking over clubs.

Though, few athletics club managers and stakeholders wereaware of the measuring instruments, most athletics clubs were not sure how to achieve the ultimate goal of all athleticsclubsthat is, the “success in athletics competition”.

The researcher has more than a decade of experience as an athlete in different clubs, and had a chance of observing some successful clubs and vice versa. the researcher then, keenly observed some complaints from the athletic club managers, athletic coaches, and even member athletes themselves about their uncertainty of their understanding and frequent failure to achieve their ultimate goal and dreams as well as wondering who the most “successful and unsuccessful” clubsare. The confusion they are in was their failure to identify the athletic

successclubsandnetworking upon these factors for performance improvement. The critical problem was that most athletics clubs fail to raise their profile year in year out, though they incurred tremendous financial experience. Consequently, they might finally meltthroughwithout sustainability in the scheduled competition programs.

Therefore, wasworthy putting all the energy, time and resource to make reliable and valid investigation to identify the successful and unsuccessful athletics clubs through comparative research distinguishing the “absolute” and “relative” measuring methods adopted from research conducted by IOC,(2004)andacertain the “core athletic success factors”, so that to share the information with all clubs especially with the unsuccessful ones.

1.3. Research Questions

The researcher addressed the following questions.

1. Is there method and system of training difference between clubs?
2. Is there any significant facility difference between clubs?
3. Is there any financial difference between clubs?
4. Dose the club well organized by human resource?

1.4. Objective of the Study

1.4.1. General Objective

The main objective of the study is to find out success comparison among track and field events competing 2nd divisionathletics clubs of Addis Ababa.

1.4.2. Specific Objectives

The specific objectives of the study are:-

1. To examine the method and system of training
2. To explore the training facilities among the selected clubs.
3. To examine the athletes budget among various clubs.
4. To examine well-organized of the human resource

1.5. Significance of the Study

Knowledge gained from this study was beneficial to the total growth and development of all clubs especially to Addis Ababa athletics clubs, coaches, stake holders, and to the federations of sports officials to understand the status of the athletics clubs in Addis Ababa city administration. Over all information gained will help policy makers, researchers especially novice researchers around the academia.

Undoubtedly, research of this nature has the potential to reveal that the underlining motivations for clubs competing at various levels, and in a variety of sports are much greater than the simple desire to be victorious.

1.6. Delimitation of the Study

Though, it is preferable to conduct a research that covers the whole geographical skin of the country(Ethiopia) or athletics clubs of all regions, but to make the research manageable it was delimited only Addis Ababa 2nd division athletics clubs of track and field events competing the first eight ranking position clubs comparing to the rest clubs over the period time from 2013 to 2016. It was noted that the research compares clubs, but not individual athletes focusing on making comparisons between competing track events athletics clubs. The study delimited on training system, facility, athlete's budgets and human resource organization.

1.7. Limitation of the Study

By the mare reason that Addis Ababa athletics clubs are found in different sub city of Addis Ababa, this was causefinancial shortage, time constraints, and transportation hassles was negatively influence the research results to a minimal extent. Another major problem that the researcher was face is the shortage of reference books, written and recorded result documents, conducting the study.

1.8. Operational Definition of Terms

Athlete: a person, who trains to compete in physical exercise and sports especially running, jumping, and throwing (Thompson, 2009).

Athletics: track and field sports which embrace events in jumping, running, and throwing.

Retrieved from <http://www.athleticsdb.com/index>

Club:Is the term which competes in sporting competition.

Coach:Is a person who trains on athlete to reach to performance /Thompson, 2009:7/.

Event:Is a type of competition which is classified in two to parts track and field events (track event is running activity and field event is jumping and throwing activity)

Facility:Inputs of sports training infrastructure (the ability to learn or do things easily) (Suzie Beanet et al. 2007).

Performance:Isan actual ability and potential capacity of an athletics which is an observable behavior of athletes in training and competition (Hanin, 2000).

Successful:The achievement of a club to win more medals, the capacity to realize the highest aggregated ranking(track and field result) 1-8 position, own skilled high number of athletes as well as with highest amount of total investment in terms of finance.

Unsuccessful: The limitation of a club to win medals, promote itself to first position and which lacks the capacity to realize the highest aggregated ranking position, with few unskilled athletes as well as which invest less amount of finance.

Trainer: a person who trains athletes to improving fitness, also called coach (Thompson, 2009:7).

1.9. Organization of the Study

This research paper is organized into five chapters. The 1st chapter deals with introduction, background of the study, statement of the problem, basic research questions, objectives of the study, significance of the study, delimitation of the study, limitation of the study, operational definitions of terms, and organization of the study. The 2nd chapter contains review of literature relevant to the research, whereas the 3rd chapter is comprised of research methodology and research design. Chapter four deals with data analysis, interpretation and discussion and finally the last chapter involves summary conclusion and recommendations provide by the researcher.

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

The purpose of this chapter is to presenting a review of literature pertaining to the variables in the study. This literature review assists in giving a clear picture of what expect in the investigation.

2.1. Short History of Athletics

Athletics is one of the basic sports and its origin naturally is rather than remote AyalewZelege 2001.

The word athletics is come from “The old Greek word *athleos* meaning fighting and *athlos* meaning match”.

In birth of track and field events as know them to day occurred at down of earliest civilization when man obeyed the basic range of the instinct of self-preservation. Man has run, jumped throw objects since the down of his existence.

In those early days on the earth, the act of running and throwing will performed merely for survival.

Thus, the history of track and field events goes back to the appearance of the first human society.

When man needed to hunt wild animals to field himself and to escape from those that turned to him.

Primitive man had to jump over obstacles brunel were cut from trees and transformed in to tough poles which early man used to vault gorges to find new living areas or to escape from an attacking enemy.

Today living through that time to early civilization; therefore the primitive man was runner, jumper and thrower Herald Muller et al, 1996.

2.2. Sprints Whole Sequence

Each stride comprises a support phase (which can be divided into a support phase and arrive phase) and flight phase (which can be divided into front willing phase and a recovery phase).

- In the support phase the sprinters body is decelerated (front support) then accelerated (drive).

In the flight phase the free leg swings a head of the sprinter's body and extends for the touchdown (front swing) while the other leg bends and swings to the sprinters body (recovery) IAAF (2000).

2.3. Determinants of Middle Distance Running Performance

The total energy required by muscles for a particular race performance is equal to sustain this pace for the duration of the race any factor which offsets the body's ability to supply energy, or the energy demanded by working muscles, during a race can be considered a determinant of middle distance running performance.

2.3.1. Determinates of Energy Supply Anaerobic Energy Production

The maximum amount of energy that can generate anaerobic, capacity Thus increasing this capacity would improve middle distance race performance.

2.3.2. Aerobic Energy Production

The total amount of energy produced aerobically will depend up on Vo_2 kinetics and the final rate of oxygen up take in the 1500 and 300 meters events would essentially be limited by Vo_2 max. However, 800m runners only reach approximately 94% Vo_2 max by the end of the race and are therefore limited by the final % VO_2 max. In summary for a as particular middle distance, the total aerobic energy production will be influenced by VO_2 kinetics, the VO_2 max that can be attained in the duration of the trace and Vo_2 max. IAAF (2007).

2.4. Sprint Hurdles-whole Sequence

2.4.1. Phase description

Sprint handling comprises two elements: springing between the handles and hurdle clearance (which can be broken down into takeoff, clearance and landing phases.)

- In the sprinting elements the hurdler focuses on repeated three side accelerations.
- In the hurdle clearance element the hurdler minimizes the time in the air and pre for the next running stride IAAF(2000).

2.5. Steeple Chase- whole sequence

2.5.1. Phase description

The steeple chase comprises three elements. Running between the barriers, barrier clearance (which can be broken down into takeoff clearance and landing phases) and water jump clearance (which can be broken down into takeoff, clearance, flight and landing phases)

- In the running between the barriers element the runner covers the distance using technique and tactics similar to other middle and long distance races.

In the barriers and water jump clearance phases the runner minimizes time in the air and disturbance to the running action (Ibid).

2.6. Relays Non-visual exchange whole sequence

The non-visual exchange is divided into three phases preparation, a acceleration and exchange.

- In the preparation phase the incoming runner maintains maximum speed and the outgoing runner assumes a starting position.
- In the acceleration phase the runners synchronize their speed by maintaining acceleration (outgoing runner)
- In the exchange phase the baton is passed, with appropriate techniques, as quickly possible IAAF(2000).

2.7. Race-walking whole sequence

2.7.1. Phase description

Each race walking stride comprises a single support phase (which can be divided into front support and rear support phases and a double support phase.

- The single support phase provides acceleration and includes preparation for planting the foot and the free leg.
- The double support phase is necessary in order to maintain ground contact of all times.

Definition of race walking “Race walking is a progression of steps to taken that the walker masks contact with the group, so that no visible (to the human eye), loss of contact occurs.”

1. One foot must be on the ground at all times, the front foot must make contact before the rear foot leaves the ground (Ibid).
2. The support leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

2.8. Training for Running Performance

Training for long distance running follows certain general principles of training. These general principles of training are written in different published and unpublished materials.

As Dr.bezabihWolde (1997)

1. Principle of over load
2. Principle of specificity
3. Principle of progression
4. Principle of regularity
5. Principle of individuality
6. Principle of seasons

To understand the basic concepts of the above training principles; It is essential to describe each of them separately.

1. The principle of over load

The principle of increasing the load of physical activity from ordinary load in which a trainee can perform in his normal daily activity. Regarding the over load principle of standard and started that

„In order to achieve such attaining effect; It is necessary to expose the organism to an over load. i.e. To a stress which is greater than the one regularly to encountered during everyday life”

According to Dr. Bezabih, This principle encourage an athlete to train with maximum capacity. But not to strain

Therefore, endurance athletes increase training time and intensity to improve race performances. The over load stimulates changes designed to help the body cope with growing demands on the muscles and other systems.

2. Principle of specificity

This principle states that training must be specific to the sport and to particular requirements and strategies of that sport. The demands of the sport activity and the training program must as much as possible since the effects of training are specific to the type of training program used

Edward l. fox and Donald K.Mathews /1981/ stated that „ I needs to be emphasized again that all training programs must be specific to develop the energy system pre dominantly use during performance of activity in questions.

Specific training brings specific result. For insistence, Cycling may be good for a runner to provide muscles balance.

3. Principles of progression: - This principle of progression stated clearly by Dr. Bezabih (1997) as follows:

“..... the athlete must progressively extend the duration of effort in the overall training program over the first few weeks, months and perhaps event years of preparation for a sport

activity. One should not forget the effect and training can be lost after several weeks and breaks that is, what is called “defining”

4. **Principle of regularity:** This principle advocates that training program must be regularly, that means training must be done on daily basis Dr. Bezbhin Wolde/1997/ described this issue as follows:- The athlete must be walking to work on an almost daily basis to improve athletic performance an injured athlete should be continue endurance training through other aerobic activities to avoid complete rest; the changes resulting from training are influenced by frequency, duration and intensity of the training program and by heredity.
5. **Principle of individuality:** Athletics respond differently to the same training for many reasons. Among them are differences in heredity. Maturity, nutrition, rest and sleep, Level of fitness, environment, illness, Injury and motivation.

Dr. Bezabh wolde (1997) states that.

„Although group and athletes receive the same athletic condition programs, the athletes rate of improvement and development may be dissimilar or one of the several reasons for this is the individual genetic makeup of each athlete”.

Thus, successful coaches are aware of individual differences and how they affect athletes’ response to training to training and they are sensitive to changes in performance that may signal for poor nutrition, lack of rest, illness or injury.

6. **Principle of seasons:** - This principle and training states that training program must be divided into phases.

A training plan is not for certain weeks or months; rather it should cover the whole year. Matrens,R(19900) wrote in his book as follows

“A coach must have the ability to plan short and long term events and organize his team efforts towards the ultimate goals.

This statement indicate that the athlete must engage in thinking throughout the year for certain performance basically the training plan takes the entire year and a training plan for a year is divided into periods and into seasons. This a pain proposes specific training work out for each of

the seasons that means the various periods serve to prepare and buildup systematically the athletic condition and skill as well as attitudes towards competition.

Therefore, periodization helps to plan and solve consistently different training tasks, training is ready and able to produce personal best performance at a date fixed in advance.

there are three major periods in a year.

1. The preparatory period (Pre- season phase)
2. The competitive period (In- season phase)
3. The transition period (off- season phase)

2.8.1. Brief scheme of training for long distance

1. Basic

1. (10%) general conditioning in gymnasium, running drills (may be with weighted jacket), circuit training light weight training with many repetitions, total training.
2. (40%) Steady, aerobic running -20-25km
3. (20%) Extensive interval training -20-30×200-400m with jog recovery 45-90 seconds
4. (10%) Fartlek – one hour
5. (20%) pace-endurance:4-8 (2000-3000m) at 75% effort recovery 3-4 minute Increase of endurance (Number 2,3 and 5 important)

2. Specific

1. (10%) Hills: - A circuit of about 5km, with fast up hill and relaxed down runs and some medium paced running on the flat
2. (30%) Steady running at the anaerobic threshold (12-15km
3. (10%) Extensive interval training – 4-5 × (5×200- 300m) at 75% effort Recovery jogs, 1 minute between repetitions on 3 minutes between sets
4. (20%) Easy, long steady run – 2 hours.
5. (30%) pace-endurance- close to competition pace 3-5× (1000-3000m).Recovery 4-6 minute specific adaptations.

Increase of speed endurance

(Important number 2,4 and 5)

3. Competition

1. (10%) Regenerative runs for 30-45 minute and stretching
2. (10%) progression runs, varied pace of fartlek
3. (30%) competition pace 2-4×1000-3000m at speed of specialized race active recovery 6-12.
4. (30%) steady, medium pace runs-one hour.
5. (10%) competition – sometimes at other distances acquisition of peak form.

For improving speed and Gaining peak form (important number 1, 3 and 5)

Conclusion

The aim of the stage of training is the development of basic physical condition with the emphasis on strength and cardio-respiratory fitness. In the next phase emphases should be placed on a more “Fractioned” type of training with repetitions becoming gradually more intensive Next comes a speeding up period of competition pace work with adequate recovery between each effort essential. This brings the athlete naturally to the competition stage, in which active rest is an important ingredient.

An effective blend of quality and quantity and the alternation of heavy and easy training loads are essential factors in middle and long distance training the sequence followed in the training scheme recommended with one or two days in the weekly program reserved for rest and regeneration the percentages indicated relate to the degree of importance estimated for each type of training and the proportional quantity recommended.

Therefore, periodization helps to plan and solve consistently different training tasks, training means and methods in such a way that the athlete is ready and able to produce personal best performances at a date fixed in advance. According to DrbezabihWolde (1997), there are three major periods in a year.

1. The preparatory /pre-season/ phase

During this period the athletes should achieve the highest possible level of conditioning and training specific to the position played. This is a period when the majority of muscle strength and

balk are achieved during this preliminary period, flexibility, endurance and strength should emphasize in a carefully graded developmental program

2. The competitive (In-Season) phase

It should be noted that the intensive preseason conditions program that brought the athlete to the competitive season might not be maintained by the sport itself. Unless there is conditions throughout the season a problem of de conditioning may occur. In other words athletes who do not undergo a maintenance conditioning program may lose the ideal entry level of physiological fitness.

3. The transition /off-season/ phase

To avoid complete rest, it is a good idea for an athlete to engage in another sport during this period, such sport activity should be physiologically demanding so that strength, endurance and flexibility are maintained. Caloric intake must be minimized accordingly with the amount of exercise load that is decreased because not as much energy is being expended. In this way extreme over weighting and poor fitness level can be avoided.

Therefore, the concept of periodization is an appropriate conditioning that attempt to bring about peak performance while reducing injuries, over training and detraining in the athlete by developing training and conditions program to be followed throughout the various seasons. so, a coach has to know this and modify the program according to individual needs.

2.8.2. The role of physiological preparation in running performance

Physiological preparation has got a vital role to play in athletics. Hence the actual physiological states of an athlete should be thoroughly known so as to formulate best training methods that should enhance the competitive performance of an athlete.

Morgan elaborated as follows

„ Since athletes of different ability levels are characterized by different psychological profile, it would seem appropriate to pressure at least two events in attempting to council and advise athletes regarding sport adaptation as well as in selecting and developing national team first one might attempt through Screening to identify athletes with desired profiles and second behavior modification might then be attempted where appropriate.

From this statement we can understand that knowing the physiological situation of athletes help to render scholar advices so as to enable them to advise their competence level in running. It also helps to select and develop national team members having psychological and physical competence.

Attitude is not in born character, but it is developed from the environment, social influence, parents and friends.

2.8.3. Successful Athletic Performance

A successful athletic performance is the optimal performance that is self-referenced criteria based on past performance history and the present performance status (Hanin et al. 2004; Wylleman et al. 2004). A successful athletic performance also is the perceived potential in relation to the level of achievement and the perceived athletic performance coast. The indicator of a successful athletic performance is the result (outcome) achieved and they quality of performance process (task execution)

2.9. Components of Peak Performance

2.9.1. Fundamental Attributes

The fundamental attributes contains the personality and motivational characteristics and dispositions of the athlete such as the athletes level of trait confidence, goal orientations, trait anxiety, and international style. The individual difference and factors are important because they influence the arousal and activation in the first place. Further which these factors are important is because the influenced arousals states then directly or indirectly have an impact to which extend the athlete achieve a desired test specific ideal performance state (Hardy et al., 1996).

2.9.2. Psychological Skills and Strategies

This component of the model consists of the various psychological skills and strategies the athlete adopts to be able to create, and reach the ideal performance state. Different athletes use different type of skills, and can depend on the previous component existing of fundamental attributes. Typically psychological skills are goal setting which in turn can consist of specific process goals, relaxation strategies, self-talk, mental rehearsal, imagery, mental preparations,

pre-performance, and performance routines, automatization of routines, association /dissociation strategies, and attributions/.

These psychological skills work along with other psychological skills and are used by the athlete in order to facilitate the performance to reach peak performance in a task specific ideal state (Gould, 1996).

2.9.3 Adversity Coping Strategies

The athlete also needs to be able to deal with different type of adversities and this by using various adversity strategies. This is because of the athlete can deal with many types of stressors, ranging from injury to travel demands, and other expectations that lies within the athletic atmosphere. This strategies can be developed as well as the previous psychological kills, and includes emotion-focused coping, problem focused coping, cognitive restructuring, and avoidance strategies (Tenenbaum, 2004).

2.10. Bio mechanical aspects of jumping

Distance and height of flight are determined mainly by three parameters: (a) velocity at takeoff, (b) the angle of takeoff and (c) the height of the centers of mass at tape of off. Of these, take off velocity and take off angle are generally the most important

The height of the centers of mass is determined by the athlete's body height though it is influenced by the athlete's position at takeoff. Take off velocity and take of angle are both the result of the actions of the athletes prior to and during takeoff. So, the takeoff off is a major importance in all jumping events.

2.10.1. The characteristics of a good approach in all the events are:

- It is fast
- It is accurate and consistent
- It prepares the athletes for a powerful takeoff

In the takeoff phase the flight path of the athlete's body (and thus the maximum distance or height of flight) is determined. Clearly the takeoff is of critical importance in all the jumping events.

2.10.2. The characteristics of an effective takeoff:-

- The athlete must be “tall”
- The takeoff foot is planted firmly in a fast flat „planting action. It is not stamped on the ground and there is no braking action.
- The knee of the feeling is driven on punched through from the hips.
- The hip, knee and ankle joints are fully extended.

In the flight phase of the long jump and three flight phases of the Triple jump, the athletes objectives are to avoid that would reduce the distance of the flight path and to position the body for landing. In the flight phase of high jump and pole vault the athletes and ensure clearance of the bar. In the pole vault the objectives also include maximizing the additional lift available from the pole.

2.11. Fundamentals of throwing

Each of the events has a specific set of restrictions including (a) the characters of the implement used (size, weight, shape and aerodynamic qualities), (b) space limitations (the shot put runway, the length of the Javelin throw runway, the throw sector lines) and (c) technique the sequence of movements and make them unique. However, there are a number of very important commonalities among the difficult thrown, the understanding off which will help the coaches working with athletes in any of the events IAAF (2000).

2.12. Factors that Affecting Athletics Performance

2.12.1 Athletic Talent

Talent generally is considered an exceptional natural ability to attain goals (Moon, 2003), therefore, logically, athletic talent ought to be exceptional natural ability of an individual to perform a sports-related task or activity. Yet, how does one determine athletic ability and how should this concept be measured? We have yet to determine an exact science in discovering or developing athletic talent. "It may be caused partly by disagreements about the definition of athletic talent, which continues to be a point of discussion among scholars (Abbott et al, 2004; Howe et al, 1998). One way to begin to define talent is to seek evidence of its existence.

“In their attempt to verify the reality of talent, Howe et al. 1998 referred to the existence of autistic savants and child prodigies as unique examples that singularly prove the veracity of innate talent. The authors do argue that even these persons practice a great deal. However, research indicates that autistic savants indeed exist and could play music or art with no instruction Miller, 17 interestingly, the researchers demonstrated that talent could be created.”

Researchers argue that athletic talent identification and development must recognize the multidimensional and dynamic nature of sport talent (Bailey et al, 2006, Baxter-Jones et al., 1994; Edwards, 1994; Helsen et al., 2000; Nieuwenhuis et al., 2002). As Abbott et al 2004 maintained we should be examining physical (biometric), performance (motor), and psychological factors depending on whether we are trying to identify current performance ability or future performance.

According to Howe et al, 1998 noted people are often vague when referring to talent and maintained that we should be more specific regarding what form talent takes and how it might select athletes.

In an effort to begin defining talent, Howe et al. provided properties of talent:

Genetic or innate factors exist.

Advance indicators of talent can exist at an early stage.

Evidence of talent potential can be used as a predictor of achievement.

Talent is limited to a small part of the population, and

Talents are reasonably domain-specific. These properties are helpful, but are not all inclusive of this complex concept.

As Helsen et al, 2000 applauded Howe et al.'s attempt to define talent, noting that the definition may assist researchers; however, these authors could only support three out of the five properties. Howe and his colleagues could not find evidence that talent could predict neither excellence nor that talent was domain-specific. Additionally, Helsen et al. noted the lack of evidence to support excellence predictability and domain specificity is particularly problematic because these factors are the main tools used to identify and select talented youth. Despite the flaws revealed by both

Howe's and Helsen's research teams, their work examining the elements of athletic talent is crucial to moving toward a more getting and universal definition.

“Similarities between the identification and development of athletic talent and that of gifted children are rarely compared. Interestingly, however, they share analogous processes. The purpose of this review is to investigate the progress of research regarding athletic talent identification and development, including current issues, and provide suggestions for future research. Key roadblocks to the identification of athletic talent include attempting to identify talent at an early age, use of flawed athletic talent identification models, and lack of education of coaches, parents, and teachers regarding how to properly identify athletic talent.”

2.12.2 Elements in Talent Identification

The most common and obvious way to identify athletic talent is to examine physical ability, but current research cautions against dimensional approach. As Simonton, 2001 notes that the idea that talent is a complex topic, stating that multiple components contribute to the development of talent in any domain. As Abbott et al, 2004 study denoted the importance of psychological skills in talent identification and development. They stated that

“Athletes should not be excluded or identified based solely upon one attribute, such as height. Abbott and Collins maintained that other factors like speed and agility may compensate for a weakness.”

The authors claimed their approach to athletic talent identification and development acknowledges the difference between performance and potential: (a) Main emphasis should be placed on potential to develop rather than immediate performance; (b) one's potential to develop rests on psycho-behavioral components; (c) in order to develop in a sport, essential fundamental movement skills must be present in their vocabulary (psychomotor); and (d) talent identification and talent development processes should be combined. Seemingly, it is difficult to include one aspect of the approach without addressing the others. "Is new approach may prove to be useful to those who are interested in talent identification and development.

2.12.3 Talent Development Environmental Factors in Athletics

Talent development environment taxonomic classification that summarizes a range of the environmental factors is one of the most important theoretical advances. Talent development environmental factors: such as sport culture, sporting policies, socioeconomic status, education, and birthplaces were discussed in this section. Luck/chance, an interesting environmental factor, was not considered in this study as little implications can be drawn from it (Gagne, 2003). It should be noted that some factors can influence participants at a more macro level (e.g., culture and policy) as compared to other factors (e.g., birthplace and education), having more overarching and systematical impacts on the talent development process (Gagne, 2003; Martindale et al, 2007).

Coaches and support staff

Coaches also play critical roles in the TD environment given the interview results (Holt et al, 2004; Johnson et al., 2008; Morgan et al, 2006). Providing high quality training programs and sessions including informational support is a main task for a coach. Besides quality training, a coach may also fulfill roles in providing tangible support and building a good relationship with athletes (Johnson et al, 2008; Morgan et al, 2006). A strong coach-athlete relationship should be established especially during the later phases of development. A good coach-athlete relationship is formed by a building mutual.

2.12.4 Issues in the Identification of Athletic Talent

Predictability

One problem with talent identification and development is the predictive validity of talent identification strategies. Predictability of talent is in high demand. Although a few coaches and parents believe they possess the ability to predict talent, some researchers disagree (Abbott et al, 2002; Helsen et al, 2000). As Abbot et al, 2002 discussed the lack of predictive ability of a traditional talent identification model, the Sport Interactive Model.

The model utilizes a computer program that matches children to sports based on desirable sport-related characteristics. (Ibid, 2002) study revealed that the model had poor test and retest

correlation scores. As such, the model is unlikely to accurately identify potential athletic physical composition and performance ability in young children.

Moreover, a combination of physical and cognitive abilities is needed to be successful in professional athletics. Stories abound about successful professional athletes who were predicted to be mediocre due to specific physical measurements (e.g., height, weight). These athletes achieve success despite expected predictors of talent.

Age

Strong evidence suggests that athletes whose birth dates fall early in the year are more likely to be identified as “talented” (Baxter-Jones et al, 1994; Dudink, 1994; Edwards, 1994; Helsen et al, 2000). They concluded their findings by suggesting that coaches’ talent identification is explained by physical ability relative to an advantage in age. Other researchers argue that one of the reasons talent goes unidentified is because talent does not emerge until later ages (Green, 2005; Helsen et al, 2000). When compounded with the earlier observation that physical maturity alone does not predict future talent, the tendency to mistake early physical maturation for physical talent is even more troublesome.

While important attributes regarding athletic talent are being overlooked by coaches and researchers, the narrow range of abilities that are the focus of identification efforts may be contaminated by irrelevant factors. We can conclude that numerous children will be missed or inaccurately ruled out as talented. Helsen et al. formed an additional psychological component may affect the performance of younger children when competing against more mature children within the same age group (Ibid).

2.12.5 Facilities and Equipment’s

Facilities are also the factors for better performance. If the adequate facility is available, the athlete may improve his/her level of performance. To do, the income of the athletes is not as enough as they need to fulfill the adequate facility (Suzie Bennet et al, 2007).

“The subjects preferred the specialty socks; however, they produced no physiological advantage and the runners still described the conventional sock as comfortable.”

As Ali et al, 2010 found a similar “comfort only” effect with compression socks, made popular by professional athletes like Paula Radcliffe; although Kemmler et al, 2009 did find that they significantly improved running performance. Lower body compression garments may improve some physiological measurements, but have not been shown to improve performance (Dascombe et al, 2011).

Manufacturers often advertise clothing made of synthetic material as some kind of aid for sweat evaporation, but there is no evidence to suggest that these garments aid thermoregulation or comfort during exercise (Gavin, 2003).

Treadmills should only be used as a last resort for training. In their study, LaCaille et al, 2004 found that;

“The treadmill setting was rated as least satisfying, while resulting in the highest RPE and slowest performance time. Alternately, the outdoor route resulted in the highest levels of positive engagement, revitalization, tranquility, and course satisfaction, while also yielding the lowest levels of physical exhaustion and RPE. (p. 461).”

The many events of Athletics require numerous sporting equipments. It is important for athletes to be able to recognize and understand how equipment for the specific events works and impacts their performance. Have you athletes named each piece and equipment as you show it and give the use for each. To reinforce this ability within them, have them select the equipment used for their events as well (Suzie Bennet et al, 2007).

Foot wear

Training shoes can significantly alter adolescent runners” biomechanics Mullen et al., 2013, but athletes are often confused by marketing approaches. Running shoes are often sold as a way to either increase comfort or avoid injury, yet there is no valid evidence to justify manufacturers” practice of focusing on pronation control or amount of cushioning (Richards et al, 2009).

As Enke et al, 2009 found that almost three fourths of the adolescent cross country runners they surveyed claimed that arch type was most important factor when buying running shoes, but only a little more than one half knew their own arch type; this lack of self-knowledge holds true for recreational runners in general (Hohmann et al, 2012).

Athletes should wear what feels comfortable for them, not what costs more. Clinghan et al, 2008 found that

“low- and medium-cost running shoes in each of the three brands tested provided the same (if not better) cushioning of plantar pressure as high-cost running shoes”. One notable exception to this rule may apply if similar styles are available as models for both children and adults. As Forrest et al, 2012 found that these versions differed sharply in their composition and kinematic effects, even among the same size, and recommended using the adult version when available.

The use of so-called “minimalist” running shoes has attracted attention from some researchers, primarily because runners who prefer such footwear may be more likely to use a forefoot strike pattern—that is, they hit the ground with the ball of the foot first, followed by the heel (Goss et al, 2012). Some researchers have associated this pattern with a reduced risk of overuse injury Daoud et al, 2012, but the use of minimalist footwear has not yet been shown to have a corrective effect on habitual rear foot strikers TenBroek et al, 2013, and can pose a risk for bone injury (Ridge et al, 2013).

According to a review of the literature by Goble et al, 2013, “current evidence is insufficient to indicate that barefoot runners are faster, perform better, or are any less prone to injury than shod runners who prefer a heel-striking gait”. As suggested by Nigg et al, 2013, “the important aspects of performance and/or injuries are more related to (a) individual preference and (b) individual running style, independent on whether the athlete runs in shoes or barefoot”. In some cases, customized shoe orthoses may improve the comfort levels of athletes with chronic injuries (Hirschmüller et al, 2011).

2.12.6 Motivation

A track and field coach's role as a psychological motivator is important during competition, but it is perhaps even more important during training (Goose et al, 2012). While dedicated, deliberate practice is generally not considered enjoyable in most sports Ericsson et al, 1993, there is some evidence that middle distance runners perceive their most difficult and relevant activities as their most enjoyable Young et al, 2002, making a coach's job that much easier. Coaches should focus on creating specific task-oriented goals in an effort to improve athletes' intrinsic motivation (Barić et al, 2002: Ferrer-Caja et al, 2000).

As Goudas et al, 1995 found that one way to engender this kind of motivation among young track athletes was to give them some control over their own workout. This kind of perceived autonomy has been shown to have significant positive and long-lasting effects on motivation (Almagro et al, 2010; Jõesaar et al, 2012). Care should be taken, however, to ensure that highly motivated runners do not endanger their health by running to the point of collapse (St Clair Gibson et al, 2013). Perhaps most importantly, coaches must instill a feeling of long-term hope in their athletes; Curry et al, 1997 found that cross country and track athletes with a higher sense of personal hope were more likely to excel in both academics and athletics.

2.12.7 Feedback

Offering advice, criticism, and praise is an integral function of the coach–athlete relationship. As Stein et al, 2012:488 concluded, "It is important that coaches realize the significance of giving feedback following good performances, and attempt to incorporate positive and informational feedback into their interactions with their athletes".

As Stein et al, 2012, found that runners who were given positive feedback about their form (in this case, fabricated) were more likely to improve over time than those who were given no feedback. Parents should also focus positive verbal feedback on their child's effort, rather than an outcome like finishing place (Ibid).

It is also important to consider the focus of the advice given to an athlete. Though a less experienced runner may react to a coach's external cues such as "pass that runner!" positively, higher-level runners consistently report more internally-based thought processes such as monitoring breathing and maintaining proper form during competition (Nietfeld, 2003 and their coaches often focus much of their verbal feedback on promoting those internal processes (Porter et al, 2012).

As Schücker et al, 2013 found that there were physiological benefits to maintaining an external focus during high intensity exercise. If nothing else, a simple confirmation of the distance remaining can be better than no feedback at all. Children will also find it easier to respond to cues related to distance than to time (Chinnasamy et al, 2013).

2.12.8 Maturational Factors

The relative age affect the availability of essential resources, such as coaching and parental support, can significantly influence the ability to engage in the required amounts of high quality training. Another factor that appears to influence the acquisition of expertise is the relative age phenomenon. First demonstrated in the academic domain, the relative age effect refers to differences in age among children born in the same Nurturing sport expertise's4 calendar year (Barnsley et al, 1985). As in school, many sports group children by age to equalize evaluation and competition (Barrow et al, 1971).

However, the presence of the relative age effect suggests that categorizing children by age can create training inequalities and reduced opportunities for younger children. Researchers compared birth quarters of players with the hockey league as a Mite (under 10), Peewee (ages 11-12), Bantam (ages 13-14), Midget (ages 15-16), Juvenile (ages 17-18), or Junior (ages 19-20) player.

Two main explanations have been offered to account for the relative age effect. As Barnsley et al, 1988; Barnsley et al, 1985 hypothesized that older players were bigger, stronger, faster, and better coordinated than the younger players and thus experienced more success and rewards in hockey and were more likely to remain involved. Younger peers were thought to experience failure and frustration and withdraw from hockey. A second hypothesis proposed that older players were more likely to be selected to higher competitive representational teams where they would receive improved coaching, facilities, and ice-time when compared with their peers (Ericsson et al, 1993).

Research on the relative age effect suggests that the development of elite athletes is based in part on age differences and unequal access to training opportunities. Alternative methods of grouping children for competition and advancement in sport require examination.

2.13. The Role of Coaching and Instruction

As indicated above, one important consequence of the relative age effect is that targeted athletes often get access to better resources, including better instruction. Research is starting to show the

distinct advantages of having access to an expert coach. A coach normally constructs a high percentage –in some cases 100 percent -of an athlete’s practice time (Vosset al, 1983).

Early studies focusing on the specific requirements of working with younger and less technically proficient athletes Bloom, 1985; Smith et al, 1979 proposed that in the early stages of development athletes require primarily technical instruction to develop proper fundamentals, along with a high degree of support and praise to encourage continuing participation in the sport. They described an important part of the coach’s role in the early years as being kind, cheerful, and caring. Only when athletes were older and more highly skilled would a coach require sophisticated knowledge and advanced qualifications.

“Recent work by Côté et al, 2002 supported these assertions and suggested that while advanced coaching qualifications were deemed necessary in the later stages of development, coaches working with children at the initial involvement stage needed enthusiasm and facilitation skills above and beyond any technical expertise in the sport. Clearly, both the practice structure and the domain-specific knowledge of Nurturing sport expertise coaches are highly relevant to the progression and development of athletes in sport.”

2.13.1 Parental Influences

Retrospective research with elite performers over the last 30 years has revealed the importance of parental support for the development of expertise. As Bloom et al, 1985 interviewed talented performers and their families in the fields of music, art, science, mathematics, and athletics and created a model of talent development with three stages: the early years, the middle years, and the later years.

Each stage is characterized by shifting demands on the child and parents. In the early years parents were found to take a leadership role where they provided their child with the initial opportunity to participate in the domain and sought out their child’s first formal teacher. Her parents also encouraged and supported their child’s learning and were often involved directly in lessons and practice. For the child athlete, the emphasis is in these years was on having fun and enjoying learning the basics skills bloom(1985).

The transition to the middle years was characterized by a greater commitment of both parents and the athletes to the athletic domain. Parents were found to assume a leadership role, seeking more accomplished teachers for their child while also devoting more time and resources to the activity. It was also during these years that the child's talent often dominated the family's routine. During the later years, parental involvement decreased as the performer took greater control of the decision-making process with regards to their future career. Yet, parents continued to provide support in a background role, as providers of not only financial support but also emotional support (Ibid, 1985). 36

According to Sloane, 1985 of greatest importance was that parents offered a "nurturing, understanding environment for their child to retreat to, if necessary". As Bloom et al, 1985 analysis revealed how parents can ease the demands imposed on their child by the demands of training (e.g., reduction of psychological stress by providing a supportive atmosphere).

Finally, in the investment years parents played strictly an advisory and supportive role as the athlete committed to a higher level of training and competition. Parents maintained a high interest in their child's sport and were essential in providing emotional support to help their child overcome setbacks, such as injuries, pressure and fatigue as well as financial support for training. This high level of emotional support during stressful times is a central characteristic of the investment years(Ibid).

2.13.2.Roles and Responsibilities of Stakeholders

The National Standards for Youth Sports has come up with a general set of behavioral guides with identified stakeholders in mind. These guiding behaviors" are based on theNSYS philosophy, which maintains that every youth should be given the opportunity to grow and develop in sports, have positive experiences and not be left out or behind.

Stakeholders are encouraged to use these examples as a frame for their practices, tailored to the varying sports contexts <http://www.sportsingapore.gov.sg/sport...sport/index>.

2.13.3 Coaches and Sports Instructors

Coaches and sports instructors are encouraged to be youth-centric, focusing on individual athlete's development while making sure not to exclude any one player in the team. As youths

look up to them, they are expected to serve as responsible role models who provide a safe environment at all times. Continual upgrading of skills is vital to their profession (Ibid).

2.13.4 Sports Managers and Administrators

Fairness and transparency are crucial to the decision-making processes that sports managers and administrators undertake. They are encouraged to develop youth-centric policies as they work towards nurturing a safe and healthy environment for youth sports (Ibid).

2.13.5 Spectators and General Public

Spectators and general public are those who support our youth athletes and encourage them to reach for greater heights. We encourage them to be respectful in their support, demonstrating positive behavior as they spur our youth athletes on Sloane (1985).

2.13.6 Parents, Guardians and Educators

Parents, guardians and educators play central roles in youth athletes' lives. As such, we encourage them to serve as good role models who are encouraging, inclusive and respectful at all times. They are also advised to be watchful and alert, never compromising on safety. It is crucial for them to manage expectation as they applaud all efforts, so as to develop healthy attitudes towards sports. The National Standards for Youth Sports Parents' Guide may be useful in providing further information for parents of youth athletes (ibid)

2.13.7 Members of the Media and Photographers

Members of the media are encouraged to be fair and sensitive, providing honest coverage that highlights the best sporting values. By avoiding sensationalism and seeking instead to inform and educate, the media can leave a positive impact on youth athletes, who will be better able to enjoy the best that competitive sports has to offer (Ibid).

2.13.8 Corporate Organizations' and Businesses

Corporations and businesses can get involved in youth sports by being „sports-friendly“ employers, supporting staff with strong sporting backgrounds or those with children who would benefit from sports. Corporations and business leaders are also in a position to use sports to drive

people positively. Organizations can also inculcate sporting culture by organizing sports movement or events with a category allocated to youths (Ibid).

2.13.9. Youth

The NSYS aims to promote positive sporting experiences for youths. We encourage youths to have fun as they strive to be better at their chosen sports, play fair and are respectful of their teammates, officials, coaches and opponents while practicing sports safety at all times. By sharing their experiences and applauding all efforts, we believe youths will take away the best that a sport has to offer Sloane (1985).

2.13.10. Sports Officials and Event /Competition Organizers’

Recognizing needs of the youth is critical to sports officials and event/competition organizers as they work towards promoting national standards in sports. By encouraging integrity and other healthy attitudes towards sports, they will positively impact youth athletes Sloane (1985).

2.14 Nutrition

As Bezabih Wolde, 1997, defined nutrition as it is a science of nourishing the body. The athlete who is thriving for excellence should train hard and to train hard should eat balanced diet and enough calories to cover the load and to maintain to the body.

“Nutrients are chemical substances in food that function, to furnish the body with fuel, to build and repair body tissue... nutrients are divided in to proteins, carbohydrates, fats, water, vitamins, and minerals. Carbohydrates are the major energy source for the body especially during intense training (Ibid, 1997:49).

CHAPTER THREE

2. RESEARCH DESIGN AND METHODOLOGY

3.1. Introduction

This chapter discusses the methodology of the study. It presents: introduction, research methodology, research design, source of data, sampling technique, instruments of data collection, data collection procedure, and method of data collection and interpretation.

A serious research requires clarifying its methodology approach. This is so because in undertaking a research, the beginning, the process and the end result need to be envisioned. According to Polit and Hunger (2004:233)“Methodology refers to ways of obtaining, organizing and analyzing data”. Methodology in a research can be considered to be the theory of correct scientific decisions. Mouton and Marais(1996:16)

3.2. Research Design

A research design serves as a plan that guides the researcher to connect the collected data to the study’s research question and ultimately to answer the questions that were set to guide the study (Yin, 2009).Research design refers to the plan of action that links the philosophical assumptions to specific methods (Kumar, 1999). Good research design is the core for the final analysis of research result.

The main concern of this study is conducting a comparative survey study on successful and unsuccessful clubs: In the case of Addis Ababa 2nd division Athletics clubs. Hence, under this study the researcher employed both qualitative and quantitative research approach. Creswell (1994) has given a very concise definition of quantitative research as a type of research that is explaining phenomena by collecting numerical data that are analyzed using mathematically based methods (in particular statistics).The appropriate design to be used in this research used to a comparative research design. Quantitative research method is a numerical measurement of specific aspects of phenomenon. It is designed to produce the statistically reliable data that tells us how many people do or think something. This approach of research is more of objective and helps to collect, analyze and displays data in mathematical form rather than interpretive form. Miller and Brewer 2003

Qualitative research method was developed to explain and interpret the real world or social phenomena based on different perspectives and point of view Hancock et.al.(2006). Qualitative research is more descriptive those focus on exploring mining by interpreting and explain experiences and understanding of people. As a study by Windridge et al.(2009)

3.3. Source of Data

The key source of data was collected from club athletes, coaches, Administrative bodies, official 2nd division Addis Ababa city Track & Field championship recorded results from Addis Ababa Athletics Federation and annual aggregated financial investment official record of each selected club managers.

3.4. Population and Sampling

3.4.1. Population

For this research study, purposive sampling method is used to select the following subjects of selected Addis Ababa 2nd division athletics clubs from 2013 – 2016 champion ship participants. Specially 2013- 2015 done by document analysis; only 2016 participants used to questionnaire, interview and document analysis. In general 2016 there are 24 clubs, 581 athletes, 24 administrative bodies 48 coaches 1 federation official are included.

3.4.2. Sampling Technique

A number of studies examine taking samples the first eight ranking positions (Condon, Golden & Wasil, 1999; Kiviahio & Makela, 1978; Stamm & Lamprecht, 2001), using a weighing point system 10-8-6-5-4-3-2-1. Kuper and Streken (2003 a&b) also found the number of participants in Olympic Games per country to be an indicator for “*SUCCESS*”.

In line with this experience, the researcher used to adopt this sampling system by selecting Top-Bottom (1st- 8th ranking position) approach for the “successful” clubs and the rest are “unsuccessful” clubs. Along with the club selection, each four year champion ship 3 clubs are selected, Those four years champion ships 12 clubs are selected. Among these 9 clubs were studied by document analysis, 3 clubs, 100 athletes, 6 coaches, 3 administrative bodies of these to selected respectively for the availability of valid financial and human resource information

documents.1 Addis Ababa athletics federation officials were participated in the interview purpose.

3.5. Instrument of Data Collection

The main instrument to be used for this was questionnaires, Interview and document analysis Questionnaires that presented to the respondents were closed and open ended items most of the close ended items contended in the form of multiple choice. The open-ended questions prepared in a form that enabled to collect the respondent's suggestions, comments and recommendations. InterviewstoclubManagers and federation officials,Document analysis from clubs and Federation recorded documents.

3.6. Data Collection Procedures

The researcher was began by obtaining an ethical approval from Addis Ababa Athletics Federation officials and to be selected 2nd division athletics club athletes and coach, managers in order to access observation and conduct the document mining.

The questionnaires are prepared in English and Amharic versions it is useful for medium of communication with participants. Interviews prepared as a semi- structured interview guide are prepared in Amharic so as to get better detailed information from the administrative bodies and federation officials.

The questionnaires were distributed during the time of clubs championship held at Addis Ababa stadium. Because of all clubs athletes and coaches were there. Interview and document analysis were held in their work place.After collecting the necessary data analyzing and interpretation continued. In order to answer the proposed research questions and achieve the researcher's aim.

3.7. Method ofData Analysis

In this study both qualitative and quantitative analysis procedures were employed. Qualitative and quantitative method should be viewed as complimentary rather than rival comp.Hence frequency counts percentage and descriptive statements were used to analyses the items of the questionnaires. The data collected throughstructured questionnaires were presented in tables and analyzed by descriptive statements

In addition, qualitative data were analyzed by summarizing the words of open ended items of questionnaire and interview; finally, the data were analysed and discussed to reach at certain finding which in turn was used to give conclusion and possible recommendations.

3.8 Ethical Consideration

The study dealt with the ethical issues and code of conduct related to the research. According to the British Association of Sport and Exercise Science (BASES) there is a code of conduct that defines legal issues that are essential to safe research. The people whom they were used for the sample were not in any way mentioned and were confidential for the information they gave as a respondent. The information of the respondents was done in a right ethical and responsible procedure. However, the names that are listed in the study were not actual names so that the researchers used to describe according to comfort the analysis. The study was free from any sort of political, regional and personal biases but their genuine and frank responses were only valuable for the achievement of the objectives of this thesis.

CHAPTER FOUR

4. DATA ANALYSIS, INTERPRETATION AND DISCUSSION

This part of the study deals with the analysis, interpretation and discussion of data gathered through document analysis questionnaire and interview. And it presented in tables the percentage was used to analyze the characteristics of respondents such as age, sex, education qualification experience. The quantitative data obtained from research questions and description the data were collected from athletes, coaches, club managers, and Addis Abba athletics federation official.

A total of 9 clubs studied by document analysis, 3 clubs, 100 athletes, 6 coaches, 3 administrative bodies and 1 Addis Abba athletics federation official; In this study a total of 13 questionnaires were distributed for athletes, 12 questionnaires were distributed for coaches, 6 questionnaires interview for club managers and 3 questionnaires interview for Addis Abba athletics federation official was involved in the personal interview.

Addis Ababa 2nd division athletics Clubs Champion ship participant clubs 2013– 2016

Table 4.1 the data concerning on the winner clubs within four years

Year	No of Clubs	Champion club
2013	26	Geta
2014	24	Betel
2015	23	Karamara
2016	24	Karamara

As the table 4.1 shows that the number of participant clubs in each year is different in numbers whereas the winners are 3 clubs. As we have seen the data Geta club, and Betel were single winners but karamara athletics club twice consecutively winner. As the researcher findings karamara club has greater number of athletes, facility and equipment moreover all event participation was greater than two clubs.

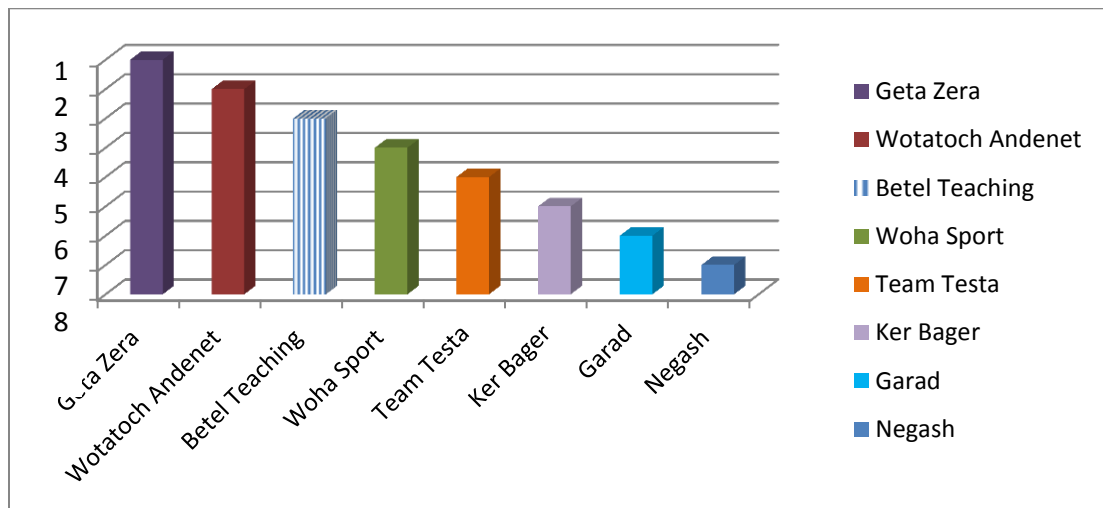
Table 4.2. The inconsistency participation of athletics clubs on and off participation

Year	No of Clubs	No of new participants clubs	The No of withdrawal clubs
2013	26	-	-
2014	24	5	3
2015	23	4	5
2016	24	5	4

According to the table 4.2 shows that in the first year there was not new or withdrawal, in the second year 5 clubs were established 3 clubs were withdraw, in the third year 4 clubs were established 5 clubs were withdraw, in the fourth year 5 clubs established 4 clubs withdraw. As we have seen here among 4 years clubs championship participants 14 clubs were established and 12 clubs were withdrawal.

4.1. Analysis of Clubs Ranking Position Based on Addis Ababa Clubs Championship

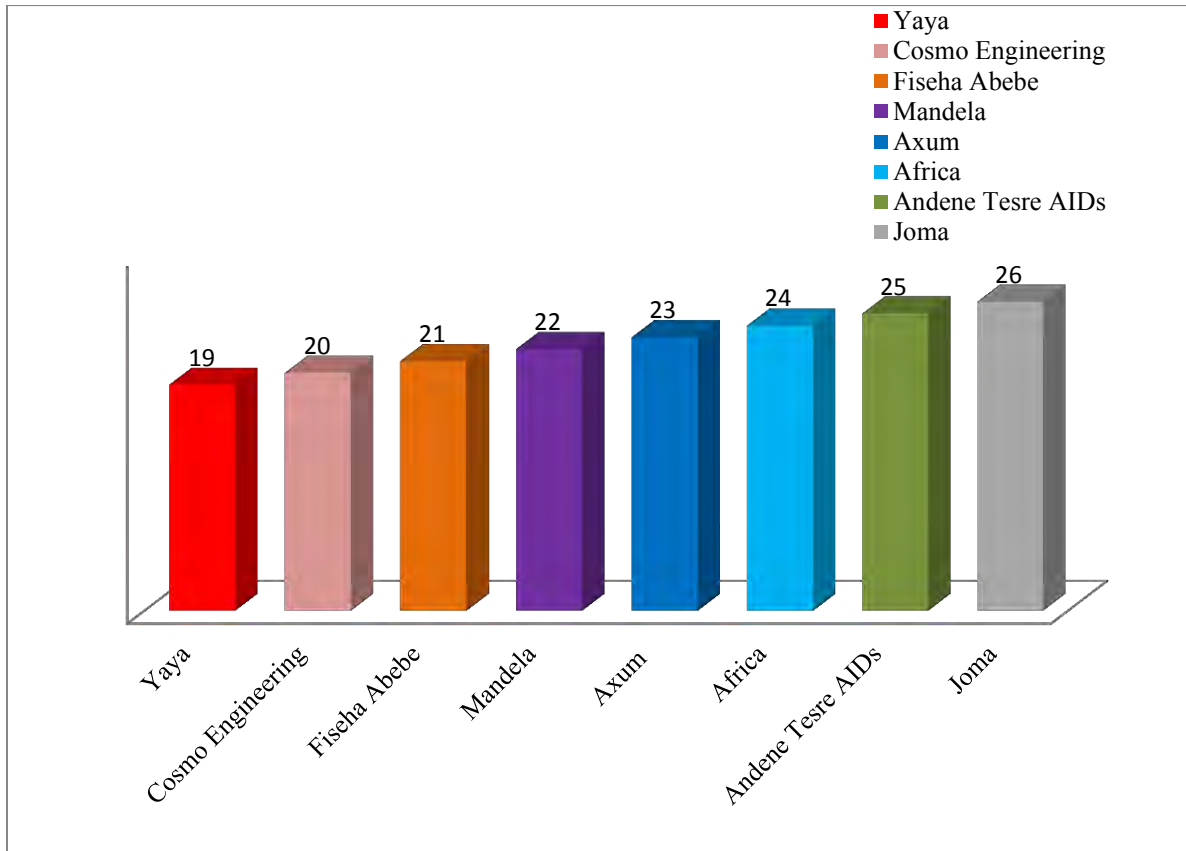
Graph 4.1 The top 8 clubs of 2013 Clubs championship



The graph 4.1 according to Kuper and Streken (2003 a&b) weighing system the 1st-8th top to bottom ranking position. As it shows the result these 8 clubs are the top of the championship; which are participated in many events and have experienced athletes and coaches.

(Full document analysis mentioned on appendix A)

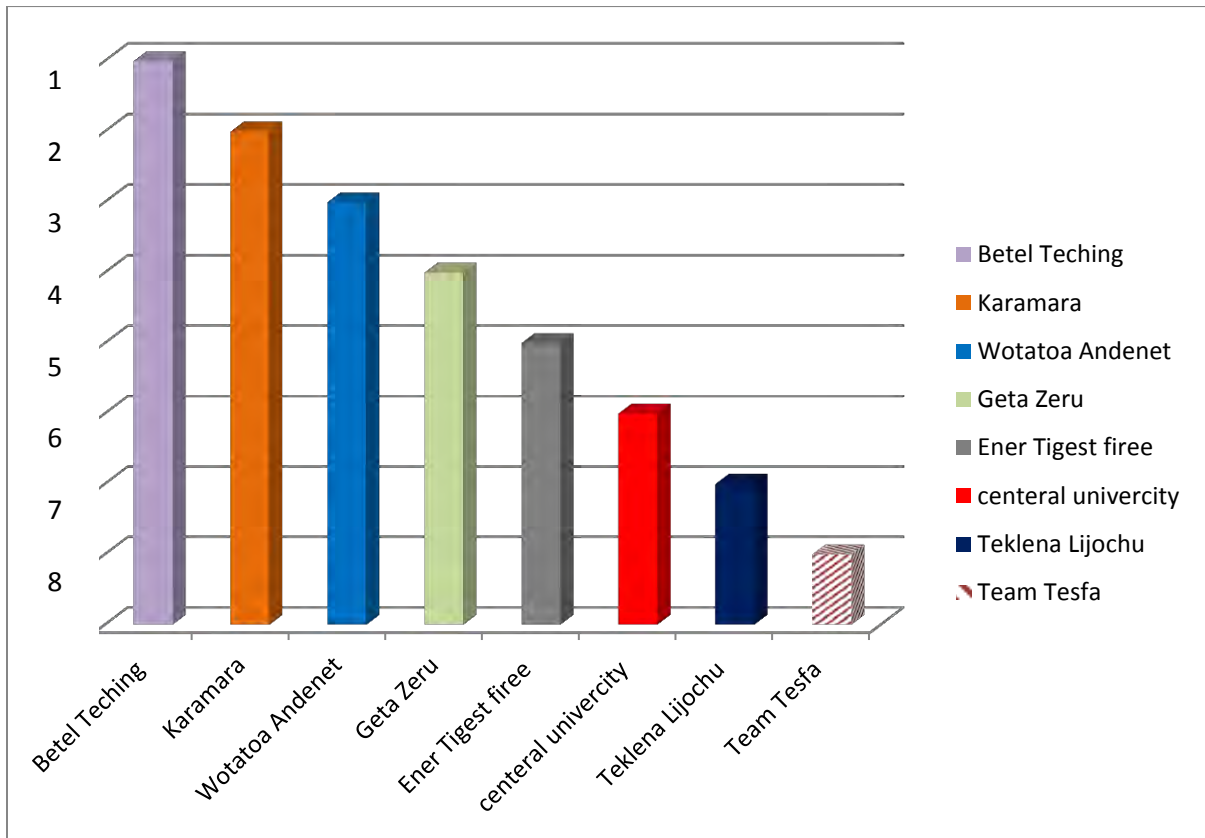
Graph 4.2 the bottom 8 clubs of 2013 clubs champion ship



As the graph 4.2 shows that the ranking positions of bottom to top 26th–19th orders; these clubs are less participation of events and lack of winning capacity

(See appendix B full document analysis)

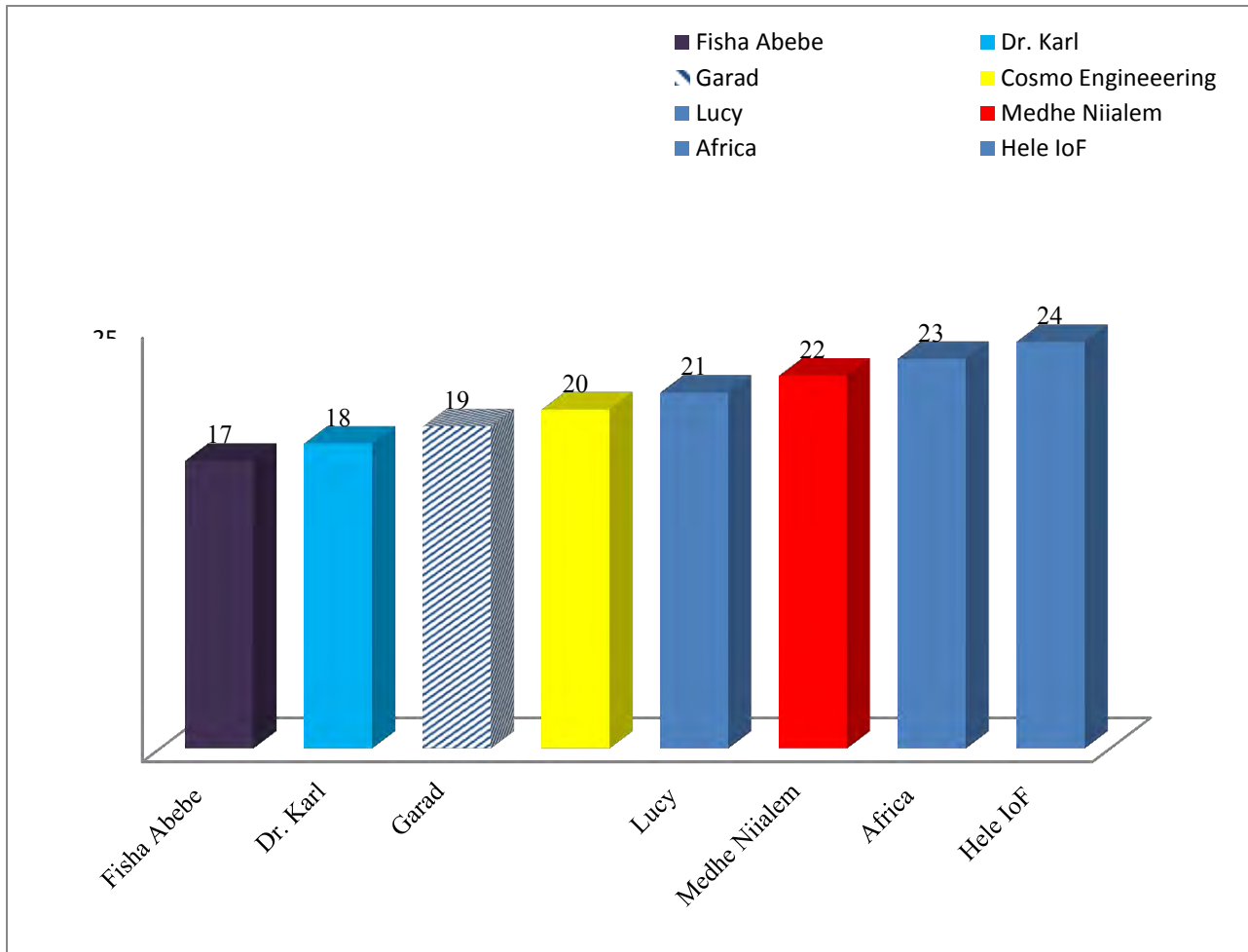
Graph 4.3 The top 8 clubs of 2014 clubs championship



The graph 4.3 indicated that 1st–8th top to bottom ranking position of clubs, this is because typically success is expressed, in an absolute term (De Butter and Vander Tak 1995).

(See appendix D)

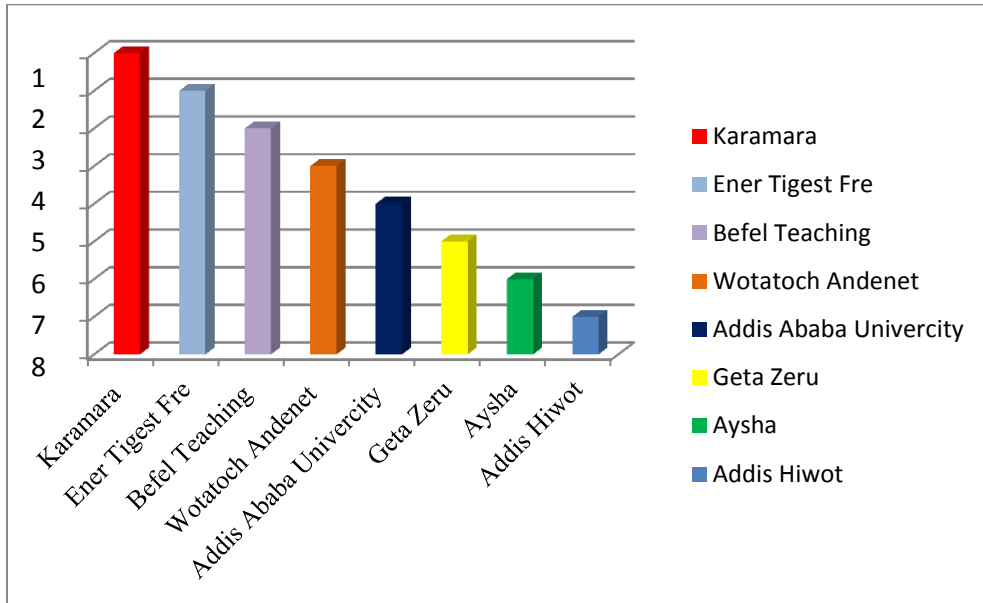
Graph 4.4 The bottom 8 clubs of 2014 clubs champion ship



The graph 4.4 indicates the result of club bottom–top ranking position system of 24th–17th position. The relative method by which the number of competing athletes in club and the amount of financial investment put in a club is considered SIRC (2000).

(See appendix E)

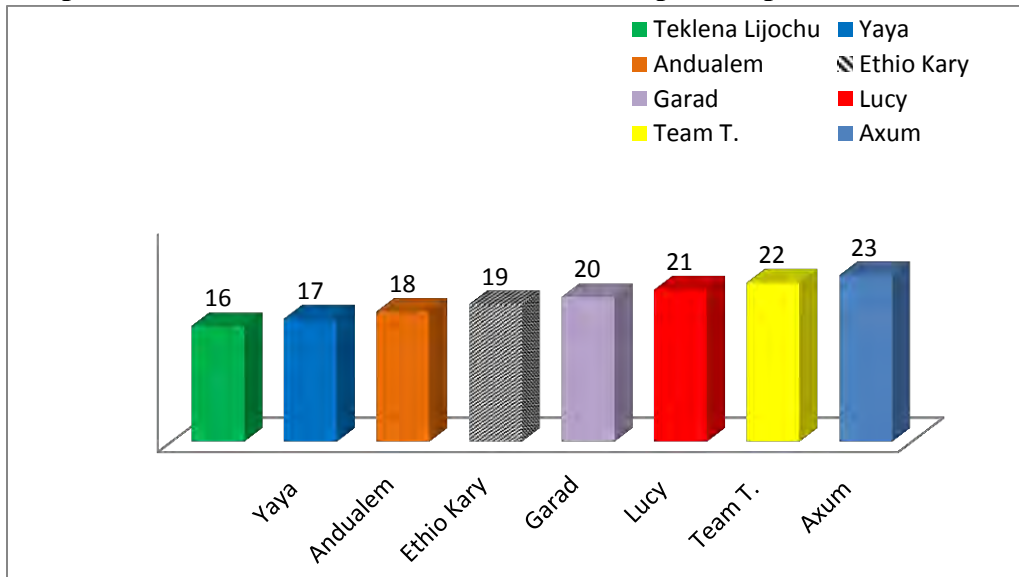
Graph4.5 The top 8 clubs of 2015 championship



According to graph4.5 indicated that the top– bottom 1st–8th ranking position of the successful clubs.

(See appendixF)

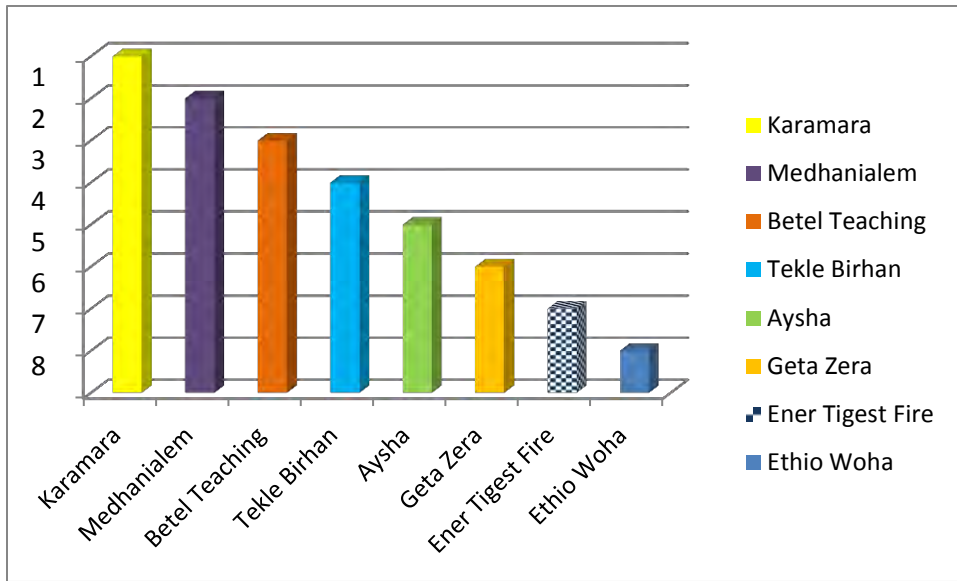
Graph4.6 The bottom 8 club of 2015 clubs champion ship



As the graph4.6 shows that the ranking position of bottom to top 23rd–16th clubs result

(See more information on appendixG)

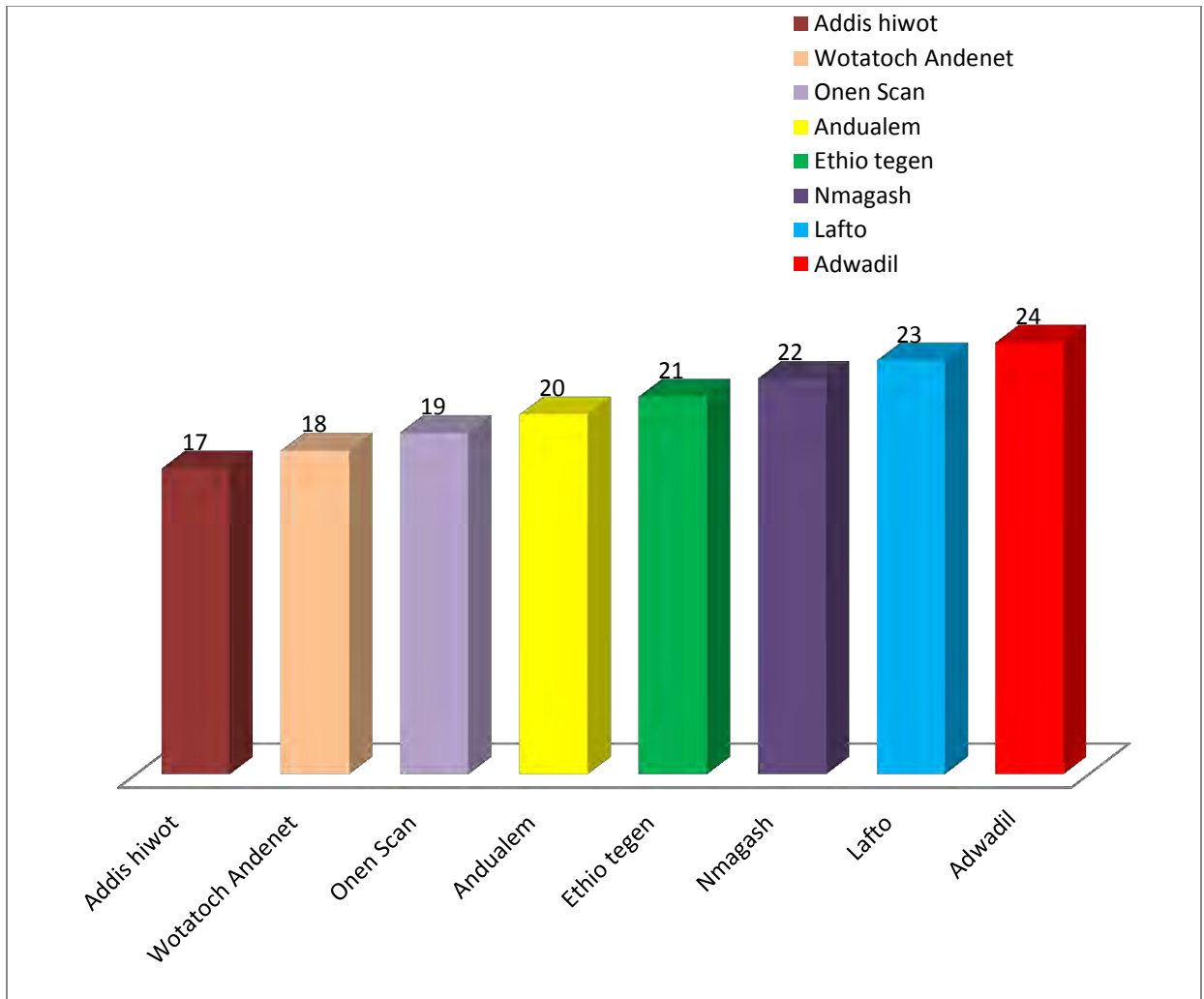
Graph4.7The top 8 clubs of 2016 clubs champion ship



According to the graph4.7indicated the clubs 1st-8th ranking position; as the finding indicated karamara athletics club was consecutive twice winner and the rest of successful clubs also consistently keep their results.

(See appendix H full document analysis).

Graph4.8The bottom 8 clubs of 2016 clubs champion ship



As the graph4.8 shows the clubs of 24th–17th bottom –top ranking position; as the result indicated that within 4 years clubs champion ship the most clubs are involved under the bottom position.

4.2. Analysis of Documents

Table 4.3 the Successful club organization based on document Analysis.

Year	Name of Clubs	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source Budget
2013	Geta	M= 15 F= 10 Total = 25	M= 2 F= – Total = 3	M=2 F=1 Total =3	Yes	350,000 Birr	Bingo Lottery

According to the table 4.3 shows that the successful club Geta has been fund 350,000 birr for 25 athletes, 2 coaches and 3 sport administrators moreover Transportation service to sport activities; the source of Budget is Bingo Lottery game. As the document mentioned that the number of athletes are less than others successful clubs but the most athletes were winners.

Table4.4 the unsuccessful clubs organization based on document analysis.

Year	Name of Club Athletes	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source of Budget
2013	Joma	M= 15 F= 10 Total = 25	1	-	-	-	-
	Andenet	M= 16 F= 9 Total = 25	2	-	-	-	-

In the table shows the unsuccessful clubs Joma has 25 athletes and 1 coach; whereas the second club Andenet has 25 athletes and 2 coaches. As the findings of the documents both of them have not sport managements, finance, transportation, fulfilled facility and equipment moreover less number of athletes. Based on this the clubs cannot competent and successful.

Table 4.5 the successful club organization based on document analysis.

Year	Name of club	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source Budget
2014	Betel	M= 15 F= 10 Total = 25	M=2 F= -- Total = 2	M=3 F= 1 Total = 4	Yes	350,000 birr	Betel hospital

According to the table 4.5 Betel club has 25 athletes, 2 coaches, 4 sport administrators and transportation service all these activities are facilitated by 350,000 Birr budget. The source of income is Betel hospital. Based on the researcher findings the club has its own budget.

Table 4.6 the unsuccessful clubs organization based on document analysis.

Year	Name of Clubs Athletes	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source Budget
2014	Hele I of	M= 12 F= 6 Total = 18	M= 1 Total 1	-	-	-	-
	Africa	M= 13 F= 6 Total = 19	1	-	-	-	-

In the table 4.6 shows as the two unsuccessful clubs Hele I of has 18 athletes 1 coach. The second club Africa also has 19 athletes and 1 coach but the two clubs have not sport administrators,

transportation for training activities more over budget fund. As the findings the case of un success is both clubs have not coaching staff, budget facility and equipment, human resources are the main factors.

Table 4.7 the successful club organization based on document analysis.

Year	Name of Clubs	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source Budget
2015	Karamara	M= 40	M= 3	M= 1	-	20,000 Birr	Collecting money from Athletes
2016		F= 20	F=-	F= 1			
		Total=60	Total= 3	Total= 2			

According to the table the Karamara athletics club has 60 athletes, 3 coaches, 2 sport administrators. To facilitate all these things by 20,000 Birr budget, But the club has not transportation for training activities. Based on the findings the club has very less amount of budget and there is not transportation service, but the means of success is human resource, skilled and coaching staff, fulfilled equipment and materials, athlete’s participation of all events competition these are the major factors.

Table 4 .8 the unsuccessful club organization based on the document analysis.

Year	Name of Clubs	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source Budget
2015	Axum	M= 13 F= 10 Total = 23	M= 1	-	-	-	-
	Team tesfa	M= 16 F= 9 Total = 25	2	-	-	-	-

According to the table shows that the unsuccessful club Axum has 23 athletes and 1 coach but has not sport administrator, transportation and budget whereas team tesfa has 25 athletes and 2

coaches. As the researcher document findings the two clubs have not budget, enough human resource, well organized coaching staff, administrative bodies, facility and equipment are the main problem of the club.

Table 4.9 the Successful club organization based on the document analysis.

Year	Name of Clubs	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source of Budget
2015 2016	Karamara	M= 40 F= 20 Total = 60	M= 3 F- Total 3	M= 1 F= 1 Total 2	-	20,000 Birr	Collecting money from athletes

In the table shows as Karamara athletics club has 60 athletes, 3 coaches but has not transportation for training all these activities are facilitated by 20,000 Birr and the source of income is athletes contributed money to the club. As the findings of documentation this club was consecutively twice winner in the champions ship the main factors of the success is fulfilled human resource, all event participation and well organized coaching staff.

Table 4.10 the unsuccessful clubs organization based on the document analysis

Year	Name of Club	No of Athletes	No of Coaches	No of Sport Administrator	Transportation service	Budget	Source of Budget
2016	Adualem	M= 18 F= 7 Total = 25	M= 2 F= - Total= 2	-	-	-	-
	Onenscan	M= 25 F= 10 Total = 35	M= 3 F= - Total = 3	M= 1 Total = 1	-	-	-

According to the above table shows as the first unsuccessful club Adualm has 25 athletes, and 2 coaches but has not sport administrator, Transportation for athletics activities move over budgets. The second unsuccessful club Onenscan also has 35 athletes, 2 coaches and 1 sport

administrator but has not transportation and budget fund. Based on the document analysis both of them have not fulfilled the necessary equipment and materials to train athletics sport to bring the club success in addition to that less amount of human resource is the main factors. In the other ways they have not a means of income all things are facilitated by the volunteer coachessupport.

4.3. Analysis of athletics data

Table 4.11 General characteristics of Athletes respondent

No	Item	Characteristics category	Frequency	Percentage
1	Sex	Male	60	60%
		Female	40	40%
		Total	100	100%
2	Age	18 - 21	15	15%
		22 - 25	40	40%
		26 - 29	25	25%
		30 and above	20	20%
		Total	100	100
3	Education level	Grade 1 5 th	45	45%
		Grade 1 6 th	40	40%
		Certificate	10	10%
		Diploma	5	5%
		Degree		
		Total		100%
4	Type of event organization	Short Distance	25	
		Middle Distance	30	30%
		Long distance	35	35%
		Throwing	5	5%
		Jumping	5	5%
		Total	100	100%
5	Job	Private	60	60%
		Employee		
		Jobless	40	40%
		Total	100	100%
6	Training Years	2 years	10	10%
		3 Years	12	12%
		4 years	13	13%
		5 years	20	20%
		6 years	15	15%
		7 years and above	30	30%
		Total	100	100%

As regards to sex out of 100 (100%) athletes 60(60%) of them are male and 40(40%) of athletes are female this indicates that, there is less involvement of female athlete in athletics sport

in the club regards the respondents age as shown in the table out of 100 (100%) athletes 15(15%) athletes are 18– 21 and 40(40%) of respondents are 22– 25 years of age category respectively and remaining 25 (25%) of the athletes were 30 and above years of age. As seen in the table with regard to educational back ground the total number of respondents 45(45%) of athletes were grade 1– 5th and 40(40%) 6 –10th 10(10%) certificate and the remaining 5(5%) are Diploma. From the respondents item 4 of table 4 the type of event they specialize; 25(25%) are short distance, 30(30%) are middle distance, 35(35%) are long distance, 5(5%) are throwing, 5(5%) of athletes are jumping events as seen in the table 4 item 5 indicates athletes job status most athletes of the 60(60%) have private workers and remaining 40(40%) are jobless.

As seen in the table 4.11 item 6 indicates 10(10%) have been 2 years experience, 12(12%) 5 years experience, 15(15%) 6 years experience most of athletes 30(30%) have been 7 years of training experience.

Table 4 .12 Athletes response concerning on different factors

No	Response item	Alternatives	clubs	
			Top position %	Bottom position %
1	Do you get progressive and scientific training?	Usually	100%	–
		Mostly	–	80%
		Some times	–	20%
		Rarely	–	–
		Never	–	–
2	Do your club have qualified and experienced coaches?	Yes	100%	70%
		No		30%

According to the table 4.12 item 1, 100% of the top club respondents replied that usually get scientific and progressive training where as 80% of bottom club respondents replied mostly they get scientific and progressive training, the rest 10% of bottom club mentioned some times. In item 2, recognized about coaches qualification 100% of top club respondents said yes, 70% of bottom clubs respondents also mentioned yes and the rest 10% said there is no qualified and experienced coaches in the club. As the researcher recognized the top clubs have better training system opportunity because of qualified and experienced coaches than the bottom position clubs.

Table 4.13 response on training area, facility and equipment's

No	Response item	Alternatives	Clubs	
			Top position %	Bottom position %
3	Do you have sufficient athletics training track?	Very good	–	–
		Good	100%	–
		low	–	100%
4	Does the club have sufficient facilities?	High		
		Moderate	100%	
		low	–	100%

As the table 4.13 item 3, 100% of the top club respondents said that they have good training track whereas 100% of bottom club respondents mentioned they have low training track. On item 4, 100% of top club respondents implies moderate availability of facilities is presented and the 100% of bottom club respondents confirm that facility is low in their clubs. According to the findings training area facility and equipment is better in top position clubs than bottom position clubs.

Table 4.14 Response concerning on sport wears and classification of training

No	Response on items	Alternatives	clubs	
			Top position %	Bottom position %
5	Do you get fulfilled training wears from your club?	High	80	–
		Moderate	20	–
		Low	–	–
		Nothing	–	100%
6	Does the training program classified according to your Ability, age and experience?	Usually	100%	–
		Mostly	–	–
		Some times	–	70%
		rarely	–	30%

As the table shows item 5, 80% of top club respondents responded that highly supplied training wears and 20% also mentioned moderate whereas 100% of bottom clubs respondents said there is nothing supply clubs training wears. On item 6, 100% of top clubs respondents training program is usually given properly whereas 70% of bottom clubs replied that proper training is given sometimes and the rest of 30% respondents said rarely given properly their ability age and experiences. As the findings shows there is a big difference between the top and bottom

position clubs; the supply of sport wear and training system; based on this the top clubs are more beneficial than bottom clubs.

Table4.15response concerning on payment

No	Response items	Alternatives	clubs	
			Top position %	Bottom position %
7	Do you get payment from your club?	yes	100%	–
		No	–	100%
8	Do you think that the money is enough?	yes	–	–
		No	100%	–
9	If the money is not enough where you do get money for your training activities?	My own family	35%	–
		Sponsor	–	–
		My own effort	65%	100%

As can be seen from table 4.15 item 1, 100% of the top club respondents only replied yes but 100% of bottom club respondents said there is no payment from their club. In item2, 100% of the top club respondents replied that no the payment is not enough. The item3, concerning on the source of their income 35% of the top clubrespondents indicated that, they get from their family support and 65% of respondents mentioned they get from their own effort, 100% of bottom club respondents also confirm thatsupport themselvesby their own effort.

Table4.16Response concern on in terms of quality and quantity of food

No	Response item	Alternatives	Clubs	
			Top position%	Bottom position%
10	Do you get an adequate dietary in teak in terms of quality and quantity of food?	Usually	–	–
		Mostly	100%	
		Some times	–	25%
		Rarely	–	75%

According to the table4.16item10, 100%ofthe top club respondents confirm that they can get mostly adequate dietary in teak whereas 25%of bottom club respondents mentioned that sometimes they can get quality of food while the rest of 75% respondents confirm that there is nothing can get adequate dietary in teak in terms of quality and quantity of food. As the researcher findings there is not equal opportunity to get the necessary nutrition. According to DrBezabhWolde1997, defined nutrition as it is a science of nourishing the body. The athlete who is thriving for excellences shouldtrain hard and to train hard should eat balance diet and enough calories to cover the load and to maintain to the body. Based on this the bottom ranking position club athletes have more impact than top clubs athletes.

Table4.17Response on Encouragement

No	Response items	Alternatives	clubs	
			Top position%	Bottom position%
11	Do you get encouragement from your clubs administrator during competition?	Usually	100%	–
		Mostly	–	–
		Some times	–	100%
		never		

As the table4.17item 10, shows that 100%of top clubs respondents responded that they usually get encouragement from spot leaders whereas100%ofbottom clubs respondents said that the sport leaders encourages sometimes them. As the findings the top clubs athletes are more encouraged by their sport administrators than bottom ranking position club athletes.

Table 4.18 General Characteristics of Coaches respondents

No	Item	Characteristics category	Frequency	Percentage
1	Sex	Male	6	100%
		Female	-	-
		Total	6	100%
2	Age	20-30	1	16.6%
		31-40	3	50%
		41-50	2	33.3%
		60 and above	-	20%
		Total	6	100%
3	Coaching experience	1-3 Year	-	-
		4-6 Years	2	33.33%
		7-9 Years	1	16.6%
		Above 9 Years	3	50%
		Total	6	100%
4	Level of Coaching certification	1 st Level	-	-
		2 nd level	6	100%
		3 rd Level	-	-
		4 th level	-	-
		5 th level	-	-
		All	-	-
		Total		100%
5	Education Background	High School complete	2	33.33%
		Diploma	2	50%
		First degree	1	16.6%
		Masters	1	16.6%
		PHD	-	-
		Total	6	100%

As regards to sex, out of 6(100%) of all coaches 6(100%) are male. This indicates that, there is no involvement of female coaches in the clubs. This shows that little emphasis have been given to the female coach or on the other hand, indicating less competition and opportunity by female coaches. Regarding the respondents age as shown in the table out of 6(100%) coaches respondents, 1(16.6%) coaches were 20-30 age category and 3(50%) respondents were 31-40 age category and 2(33.33%) of respondents were 41-50 years of age.

In the table out of 6(100%) of coaches respondents, 6(100%) coaches were 2nd level coaching certificate. Concerning experience of the respondents, 2(33.33%) of coaches were year of experience range from 4-6, 3(50%) of coaches years range experience and the remaining 1(16.6%) of coach above 9 years" experience.

Finally, with regard to educational back ground in item 5 from the total number of coaches respondents 2(33.33%) of coaches were High school complete, 2(33.33%) were Diploma and the 1(16.6%) of coach was degree holders, the remaining 1(16.6%) was M sc. degree holders.

Table 4.19 Coach Responses Regarding on Training and Facilities

No	Response items	Alternatives	clubs	
			Top ranking position %	bottom ranking position %
1	Do you use training manual?	Yes	100%	90%
		No	–	10%
2	Do you have sufficient athletics training track?	Usually	–	–
		Mostly	100%	–
		Some times	–	100%
		Never	–	–
3	Does the club have sufficient facilities during training session?	High	100%	–
		Moderate	–	–
		Low	–	100%
4	The athletes can do the planned training program properly?	Usually	100%	85%
		Mostly	–	15%
		Sometimes	–	–
		rarely	–	–
5	Does the training program classified according to athlete"s ability, age and experience?	Usually	100%	-
		Mostly	–	100%
		Some times	–	–
		Rarely	–	–

According to the table 4.20item1, 100%of all top club respondents confirm that they used training manual whereas 90%of bottom club respondents used training manual and the restof10% did not used the training manual. On item,2100%of top club respondents said that they can get mostly training track and 100% bottom club respondents said that they get sometimes. On item3, 100%of top club respondents mentioned highly used training facilities and 100%of bottom ranking position club respondents implied that there is low facility supply in their club. On

item4,100%of top club respondents mentioned that their athletes usually cover the program based on the coach plan and 85%of bottom position club respondents implied that usually doing properly while the rest of 15% respondents said mostly they did based on the training plan. On item5, 100% of top eight club respondents said thatthe training program is usually classified by their training capacity whereas100%bottom club respondents responded that the training program is mostly classified according to their abilities. As the researcher findings the top eight club coaches are more skilled and experienced and have better training track and sufficient facilities moreover the athletes covered the training program based on the coach plan than the bottom ranking position club athletes.

Table4.20response on appropriatenutrition, athlete’s talent, motivation and feedback

No	Response items	Alternatives	Clubs	
			Top ranking position %	Bottom ranking position %
6	Does the club supply appropriate nutrition for athletes?	Yes	100%	–
		No	–	100%
7	When you select athletes for discipline do you consider their talent?	Usually	100%	–
		Mostly	–	-
		Some times	–	100%
		rarely	–	–
8	Do you motivates your athletes?	Usually	100%	100%
		Sometimes	–	–
		rarely	–	–
9	What kind of feedback gives to your athletes?	Positive	–	–
		Negative		
		All	100%	100%

As the table4.21item6,100%of top club respondents mentioned the club supply nutrition for athletes while 100%of bottom position club respondents confirm that there is no any supply of nutrition. On item7,100%of top position club respondents said that they select athletes based on their talent and100%of bottom position club respondents the used to select sometimes consider their talent. On item8, 100% of top eight club respondents replied that usually motive their athletes whereas 100%of bottom position club respondents said they usually motivated their athletes. On item9, all 100%of top club respondents mentioned they give all kind of feedback to

their athletes and 100% of unsuccessful club respondents also responded that all positive and negative feedback is given to the athletes. According to the findings the top eight clubs have nutrition supply and talent identification is better than bottom position clubs. But the motivation of athletes and giving feedback have similarities.

Table 4.21 Response on Coaches Payment

No	Response item	Alternatives	Clubs	
			Successful%	Unsuccessful%
10	Do you get enough payment from club?	Yes	–	–
		No	100%	100%

According to the table 4.22 item 10, 100% of all respondents confirm that the payment (salary is not enough). As the findings the top position club coaches get payment but it is not recognized their skill and experience while the bottom club coaches have not payment most of the coaches are doing for their passion and to contribute their experience.

Table 4.22 Concerning on Event Participation

No	Response item	Alternatives	Clubs	
			Top ranking position	Bottom ranking position
11	In which events participated your club	Track events	✓	✓
		Field events	✓	–

As the table 4.23 item 11, shows all of top club respondents mentioned that they participate all types of events but the bottom position club respondents replied they participate only one type of track event. According to the findings the top clubs event participation is more effective than bottom position clubs; because of this is less number of participant athletes of the most clubs.

Table 4.3 Response Concerning about Success

No	item	Respondents
12	What does the club fulfilled to become success?	✓ All of the respondents mentioned that the clubs should be fulfilled human resource, and finance.

Table4.24 Generalcharacteristics of club administrators

No	Name of club	Characteristics of interviewees			Clubs	
		Sex	Educational back ground	Position in the club	Top club	Bottom club
1	Geta Zeru	Male	12 th complete	President	✓	
2	Karamara	Male	12 th complet	President	✓	
3	Onenscan	Male	Degree	President		✓

As the table show that 2 successful and 1 unsuccessful club administrators are presented.

Item1. Are there any community support groups or organizations for your clubs?

All oftheinterviewees mentioned that they have not support from any organization, there is facilitated by themselves only.

Item2. Has the club enough budgets for athletics sport?

The top positionclub intervieweesreplied that almost enough to facilitate our training and competition.

The bottom ranking position club interviewees said that not enough Budgets, any activity is takes placed by the individual effort of athletes and coaches.

Item3. Does the club well organized by human recourse?

The top club interviewees said that yes, because their club are organized by 3 administrative bodies; those are club manager, team leader, and secretary.

The bottom club interviewees said that no, because the club is leads by one administer only.

Item4.is there any challenge the club to become successful?

The bottom position club interviewees replied that yes, those are lack of training facilities, sport wears, training court, and nutrition are some of the club challenges.

The top club interviewees also said that, even if there is some challenges we try to manage by the club athletes and coaches effort we can achieve our success.

Item5. What is the ultimate goal of the club?

All of the interviewees explain that to train the young athletes and to contribute participants in the world and Olympic champion ships.

Item6. Dose athletics sport beneficial for your organization?

All of the interviewees mentioned that athletics sport is not beneficial because there is not bring income during competition like football sport. Because of this so many organizations have not interest to involve athletics sport.

Table 4.25 general characteristics of Addis Ababa athletics officers

No	Name of federation	Characteristics of interviewee		
		sex	Educational back ground	Position in the federation
1	Addis Ababa athletics federation	Male	Bsc. Degree	Technical director

In the table show that a 1 interviewee of federation officer general characteristics.

Interview for Addis Ababa athletics federation official

Item1. What kind of award the federation gives for the successful clubs?

The federation officials replied that there is not special award beyond cup.

Item2 does the federation construct sufficient training tracks in the city?

The interviewee confirmed that there is not any track prepared by federation. Still the clubs are trained by different areas. As the findings most clubs have lack of training places especially for track and field events activity, the lower ranking position club athletes are participating (competing) without enough training preparation.

Item3. What do you think about unsuccessful clubs are establishes year to year but also many clubs are drop out a short period of time?

The interviewee responded the most clubs are established by some voluntary individuals and organizations. Due to this they established without financial resource, human resource, lack of skilled and professional coaches, well sport organization, lack of support from athletics federations. As the findings the bottom ranking position clubs have impact of consistency by the reasons of clubs well organization.

4.4. Discussion of the Findings

According to the document findings the 4 years Addis Ababa clubs athletics champion ship participant clubs were 26, but this number in each year increase and decrease. As the researcher revealed that most clubs have not finance based. Due to this they cannot manage clubs in effective way and fulfilled training materials. By the reason of this the clubs drop out from the competition immediately.

There are two kinds of success method in the champion clubs, the first one is finance, Geta zeru athletics club and Betel club have their own official budget and finance to fulfilled training materials moreover participating the selected events by few number of athletes winning effectively. The second one is human resource; Karamara athletics club has the high number of participant athletes competing, all types of track and field events. Based on this won twice consecutively; but they have not enough finance to pay salary for athletes. Even if the club has lack of equipments, somehow the coaches tried to supply training materials, like steeple chase barrier, hurdles, javelin, discuss, and shot put all these are prepared by their own modifications. So that the club was successful (champion) rather than other clubs

As the findings in Addis Ababa city there is not any training track for athletics training constructed by the governments (sport federations). The lower ranking position clubs have not chance preparing their athletes in adequate place in which related to the competitions. They are doing out of track in uncomfortable way.

The very few wealth clubs are prepared athletes at Addis Ababa university track and kenenisa track (sululta) by payment. This is a chance to increase the athlete's performance than the lower position clubs.

According to the findings all respondents confirmed that payment (salary) is not enough for their expenses and to fulfill their balance diet. Due to this the athletes engaged to do additional works out of training activity. As the findings this kind of activities are exposed athletes for injuries and loss of energy.

Finally the researcher has faced so many challenges during the thesis preparation because of related literatures. This kind of research was not made before this when the researcher tray to find and refers there was lack of related literatures effectively so it was that difficult to organize the data, compare and contrast the results and to give analysis were the main challenges of the researcher. Even if it was difficult the researcher tray to did using his long years experience and some intellectuals support.

CHAPTER FIVE

5. SUMMARY, CONCLUSION AND RECOMMENDATIONS

In this chapter deal with an over view of the purpose and procedures of the study, major findings, conclusions and recommendations forwarded.

5.1. Summary

The inner most intention of this study was track and field events success comparison among the selected second division athletics clubs of Addis Ababa city administration.

The study was mainly designed to answer the following basic research questions.

- Is there method and system of training deference between clubs?
- Is there any significant facility deference between clubs?
- Is there any financial difference between clubs?
- Does the club well organized by human resource?

In order to answer these questions, purposive method was employed. The data persistent to the study were gathered through two sets of questionnaires, interview and documentation from, 100 athletes, 6 coaches,3 administrative bodies,12 clubs and 1 federation official.

The data obtained were analyzed by using statically accepted tools (percentage) and descriptive statements.

At last, on the base of review of related literatures and analyzed data, The finding of the study indicated that the training system, facility and equipment, the skill of coach, organization of human resource is difference in the successful and lower ranking position clubs .As the researcher confirm that the main problem of the unsuccessful clubs are finance and budget to facilitate proper training in different areas and to supply nutrition for athletes.

5.2. Conclusion

Based on the major finding of the study, the following conclusions have been drawn. The basic motive of the study is to show track and field events success comparison among the selected second division Addis Ababa athletics clubs

The finding of the study indicated

- There is training method and system difference between the top ranking position and the bottom ranking position clubs. This is determined by the clubs coaching staff skill and experience; as the findings the successful club coaches have more educated and experienced. Based on this the top eight clubs used better training method and Competence of athletes is greater than the lower position clubs.
- There is a facility difference between the top and lower ranking position clubs; the first top eight clubs have better facility and equipment; which are training track, sport wears, shoes, transportation.
- the top eight clubs finance also greater than the bottom ranking position clubs; from the study revealed that the successful clubs have their own budget to facilitated all training and competition activities coaches and athletes salary(payment). But the bottom ranking position clubs have not their own official budget. Most coaches and athletes are doing their training activities without any payment. They subsidized themselves by doing additional works out of running. The main constraint and limitation of unsuccessful clubs emanates from inadequacy of annual budget and human resource. There are more dependent on volunteer sport fans and even on coaches that serve them for charity purposes and for being benevoler. Lack of adequate facility and equipment, lack of adequate balance diet, lack of medical service, and different specialists, incentive and motivations. Unfulfilled athletics means the most athletes are doing without proper sport materials. Failure to train in different trains to practice and develop talents.
- The organization among clubs have difference, according to the finding confirmed the successful (top eight clubs) have manager, team leader, and secretary moreover fulfilled coaching staff; but the unsuccessful (lower ranking position clubs) have Unskilled and poorly organized administrators; for example some clubs governed by 1 manager, and some of them are leading by coach himself only.

- Less participation of private and government organizations to invest on athletics sport events.
- Poor attention given by the athletic federation and the sport federation by large.
- Lack of adequate number of competitions, that the young athletes can show and exercise their talent due to few annual number of competition events organized by the athletics federation.
- The clubs are constituted with few athletes that cannot cover all the athletics events competitions organized by the federation.

5.3. Recommendations

The researcher suggests the following recommendations in light of the summary and the conclusions made.

- The lower ranking position clubs should be prepare their coaches by education related to scientific training system and to train the talented athletes. Moreover the clubs should be train in different trains to practice and develop the athletics talent and performance.
- The unsuccessful clubs should be fulfilled facilities like training track, field events materials (javelin, discus, shot put, hammer) and sport wears and transportation for training activities.
- The unsuccessful clubs should be fulfilled their budget and finance in different mechanisms like finding sponsorship and community support to develop the athletes capacity more over brings the clubs success.
- Both clubs have to be supply sufficient nutrition for athletics; quality and quantity of food is the main and the essential part to develop athletics performance. As Dr. Bezabh Wolde (1997) mentioned. „The athletes who is thriving for excellence should train hard and to train hard should eat balance diet“. So the energy intake and energy expenditure is should be balance to maintain the body. The clubs should be train in different trains to practice and develop the athletics talent and performance. The private and government organization should participate on athletics sport by supporting finance and materials. To develop athletics sport in Ethiopia and to create participants athletes in the world championship.

- The bottom (unsuccessful clubs) should be organized by human resource and encourage their athletes by motivations, communicate with stakeholders and find solution about clubs problems.
- The private and governmental organizations should participate on athletics sport by supporting finance and materials. To develop the young athletes.
- Athletics federation and sport federations should give attention for clubs.
- Athletics federation should prepare adequate number of competitions, that the young athletes can show and exercise their talent.
- The clubs should be constituted with high number of athletes to cover all the athletics events competitions organized by the federation.
- Sport federation (Government) should construct adequate number of athletics track to balance the number of athletes.

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APPENDIXES

Appendix A

4.3 Analysis of Clubs ranking position

table 4.3 The successful clubs of 2013 Clubs champions ships

No	Name of clubs	track events														Field events								Sum	Rank	No of party
		100meter	200meter	400meter	800meter	1500meter	5000 meter	1000meter	Relay	Steeple cheese				Walki ng		Throwing				Janping						
										4x100cm	4x400cm	100 meter meter	400 meter	300 meter	10Km	5km	Javelin	Discus	Short put	Hammer	Long tramp	Triple Jump	High Jump			
1	Getazeru	-	-	-	32	30	20	28	-	16	-	-	30	-	-	10	-	-	-	9	-	-	-	175	1st	35
2	Wotatoch andnet	20	8	8	-	9	-	1	16	-	-	-	-	5	15	16	8	26	-	-	-	-	150	2nd	30	
3	Betel teaching	5	16	6	10	7	1	3	8	2	4	3	12	-	-	8	18	5	12	19	-	6	-	145	3rd	35
4	Woha Sport	3	10	8	7	9	2	1	11	2	5	2	8	-	-	5	13	4	14	16	-	9	-	130	4th	32
5	Team tesfa	7	8	10	3	-	-	-	7	10	4	9	-	-	-	7	4	9	10	8	-	17	-	113	5th	28
6	Ker Bager	10	7	16	-	-	-	-	10	15	10	10	-	-	-	15	3	7	6	1	-	10	-	110	6 th	30
7	Garad	-	-	4	1	4	15	10	-	-	-	-	9	-	-	3	8	1	-	-	-	-	-	55	7 th	30
8	Negash	-	2	1	-	-	4	3	-	6	-	-	1	-	-	2	3	-	-	-	-	-	-	22	8 th	30

Appendix B

Table 4.5 The unsuccessful clubs of 2013 champion ship

	Name of clubs	Track Events														filed events							Sum	Rank	No of particip.		
		100meter	200meter	400meter	800meter	1500meter	5000meter	10000meter	Relay		Steeple chase				Walking		Throwing				Jumping						
									4x100meter	4x400meter	110 meter	100 meter	400 meter	3000 meter	10Km	5km	Javelin	Discuss	Shot put	Hammer	Long tramp	Triple Jump				High Jump	Pol volt
1	Joma	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	26	25	
2	AndenetTsere-Aids	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	25	25
3	Africa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	2	24	25
4	Axum	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	23	25
5	Mandela	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-	2	-	-	-	-	-	-	5	22	30
6	Fiseha abebe	-	-	1	-	1	-	-	-	2	-	-	-	-	-	2	-	-	-	-	-	-	-	-	6	21	35
7	Cosmo Engineering	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	2	-	2	-	1	-	-	-	8	20	35
8	Yaya	-	-	-	2	1	-	-	1	-	-	-	-	1	-	2	-	1	-	2	-	1	-	-	9	19	38

Appendix C

Table 4.6 the unsuccessful clubs of 2014 champion ship

No	Name of clubs	Track events													Filed events								Sum	Rank	No of party	
		100meter	200meter	400meter	800meter	1500meter	5000 meter	10000meter	Relay	Steeple chase				Walking	Throwing				Jumping							
										4x100meter	4x400meter	110 meter 100 meter	400 meter		3000meter	10Km	5km	Javin	Discuss	Shot out	Hammer	Long jump	Triple Jump	High Jump	Pol volt	
1	Betel teaching	-	18	19	22	9	11	18	9	12	9	7	21	-	-	9	6	3	-	-	-	-	-	173	1 st	40
2	Karamara	7	28	14	9	-	2	8	7	9	-	-	-	-	-	16	9	9	2	2	7	-	147	2 nd	50	
3	Wotatocanden et	22	6	4	-	-	-	-	15	-	6	4	-	-	-	4	16	9	2	7	-	-	1	112	3 rd	35
4	GetaZeru	-	-	-	11	16	20	21	-	7	-	-	25	-	-	-	-	-	-	-	-	-	83	4 th	25	
5	EnerTigst fire	5	6	12	6	-	6	-	-	8	-	6	-	-	-	-	-	-	-	-	-	-	56	5 th	20	
6	Central university	-	-	-	-	20	16	15	-	-	-	-	-	-	-	-	-	-	-	-	-	-	51	6 th	26	
7	TeklenaLijocl u	5	-	7	-	-	7	-	-	-	-	-	2	-	-	1	8	-	-	-	15	-	50	7 th	22	
8	Team Tesfa	7	4	3	4	-	-	-	10	-	-	9	-	-	-	-	-	-	-	-	-	-	37	8 th	-	

Appendix D

Table 4.7 the unsuccessful clubs of 2014 champion ship

No	Name of clubs	Track events														Filed events								Sum	Rank	No of part .										
		100meter	200meter	400meter	800meter	1500meter	5000 meter	10000eter	Relay	Steeple chase			Walking		Throwing				Jumping																	
										4x100cm	4x400cm	100 meter	110 meter	400 meter	3000meter	10Km	5km	Javelin	Discuss	Shot put	Hummer	Long tramp	Triple Jump				High Jump	Pol volt								
1	Hele IOF	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	24	18
2	Africa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	23	19
3	Medhanialem	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	22	18
4	Lucy	-	-	-	-	-	-	-	-	6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6	21	20	
5	Cosmo engineering	-	-	-	6	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7	20	20	
6	Garad	-	-	-	-	-	9	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11	19	20	
7	Dr. Karl	-	-	-	-	11	-	-	-	6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17	18	22	
8	Fiseha Abebe	-	-	2	-	3	-	-	-	-	-	-	6	-	-	5	9	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	25	17	25	

Appendix E

Table 4.8 the successful Club of 2015 clubs Champion ship

No	Name of clubs	Track events											Filed events										Ran	No of party		
		100meter	200meter	400meter	800meter	1500meter	5000 ,meter	10000meter	Rel ay	Steeple chase			Walking			Throwing			Jumping						Sum	
										4x100meter	4x400meter	100 meter 110 meter	400 meter	3000 meter	10Km	5km	Javelin	Discus	Shot put	Hammer	Long jump	Triple Jump				High Jump
1	Karamara	18	21	13	-	-	4	3	14	9	38	17	17	-	12	12	16	15	20	17		20		254	1 st	50
2	EnerTigest Fire	13	8	19	9	11	8	15	-	14	6		7			16	20	24	7	4		-		206	2 nd	40
3	Betel teaching	-	10	18	16	15	16	13	3	11	-		20			9	13	13	-	6		-		169	3 rd	40
4	Wotatoch Andenet	9	16	3	12	1	-	-	12	2	9		5						7	12		-		89	4 th	35
5	Addis Ababa University	14	6	6			5	9	-	-	-		3							12		7		78	5 th	30
6	GetaZeru				17	20	-		5	5	-		3			6				-				65	6 th	40
7	Aysha	5	6	8	-	7	-		6	6			10							5				62	7 th	40
8	Addis Hiwot	3	1	5	4	4	-		8	8							7	14		2				58	8 th	

Appendix G

Table 4.10 the Successful clubs of 2016 champion ship

No	Name of clubs	Track events												Filed events								Sum	R an k	No of party
		100meter	200meter	400meter	800meter	1500meter	5000 meter	10000meter	R el ay	Steeple chase				Walking		Throwing				Jumping				
										4x100cm	4x400cm	100 meter	110 meter	400 meter	3000meter	5km	10Km	Javelin	Discus	Short put	Hammer			
1	Karamara	28	25	13	6	3	16	7	15	12	18	28	9	7	16	21	22	9	38	-	-	306	1 st	50
2	Medhanialem	8	17	20	-	-	-	-	-	11	9	14	12	-	-	16	12	-	1			149	2 ⁿ _d	45
3	Betel Teahcing	6	8	16	16	9	7	8	-	14		11	12						9			116	3 ^r _d	40
4	Tekle Birhanu		-		19	18	26	19	6	6			6									94	4 ^t _h	
5	Aysha	5		7	-	13			7	7	9	2	7		9	-	11	6	3			86	5 ^t _h	45
6	GetaZeru				20	22	10	16		11			1									78	6 ^t _h	30
7	EnerTigest Fire	18	9						9													67	7 ^t _h	40
8	Ethio Woha	4	6	4	3	-	1			7		1	10		7	6			4			49	8 ^t _h	40

4. የምትወዳደርበት የሜትር አይነት

አጭር ርቀት

መካከለኛ ርቀት

ረጅም ርቀት

ውርወራ ይ

5. ስራ የግል

የመንግሥት

ስራ አጥ

6. በልምድ የቆየበት ጊዜ 2 አመት 3 አመት 4

5 አመት 6 አመት 7 ከዚያ በላይ

ክፍል ሁለት

ለሚከተሉት ጥያቄዎች መልሱን አክብቡ

1. ወጥና ሳይንሳዊ ስልጠና ታገኛላችሁ?

ሀ. ዘወትር ለ. በአብዛኛው ሐ. አንዳንዴ መ. በፍጹም

2. ክለባችሁ የተማረና ልምድ ያለው አሰልጣኝነው የመደበላችሁ?

ሀ. አዎ ለ. አይደለም

3. በቂ የመለማመጃት ሪከአላችሁ?

ሀ. እጅግ በጣም ጥሩ ለ. በጣም ጥሩ ሐ. ጥሩ መ. በፍፁም

4. ክለቡ በቂ የሆነ የመለማመጃና የመወዳደሪያ መስሪያዎችን ያሟላነው?

ሀ. በጣም ከፍተኛ ለ. ከፍተኛ ሐ. መካከለኛ

መ. ዝቅተኛ ሠ. ምንም የለም

5. ክለቡ በቂ የሆነ ጥቅም ሰጣችኋል?

ሀ. የተሟላነው ለ. መካከለኛ

ሐ. ዝቅተኛ መ. ምንም የለም

6. ሚሰጣቸው የልምድ አይነት በችሎታ፣ በእድሜና በልምድ የተከፋፈለነው ?

ሀ. ሁል ጊዜ ለ. በአብዛኛው ሐ. አንዳንድ ጊዜ መ. የተወሰነ ሠ. በፍጹም

7. ከክብራችሁ ደምዘታ ገኛላችሁ?

ሀ. አዎ ለ. አይደለም

8. መልስ ያደረግኩት ከፍተኛው በላይ/ሽታ ስባለህ/ሽ ሀ. አዎ ለ. አይደለም

9. መልስ ያደረግኩት ከሆነ ለልምድ የሚሆን ገንዘብ ከየት ታገኛለህ/ሽ

ሀ. ከቤተሰብ ለ. በራሴ ሐ. በስፖንሰር

10. ተመጣጣኝ የሆነ ምግብ ታገኛለህ/ሽ?

- ሀ. ሁልጊዜ ለ. በአብዛኛው
ሐ. አልፎ አልፎ መ. የተወሰነ ሠ. በፍጹም

11. በውድድር ጊዜ ከአለብ-ሃላፊዎች የማበረታቻ ድጋፍ ታገኛለህ?

- ሀ. ሁልጊዜ ለ. በአብዛኛው ሐ. አንዳንድ ጊዜ መ. የተወሰነ ሠ. በፍጹም

AppendixJ

አዲስአበባዩኒቨርሲቲ የድህረምረቃትምህርት የስፖርትሳይንስሳይንስትምህርትክፍል ለአሰልጣኞችየሚቀርብመጠይቅ

በአዲስአበባዩኒቨርሲቲበስፖርትሳይንስትምህርትክፍልየድህረምረቃትምህርት፡፡

የዚህመጠይቅቀናላማበአዲስአበባኦሌቲክስፌዴሬሽንስርዓት፣የ2ኛዲቪዥንኦሌቲክስክለሶችመካከልበአዲስአበባክለሶችሻምፒዮናት፣ራክውድድርላይያላቸውንውጤት፣በማንጻጸርያሉትንግሮችላይቶበማውጣትየተሻለመፍትሄለማምጣትነውበመሆኑምመጠይቁለትምህርታዊጥናትላይብቻያተኮረእንጂበግለሰቡወይንምበድርጅቱላይየሚያመጣውተጻእኖአለመኖሩንበአንክሮ መግለጽእወዳለሁ፡፡

ስለዚህእያንዳንዱንጥያቄበጥንቃቄሞልታችሁትመልሱልኝዘንድበታላቅትህትናእጠይቃለሁ፡፡

በመጨረሻምየምትሰጡኝመረጃለምርምርአላማብቻየሚውልናሚስጥሩምእጅግየተጠበቀመሆኑንላረጋግጥላችሁእወዳለሁ፡፡

ስለትብብራችሁበቅድሚያአመሰግናለሁ፡፡

ደሳለኝተገኝ !

አጠቃላይመረጃ

- ስምመጥቀስአያስፈልግም
- ጥያቄዎችንበትእዛዙመሰረትመልሱ
- ተጨማሪመረጃመስጠትከፈለጋችሁበስተመጨረሻባሉክፍትበታዎችላይሰጡ፡፡

ክፍልአንድ

- 1) ጾታ ወንድ ሴት
- 2) እድሜ 20-30 31-40 41-50 3051-60 ከ 60 በላይ
- 3) የትምህርትደረጃ

ሁለተኛደረጃያጠናቀቀ	የመጀመሪያዲግሪ <input type="checkbox"/>	ዶክትሬት <input type="checkbox"/>
ዲፕሎማ <input type="checkbox"/>		ሁለተኛዲግሪ <input type="checkbox"/>
- 4) የአሰልጣኝነትደረጃ

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1ኛደረጃ

2ኛደረጃ

IAAF1ኛደረጃ

IAAF 2ኛደረጃ

IAAF3ኛደረጃ

ክፍልሁለት

ለሚከተሉትጥያቄዎችከተሰጡትምርጫዎችውስጥመልስየሆነውንበማክበብይመልሱ።

- 1) የትሬንግማንዋልይጠቀማሉ? ሀ. አጠቀማለሁ ለ. አክጠቀምም
- 2) ክለቡበልምምድጊዜበቂየሆነየመለማመጃመሳሪያዎችንያቀርባል?
 ሀ. ሁልጊዜ ለ. በአብዛኛውሐ. አልፎአልፎ መ. የተወሰነ ሠ. በፍጹም
- 3) አትሌቶችበወጣላቸውየልምምድፕሮግራምመሰረትይሰለጥናሉ?
 ሀ. ሁልጊዜ ለ. በአብዛኛውሐ. አልፎአልፎ መ. የተወሰነ ሠ. በፍጹም
- 4) የሚሰጠውልምምድየአትሌቶቹንችሎታ፣አድሜናልምድአንዲሁምበሚወዳደሩበትዘርፍያተኮረነው?
 ሀ. ሁልጊዜ ለ. በአብዛኛውሐ. አልፎአልፎ መ. የተወሰነ ሠ. በፍጹም
- 5) አትሌቶቹከክለቡየተመጣጠነምግብያገናሉ?
 ሀ. ሁልጊዜ ለ. በአብዛኛውሐ. አልፎአልፎ መ. የተወሰነ ሠ. በፍጹም
- 6) አትሌትሲመለምሉችሎታቸውንግንዛቤውስጥያስገባነው?
 ሀ. ሁልጊዜ ለ. በአብዛኛውሐ. አልፎአልፎ መ. የተወሰነ ሠ. በፍጹም
- 7) አትሌቶችንውጤታማአንዲሆኑሁልጊዜያነሳሳቸዋል?
 ሀ. ሁልጊዜ ለ. በአብዛኛውሐ. አልፎአልፎ መ. የተወሰነ ሠ. በፍጹም
- 8) ለአትሌቶችምአወንታዊግብረመልስይሰጧቸዋል?
 ሀ. ሁልጊዜ ለ. በአብዛኛውሐ. አልፎአልፎ መ. የተወሰነ ሠ. በፍጹም
- 9) ክለቡበቂክፍያይክፍልዎታል?
- 10) ሀ. ከፍተኛ ለ. መካከለኛ ሐ. ዝቅተኛ

11) ክለባችሁበየትኛውየውድድርዘርፍይሳተፋል

የውጭተግባር

የሜዳተግባር

አጭርርቀት

ውርወራ

ዲላቅብብል

መካከለኛርቀት

ዝላይ

ረጅምርቀት

መሰናክል

መደሻ

12) ክለቦችምንምንቢያሚሉነውስኬታማየሚሆኑትበዝርዝርይግለፁ

Appendix K

**ADDIS ABABA UNIVERSITY
SCHOOL OF GRADUATE STUDIES
DEPARTMENT OF SPORT SCIENCE**

Interview question for club Administrators Respondents: Instruction: How do you do, I am Desalegn Tegegn; I came from Addis Ababa University, School of graduate studies. I am here to interview about your athletics club. I would like to ask you opinion on comparative study on successful and unsuccessful clubs: In the case of Addis Ababa second division athletics clubs; in general. All comments, both positive and negative, are welcome. No harm is apparent as a result of participating in this club. If you are unable to continue an interview, I may stop the interview process at any time. I would like to assure you that confidentiality for your comments will be respected and will be used only for research purpose. Are you willing to participate in the interview? I greatly appreciate you taking time to speak with me.
If yes, proceed, if no, thank and stop here.

(Signature of interviewer certifying that respondent has given informed consent verbally)

Section I: Identification data Background of respondents

Name of club----- Age-----Sex-----
Date of interview----- Education level-----
Position of respondent----- Address-----
Number of respondents----- Position in the club-----

Section II: Interview guiding questions

Item1 are there any community support groups or organizations for your club?-----

Item2 has the club enough budget for athletics sport?-----

Item3 does the club well organized by human resource?-----

Item4 is there any challenge the club to became success?-----

Item5 what is the ultimate goal of the club?-----

Item6 does athletics sport beneficial for your organization?-----

Appendix L

**ADDIS ABABA UNIVERSITY
SCHOOL OF GRADUATE STUDIES
DEPARTMENT OF SPORT SCIENCE**

Interview question for Addis Ababa athletics federation officer Respondent: Instruction:

How do you do, I am Desalegn Tegegn; I came from Addis Ababa University, School of graduate studies. I am here to interview about 2nd division athletics clubs. I would like to ask you opinion on comparative study on successful and unsuccessful clubs: In the case of Addis Ababa second division athletics clubs; in general. All comments, both positive and negative, are welcome. No harm is apparent as a result of participating in this club. If you are unable to continue an interview, I may stop the interview process at any time. I would like to assure you that confidentiality for your comments will be respected and will be used only for research purpose. Are you willing to participate in the interview? I greatly appreciate you taking time to speak with me.

If yes, proceed, if no, thank and stop here.

(Signature of interviewer certifying that respondent has given informed consent verbally)

Section I: Identification data Background of respondents

Date of interview----- Education level-----

Position of respondent----- Address-----

Number of respondents-----

Section II: Interview guiding questions

Item1 what kind of award the federation gives for successful clubs?-----

Item2 does the federation construct sufficient training track in the city?-----

Item3 what do you think about unsuccessful clubs are established year to year but also many clubs are drop out short period

of tome?-----

DECLARATION

I declare that this thesis is my original work and has not been presented for a degree in any other university, and that all sources of materials used for the thesis have been duly acknowledged.

Name: Desalegn Tegegn

Signature: _____

Date: _____

This thesis has been submitted for examination with my approval, as a university advisor.

Name: Alemmebrat kiflu (PhD)

Signature: _____

Date: _____