AN INVESTIGATION THE CHALLENGES THAT AFFECT THE SUCCESS OF SHORT DISTANCE RUNNING; THE CASE OF ETHIOPIAN NATIONAL TEAM

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List of Acronyms

IAAF	International Association of Athletics Federations
PC	phosphocreatine
CM	centre of mass
CNS	central nervous system
AMTA	American Massage Therapy Association
ATP –PC	Adenosine tri phosphate – phosphocreatine
E A F	Ethiopian Athletics Federation

ABSTRACT

This research has investigating the challenges that affect the success of short distance running at Ethiopian national team. The researcher used 30 (thirty) athletes, 4 (four) coaches and 4 (four) Ethiopian Athletics Federation experts were purposefully selected. Questionnaire, interview and document analysis were used as tools for data collection instruments. Frequency distribution and percentage were calculated for data analysis. In general, the results and findings show, Athletes selection criteria, lack of motivation and interest, lack of facilities, medical care, nutrition and coaches qualification upgrading found to be poor. Job integration among the federations, clubs, coaches, athletes and other concerned bodies were not smooth and effective. Further unplanned and unsupervised personal trainings and competitions; number of coaches and athletes were not proportional. Future research should be concentrate on how intervene the problems of short distance runners at Ethiopian national team.

Keywords: challenges, athletes, motivation, facility, success, national team.

CHAPETER ONE

INTRODUCTION

1.1 Background of the Study

Athletics is the natural pursuits of human beings. Some of the usual activities like walking, running, jumping, and throwing are the movements which we learnt first as small children (Thompson, 2007). Even if track events have been widely practiced sport activities in Ethiopia, however when we come to sprint running still there is no significant performance shown in the field and it is not free from problems. Athletic performance is mostly determined by factors such as physical qualities, technical, and psychological abilities much better than others, psychological factors don't give due attention in Athletes preparation. This has a great diverse effect on all spheres of Athletes' development.

The sprint is the fastest event of all events in athletics. The distances 100m, 200m, 400m and relay events are all regarded as sprinting events. The objective is to run the distance from start to finish as fast as possible. Due to the speed of the event, the start of the event is technically adapted to enable the athlete to start fast. Athletics Omnibus – Sprints. (From the Athletics Omnibus of Richard Stander, South Africa)

Athletics have been widely Exercise sport activities in Ethiopia and famous world class athletes exist in due to different reason sprint running could not exhibit tangible result like other track event. To have fully organized Ethiopia Athletics Federation, there must have the qualified personnel in all areas, such as coaches, nutritionists, and physicians.

Qualified coaches have an effect on the performance of an athlete until adapt the new situation and the environment. Diversity means accepting people who are different from oneself or being more inclusive and accepting of athletes, regardless of color, national origin, race, religion, sex, or sexual orientation. For a coach having such kind of competence with athletes is as a basic need to help them with adjusting their new environment.

There are huge differences among us in the ways we think, feel and behave in response to particular situations. So that all things should be fulfilled by the Federation and it helps them to focus on their trainings only. As Peter J L Thompson, Athlete development relates the structure and nature of training at any time to where an individual athlete is on their developmental pathway. This means that individuals are, "doing the right things at the right time" for their long term, not necessarily immediate, development'' (Peter J L Thompson: 1993). Therefore the Federation and the coaches have a big role in the athlete's adaptation of the national team easily and start the training.

In addition others who are responsible with the development of short distance running have a big role in making the smooth road. It is not only the coach's duties making convenient conditions to athletes. The sport commission in general has the main responsibilities in the success of short distance running.

Though success in sports is determined primarily by athletic ability and proper training, nutrition affects the athlete in many ways. Nutrition is important for normal growth and development and for maintaining good health. A healthy athlete feels better, trains harder, recovers more quickly and is less susceptible to illness. Therefore an athletic center has to have qualified nutritionist personnel.

In order to perform better and to learn perfectly any sports skill, there should be provision of appropriate equipment and facilities recommended and required for learning the particular sports skills. Lack of proper and appropriate equipment and facilities results in mishap and injuries while practicing or learning any sport skills or the course of competition. So, there should always be a provision of appropriate equipment and facilities required for learning particular sports skill (Dr. B.J. Srinivasaraju, 2012).

1.2 Statement of the Problem

Sprint running in Ethiopia has its own way and possible outcomes which are dependent on the attention of all stockholders; the athletes attitude and devotion coaching qualities the recruitment the athletes from the talented area and the necessary facilities for the

training moreover , there was no sufficient research work related to short distance running event .

Short distance running is the one that needs a proper psychological readiness to Athlete, the attention of all stockholders and the necessary facilities for the training. As result, the Ethiopia national team is not productive. Taking there are all things in to account, the problem facing administrators, coaches and athletes in short distance event.

Due to various factors, such as training related environmental, personal, social, psychological, physical character … etc.

Therefore I found it timely and crucial to question, how do practiced and what are the major challenges encountered administrator, coaches and athletes. Due to the above mentioned reasons this research is initiated to investigating the challenges that affect the success of short distance running in Ethiopian national team.

1.3 Research Questions

In order to find out the existing problem in short distance, the study tries to answer the following research questions.

1. Do athletes have devotion to train in short distance running?
2. Are all the stock holder giving attention to the event?
3. Are the athletes recruited on the talent selection criteria?
4. Is there necessary facilities for the training?
5. What possible solutions should be carried out to solve the problem?

1.4 Objectives of the study

1.4.1 General Objective:

The general objective of the study is to investigate the challenges that affect the success of short distance running in Ethiopian national team and to recommend possible solutions.

1.4.2 Specific Objective

The specific objective of the study was to:

1. Investigate the interest of athletes in short distance running.
2. To identify how much the federation gives attention for this specific event. Give attention and devotion to the entire stockholder in the event.
3. Investigate whether the national team recruits the athletes based on the talent selection criteria.
4. To examine the devotion of the federation and the stockholder on deliver of necessary facility and equipments for the event.

1.5 Significance of the Study

Since the existing national team are not successful in producing elite athletes with best performance in short distance running, this study have a valuable importance for the national team. The significance of the result of the study is to :

- Distinguish how much the athletes are involved in the training with devotion, and also to get the psychological readiness of the athletes;
- Improve the performance of short distance runners;
- Initiate other researchers for further studies.

1.6. Delimitation of the Study

The study is delimited to only investigating the challenges that affect the success of short distance running and recommending possible solution on which the psychological readiness of athletes may be improved in the national team of Ethiopia.

1.7. Limitations of the study

Though the researcher was worked to finish the research and investigated the variable deeply, the work was affected by many problems. However, such lack of relevant reference material specially our country's condition, the originality of the study (there is no other research done on this issue), lack of time, budget, etc.

1.8. Definition of terms

Short distance running:-in athletics it is normally refers to track races ranging from100m to 400m and relay.

Stock holder:- one who owns shares of stock in a corporation.

National team:- is a team that represents a nation, rather than a particular club or region, in a sport.

Recruits:- to engage in finding and attracting employees, new members, athletes, etc.

Athlete: - is some who is good at sport, especially athletics, and takes part in sports competition.

Athletics: - track and field event sport comprises a group of athletic events or disciplines, each of which involves running, walking, throwing and jumping.

Challenge: - to call, invite, or summon to a contest controversy, debate, or similar affair; especially to invite to a duel.

Club: - to join, as a number of individuals, to the same end; to contribute separate powers to one end, purpose, or effect: usually with together.

Coach: - to train and instruct (athletes, actors, etc) (websites new twentieth century dictionary)

Coaching: - is often used to cover a wide range of activates; usually to help someone prepare for something.

Practice: - is an occasions when you do something in order to become better at it, or the time that you spend doing. (http://www.macmillan dictionary. com)

1.9. Organization of the study

This study was organized in to five chapters. The first chapter deals with the general background of the study, statement of the problem, objectives of the study, limitation and delimitation of the study, significance of the study, definition of terms used in the research document and organization of the study. The second chapter treated the review of related literature. The third chapter revealed the research design and methodology of the study. Chapter four in its part reports the fending, interpretation and discussion and the last chapter presented summary, conclusion and recommendation of the study.

CHAPTER TWO

REVIEW OF RELATED LITRATURE

The purpose of this chapter is to discuss the literature related to that affect the success of short distance running , Interest of athletes in short distance running ,Give attention and devotion to the entire stock holder in the event , recruits the athletes based on the talent selection criteria , the necessary facility for the event. Ethiopian national team is established with the objective of producing world class athletes by selected them from different regions of the country. The athletics federation used the seam selection criterions to select athletes to the national team. Talent identification has different bases.

2.1 Athletes selection criterion

Talent Identification (in the purest sense) assumes that there is a genetic basis underlying performance. That is, some individuals are born with innately better/higher capacities and/or trainability. There is good evidence for the genetic basis of performance in a number of areas relevant to sporting success. This includes kin anthropometry, physiological and motor attributes (Carter J.E.L. and Ackland, T., 1994).

There is also strong support for the role that environmental and sociological factors play in the development of elite athletes. Indeed, some academics have hypothesized that as long as you are prepared to indulge in a pre-requisite level of 'deliberate practice' any person is capable of attaining excellence. Too often in the scientific literature, we place these extremes at opposite ends of a continuum. That is, some place emphasis on the genetics (nature) while others on the environment (nurture). The reality most likely lies somewhere in between; it is a combination of the two – nature and nurture - with the contribution of each varying according to the demands of the sport.

2.2. Sprinting mechanics

For sprinters, muscle power, neurological innervations, and length of limbs are the most important factors to consider. These factors affect the two main components that determine running velocity: stride length and stride frequency.

2.2.1 Stride length

Stride length is governed by the power the sprinter exerts during the ground contact period. Stride length in turn has an effect on the angle of force to the ground. When sprinters over stride, or place the landing foot too far forward of their centre of mass (CM), they create braking forces that slow them down. Although in principle, it is useful for sprinters to try to lengthen their stride, by over striding they may actually cause their stride to shorten.

The best way to improve stride length is not by changing technique but rather by improving the ability to produce power. Natural increases in stride length occur when greater power is applied to the ground due to improvements in stride frequency.

2.2.2 Stride frequency

Stride frequency depends on the functioning of the central nervous system (the firing ability of the nerves stimulating the muscles), the muscle fiber type, and the length of the limbs. The more FT fibers a sprinter has, the greater stride frequency he or she can attain. Shorter limbs can move with greater frequency.

Longer limbs have a lower frequency. Short sprinters therefore typically run with a very powerful stride and on average run short races faster. Most tall sprinters run faster in the longer sprint races, in which both speed and endurance are needed (COH & TOMAZIN, 2005; FRYE, 2000).

2.3. Energy systems

ATP does not exist in the muscles and tissues in abundant supply waiting for activity to occur. In fact, the small amount of ATP that is present provides only enough energy for a few seconds of intense activity. The body does not produce ATP continuously, so it must be recycled in a process known as resynthesis. This process rebuilds ATP from ADP using one of three energy systems. The energy system used by the body is dependent on:

- how long the activity will take place
- the intensity of the activity
- how quickly the activity is performed

2.3.1. A lactic acid system (ATP-PC)

The lactic acid system is used by the body to produce ATP when there is insufficient time to break down glycogen in the presence of oxygen for the replenishment of ATP. At the same time that ATP is being broken down in the muscle, another high-energy substance—phosphocreatine (PC)—is also being broken down. The cells contain more PC than ATP, so PC can be considered to be a phosphate reservoir. The breakdown of PC produces energy, which is used to join ADP and P back together to produce ATP.

The amount of PC in muscles is limited. After about 5–10 seconds of maximal work the supply is depleted. This reduces its ability to contribute to movement and therefore another energy system is activated. High-intensity activity lasting for 10 seconds or less uses the ATP-PC system as the primary source of energy. Such activities include shot put, 100-metre sprint, jump shot and kicking a football. As the stores of PC are broken down, they are quickly restored; within 2 minutes if resting. This allows for the activity to be repeated in intense, short bouts, without immediate exhaustion. The only way that PC can be restored is to recombine the P and C released to resynthesise ATP. This is done during recovery. This system represents the most readily available source of ATP for use by the muscles. There are several reasons for this, including the following:
It does not depend on a long series of chemical reactions. It does not depend on transportation of oxygen to muscles.

2.4. Nutrition

Though success in sports is determined primarily by athletic ability and proper training, nutrition affects the athlete in many ways. Nutrition is important for normal growth and development and for maintaining good health. A healthy athlete feels better, trains harder, recovers more quickly and is less susceptible to illness. Therefore an athletic center has to have qualified nutritionist personnel.

All foods are used for heating, energy, repair of existing tissues and the creation of new wheel necessary. An athlete's daily intake is often upwards of 4000 to 5000 calories-about30 0r 40 percent of which is efficiently used. If this seems a small proportion, it is still four times efficient as the average motor car (Dr. B.J.Srinivasarajut56fgv, 2012).

Good nutrition is an important component of any successful training program. Food is the fuel of athletic performance. Though you cannot control the food your athletes eat, you can guide them toward healthy eating. To do so, you must be acquainted with the basics of proper nutrition. This chapter is a primer to help you address some of the nutritional demands and concerns faced by your athletes (LA84, 2012).

Well we train and whether we compete at our best. All athletes need to be aware of their personal nutritional goals and of how they can select an eating strategy to meet those goals. Athletics covers a wide range of events which require varying inputs of technique, strength, power, speed and endurance.

2.4.1. Pre-exercise Nutrition

Exercise refers to targeted training or competition, potentially with sport-specific requirements. Pre-exercise is defined as 4 h or less before the exercise session. General nutrition and in-season requirements for fluids and fuels apply before this time. Adequate nutrition before exercise has been shown to improve performance, as compared to a fasting state. The pre-exercise fuel and fluids should be composed primarily of CHO to maintain BG during exercise, which leads to a sparing of muscle and liver glycogen, and moderate in protein and low in fiber and fat to minimize gastrointestinal distress(Burke LM, Collier GR,etl,).

Pre-exercise meals should be individualized, and differences need to be recognized. Optimal timing is not always practical, based on scheduling or individual preferences. Athletes should experiment with fluid and fuel choices and the timing of consumption

while training before using the strategies during competition. The timing of fluid and fuel intake is important when considering pre-exercise nutrition.

2.4.2. Nutrition during Exercise

During extended exercise, energy stores in the body are depleted, thirst sensation may be dulled, and the rate of gastric emptying may be reduced. Therefore, athletes need to consume both fluids and fuel for optimal performance. As glycogen stores in the body are being depleted, muscles rely more heavily on blood glucose for fuel, especially after 2–4 h of continuous exercise. In addition, adequate fluid and electrolyte replacement is necessary for proper cardiovascular function, thermoregulation, optimal performance, and recovery and may help prevent muscle cramping and electrolyte imbalance. An individualized plan is necessary to prevent over hydration, dehydration, and/or electrolyte imbalances.

2.4.3. Nutrition for Post exercise Recovery

After exercise, there may be deficiencies in fuels (primarily muscle and liver glycogen) and fluids (water and electrolytes). There may also be muscle damage, requiring protein for repair. The post-exercise dietary goals are to provide adequate CHO, fluids, and electrolytes to replace muscle glycogen, aid recovery, and restore hydration. Protein consumption after exercise will provide amino acids for building and repair of muscle tissue.

Restoration of these deficiencies is a requirement for optimal performance in the next exercise event. The method by which this restoration occurs is influenced by the timing of the next competition. This is particularly critical for athletes who have multiple, same-day exercise (e.g., tournaments, two-a-days) or next-day exercise. The window for optimal post exercise recovery is six hour after the termination of that exercise. Most glycogen re-synthesize begins within the first 30 minutes.

2.5. Principles of training

A major objective of training is to improve performance. The body has the ability to respond to physiological and environmental stressors and to adapt to them. This adaptation occurs over time and with practice and often leads to improved performance. Training programs are designed to challenge athletes mentally and physically in the pursuit of improving their exercise capacity and efficiency. The following principles can be applied to all types of training to improve performance:

- progressive overload
- specificity
- reversibility
- variety
- training thresholds
- warm-up and cool-down techniques

Each of these will be considered in the coming pages. Two other terms you will need to understand are maximal effort (or work) and sub-maximal effort. These terms are used at various times throughout this text:

- Maximal effort refers to exercise at the highest intensity possible
- Which can only be maintained for a short period of time (such as sprinting)
- Sub-maximal effort refers to exercise at a rate less than maximal intensity, which can be maintained for a longer period of time (such as jogging).

It is often impossible to make an all-out effort for an extended period of time. Therefore, it is useful to use tests of sub-maximal intensity in order to predict maximal intensity.

2.5.1 Progressive overload Principle

The basic principle of progressive overload is that a training effect is produced when the system (for example, the cardiovascular system) or tissue (for example, muscle tissue) is worked harder than it is accustomed to working (that is, when it is 'overloaded'). As the body adapts to the new levels, training should continue to be progressively increased. This progressive overloading, over time, will produce greater maximal efforts in the system or tissues being trained.

Considerable stress must be placed on the system or tissue so that improvements can occur. Light, regular training will not achieve this. If gains are to be made, weights

must become progressively heavier, running must become longer and training sessions must be harder. If there is too much overload, injuries can result; if there is too little, the training effect will decrease.

2.5.2 Principle of Specificity

The principle of specificity states that the type of exercise being used in training should be specific to the:

- ❖ task requirements
- ❖ energy systems required in the task
- ❖ muscle groups required in the task
- ❖ components of fitness involved in the task

For example, to be competitive in their chosen sport, marathon runners need to develop the aerobic energy system—using leg muscles (not shoulders). A discus thrower needs to develop the ATP-PC system to throw while, at the same time, developing the shoulder, back and arm muscles specific for throwing and power. To put it simply—cycling isn't running, and rowing isn't swimming.

There is a place for cross-training; that is, training that is not specifically designed for the primary sport being pursued. Cross-training helps with:

- ➢ motivation
- ➢ maintaining an aerobic base
- ➢ avoiding or recovering from injury
- ➢ assisting with muscular balance

Cross-training is a supplement to specific energy system training, however, and not a substitute for it.

2.5.3 Principle of Reversibility

The effects of training are reversible. That is, if a person stops exercising (or fails to exercise often enough or hard enough), the training effects will be quickly lost, and the person's performance will decline. Reversibility is evident in aerobic and anaerobic fitness, power, strength, muscular endurance and flexibility. After only one to two weeks of stopping or reducing training, significant physiological reductions can occur. Developing a maintenance program that is designed to maintain (but not improve)

training levels can halt (or reduce) the degree of fitness lost. Many athlete engage in such a program during the off-season to maintain their fitness until the next season begins.

Models of Training the aim of training is to allow the athlete the best chance of achieving their performance goal or target. For this to become a reality, the athlete must develop on all levels, but principally there needs to be a profound physiological and physical development in order for this to occur.

2.5.4. The Principle of Continuity

This principle is based on the patterns of adaptation of the body to training loads and recovery, i.e the phenomenon of super compensation. The most important task is to combine workouts, recovery and content. Too long time for recovery after workouts will not improve fitness because the positive gain will be lost. Continuity has several important aspects:

- The effect of loading stress on adaptation process
- The effect of the training content;
- Training stages

Sporadic or seldom training does not improve fitness or fitness is improved too slowly because training is inefficient. The ratio of training types is also important. If the training program is un substantiated or the sequence of workout is incorrect‟ fitness will not improve or will improve too slowly. For instance, strength does not develop if workout in strength training is seldom. If one type of fitness is trained in the initial stage and subsequently it is given too little attention in the later stage, fitness will not improve as it should (Kaunas, 2012)

2.5.5. Principle of Variety

Training is a long term process and loading and recovery can quickly become boring for the athlete and the coach. The successful coach will plan variety into the training program to maintain the athlete’s interest and motivation. In training for athletics a change is sometimes better than a rest.

This change and variety can come from such things as changing the nature of the exercise, the environment, time of day of the session and the training group. Variety is an area in which the coach can be at his most creative. (Thompson, 2009)

2.5.6. Recovery and Restoration principle

All gains in training are achieved during periods of recovery. This fundamental fact of athletics is probably the most ignored. Recovery and restoration of the body are integral and active elements of training, not the absence of training. For the body to adapt positively to the progressive overload of training, it must be able to recover adequately from the applied stress. The mantra “no pain, no gain” all too often runs the very thin line between maximum beneficial training and overtraining. The volume of training is far less important than its intensity and intelligent application. Training without proper rest yields poor results and, often, injury. (Amneus, 2008)

2.5.7. Principle of Per iodization

Olympic Games, world and continent championships take place periodically every few years. National championships are held on a yearly basis. Therefore there are certain cycles in athletic training. The principle of periodization means that one cycle is followed by another cycle; i.e the end on one cycle corresponds to the beginning of another cycle, where fitness has to change in such a manner that the athlete fitness in the new cycle would exceed the fitness in the previous cycle. of course this conditions sometimes hard to meet, especially in athletes of mature age.(Kaunas, 2012)

2.5.8. Planned Performance training

The primary purpose of training is to improve and plan the performance of the athlete. The systematic application of skill instruction, biomechanics, and the principles of training to the development of track and field athletes is planned performance training.
Planned performance training seeks to achieve maximum improvement in performance and is structured so that peak performance occurs at predetermined moments within the competitive season. That, after all, is the point of competition.
Without such planning, the training of the athletes becomes haphazard and good results become a matter of happen stance rather than planning and prediction.

The first requirement of successful planned training is assessment. A coach must evaluate the athletes and their abilities, the level of competition and the time available for training and competition. From this evaluation, the objectives and goals for individuals and the team are defined. A set of expectations for the athletes establishes direction and purpose for their efforts. Expectations frame the goals the coach and the athletes will have for the season. At the same time, though, goals must be realistic and open ended. Goals that are too grandiose only serve to discourage performance. Goals that do not evolve inhibit the unseen abilities of the athlete. Goals are most often achieved when accompanied by the true expectation of success.

The second element of planned performance training is planning. The coach needs to create an overall plan for training the team and individuals. This plan should apply the fundamental principles of training to the expectations and goals that have been defined. If anything, this basic plan constitutes the foundation upon which the coach creates the structure of competitive success. Coaching without a plan for the season or phase of training is like navigating unfamiliar territory without a map.

Too often athletes are kept ignorant of the course of their training. How can they possibly prepare mentally to train with commitment if their coaches do not demonstrate such preparation? Of course, training must be adapted to circumstance, but without a strategy athletes are unlikely to experience success.

Once a plan is made, the construction and execution of the daily, weekly, and cyclic training components becomes the third element of planned performance training. This constitutes the body of the training design.

2.5.9. The Individual's response to training

Each individual is unique. Each individual brings to athletics his own capabilities, capacities and responses to training. Different athletes will respond to the same training in different ways. There is no such thing as an ideal training program that will produce optimal results for everyone. You, as the coach, need to understand the principles of n training and apply them with your knowledge of the individual athlete. This knowledge should be of the many factors that affect the planning of the individual athlete's training program.

2.5.10. Effects of training

Training might be considered as having three level of effect.

1. Immediate: the immediate effect of training is the body's reaction to the stressor of the training stimulus's they include increased heart rate, perspiration, increased blood locates, high endocrine system involvement and fatigue.
2. Residual: - the residual effect of training is what might be considered as the body's recovery and preparation response. The recovery response is seen in raised general metabolism of sometime after exercise is concluded. During this time the body's resting state is restores with the waste products of energy expenditure removed, and are stressors related effects gradually eliminated.

The preparation response is seen in the heightened level of adaptation to future trainings stimuli .Having been stressed by the training stimulus, the body organizes itself to ensure that next time it will not be stressed so much by the same stimulus! Put another way, this effect of training ensures that the body is prepared for a greater training stimulus next time.

3. Cumulative: - the cumulative effect of training is the body's progressive adaptation through the preparation response. This is what is measured in fitness monitoring tests are over a period of months or even years (Drnheim, et al, 2000).

change and variety can come from such things as changing the nature of the exercise, the environment, time of day of the session and the training group. Variety is an area in which the coach can be at his most creative. (Thompson, 2009)

2.6. Philosophy and Coaching Styles

In the past the often accepted role of the coach was to be a dominant, authoritarian leader with the athlete as a disciplined follower. In the modern world the athlete is exposed to wider views and his vocabulary has expanded to include the word "why?"

This should not be seen as a challenge of the coach or his position, but a healthy curiosity on the part of the athlete.

Most coaches tend to coach in the style that they were coached themselves. This is sometimes effective. To become a better coach you should look carefully at the coaching or leadership style you use most of the time. A good leadership style comes from your coaching philosophy and your personality and allows you to communicate more effectively with your athletes. In simple terms we can identify three distinct leadership styles, authoritarian, cooperative and casual.

The authoritarian and casual styles are extremes and unlikely to be successful methods of coaching. The cooperative leadership style gives guidance and structure, but allows the athlete to develop physically, psychologically and socially. This style is more in line with the philosophy of athletes first, winning second". Good coaches will be able to modify their style according to the athletes and their situation. The coaching style that is recommended for most situations is the cooperative style (The official IAAF Guide to coaching Athletics 2001).

2.7. Good Atmosphere

It is an important factor that plays an important role in the organization of any sport events. Any sports event should be organized at the safer places. There should always adequate provision of security of the players in order to avoid unforeseen events which results in the injuries of the players (Ibid).

2.8 Motivation

It is widely recognized that in order to succeed at the highest level in sport, both athletes and coaches need to be highly motivated to achieve their goals. (Tudor, 2009)

Achievement Motivation suggests that individuals derive motivation from the process of striving to succeed. Individuals falling within this group show high levels of persistence even when faced with barriers and internal/external pressures. (Tudor, 2009)

2.9 Extrinsic and Intrinsic feed back in sports

Elite athletes and certainly novices improve motor performance based on the extrinsic or intrinsic feedback received about the movement errors. However, some individuals are able to translate such information to motor performance almost immediately, while others are not. It is assumed that learning time maybe shortened while IT is implemented. But, why are some individuals better able to correct performance more efficiently and more effectively than others?

The time it takes to adapt and master a skill may be regarded as a criterion for discriminating between different potential athletes. A possible answer for the differences among individuals may be found in the individual capability to use the information available and the capability to associate the information provided with the actual movement performance. Information about 'how we actually performed' together and in parallel with information about 'how we feel about our motor performance' arrives to the central nervous system (CNS) via different neural paths. Cues about the outcomes of one's performance may arrive from outside, for example, via visual and/or auditory senses. On the other hand, cues about how one feels about a performance arrive from within the system, via kinesthetic sensors and, in particular, via proprioceptive afferents. Accordingly, modifications in a movement are done by comparison between what we do (i.e. the actual motor act) and what we should do (i.e. a forward model or a virtual plan of how to perform). Specifically, such comparisons may be carried out by cerebella structures (Mialletal.1993). Matching motor plans with actual movements implies a correlation process. Lack of correlation between expected and actual performance is interpreted as a motor error, and thus, the movement should be corrected.

In parallel, the plan should be updated via an internal close-loop process (feedback-dependent). Such learning models seem to be supported by neurobiological and neuro anatomical evidence (von Holst and Mittelstaedt 1950).

2.10. Age and Performance

Age does affect performance in a number of ways.

- Strength- full strength is not attained until a person is in their early 20s and muscular strength can be improved rights though a person's 30s.
- Injury:-order people are more prone to injury than young people. They often take longer
- Flexibility- the very young are very flexible and his continues with women in to their teens. By their 30s men in particular tend to have lost much of their flexibility
- Reaction time:-this shows down with age.
- Experience- older people tend to make up for their reduced physical capabilities by using their skill levels to better effect. This is known as an experience

2.11. The Coach-Athlete relationship

A strong coach-athlete relationship is associated with high levels of athlete performance and satisfaction. If we look at a poor relationship or incompatibility between the coach and athlete, we will begin to appreciate the characteristics associated with strong relationships.

The two primary variables associated with poor relationships are lack of communication and lack of rewarding behavior from the coach. Poor coach-athlete relationships are associated with lack of mutual respect, no real appreciation for either person's role and perhaps the most serious of all, lack of honesty between both parties when communication does occur. (Gordan, 2009)

2.12. Massage

According to the American Massage Therapy Association (AMTA), massage acts to improve performance, reduce pain, prevent injury, encourage focus and shorten recovery time. It basically involves two types of responses: a mechanical response as a result of the pressure and movement and a reflex response where the nerves respond to the stimulation of a massage. (Mackenzie,2000)

2.13. Appropriate equipment and facilities

In order to perform better and to learn perfectly any sports skill, there should be provision of appropriate equipment and facilities recommended and required for learning the particular sports skills. Lack of proper and appropriate equipment and facilities results in mishap and injuries while practicing or learning any sport skills or the course of competition. So, there should always be a provision of appropriate equipment and facilities required for learning particular sports skill (Dr. B.J. Srinivasaraju, 2012).

CHAPTER THREE

RESEARCH DESIGN AND METHODOLOGY

3.1 Research design

The purpose of this study was to assess the problems and investigate the challenges that affect the success of short distance running in Ethiopian national team. To achieve this, both quantitative and qualitative research approaches were used. This method was selected with the hope that it could help to answer the basic question of the study as desired by the researcher via producing a pertinent data. Creswell and Clark (2007) asserted that mixed method research helps to answer questions that cannot be answered by qualitative or quantitative approaches alone. This study has followed the Ethics procedures.

A triangulation mixed was used as a major way of conducting the research. In this type, both qualitative and quantitative data were used for supporting and validating each other. Responses from the questionnaire, and interview were analyzed and interpreted in a complementary manner with relation to empirical evidences of training. Generally, across-sectional study design was used.

A cross-sectional study was an observation one. This means that researchers record information about their subjects without manipulating the study environment .In the current study , the data were collected from the athletes, coaches and athletics federation administration without manipulating the study subject.

3.2. Source and Target Population

The targeted population for the studies are Ethiopian National team, athletics federation, legal document, Short distance coach, male and female short distance athletes and internet. Thus, for the interview domain, 4 national team coaches and athletics federation stakeholder 4 a total of participants are selected as subject purposively. For the Questioner domain 30 male and female athletes are selected to respond questionnaire.

3.3. Sample size and Sampling Techniques

Because of the availability of the former and returned short distance running athletes of the Ethiopia national team the researcher is forced to use non probability (purposive) sampling technique to select athletes and coaches since its manageable size.

3.4. Data collection instrument

To get reliable information from the research participant the questionnaire, Interview, observation and document analysis were used as a tool for data collection instruments. A questionnaire having both open and close ended items which are prepared to gather all the necessary information from short distance coaches and Athletes. Interview is conducted to gather data from short distance coaches, administrators of the Athletics federation. Moreover, in order to gather additional information for the study different documents like Athletes selected criteria, past training plan, past short distance results of the national team are reviewed.

3.4.1. Interview

In this domain the research have used purposive sampling techniques to determine representative samples,(administrators and coach) for the interview. So the researcher has selected 4 from athletics federation Stock holder and 4 national team coaches are selected by using the above techniques.

3.4.2. Questionnaire

This domain totally determine coaches and athletes by using availability sampling techniques for the questionnaire. The research mentioned that to determine 15 male and 15 female athletes a total of 30 athletes from national team are selected for the questionnaire by considering on the above techniques.

3.4.3 Document Analysis

Borg and Gall (1996:328) in Kothari (2004) described that questionnaire and interview methods relay on self report by the respondents and sometimes information bias may be created as to them. Therefore, document analysis may fill this gap of information if used properly. It is a major means through which qualitative data from records, printed form, books, periodicals etc, Can be generated (Best and Khan 2006).

3.5. Reliability and validity

3.5.1. Reliability

The instruments which were initially prepared, was given to my advisor in order to comment the extent to which the items were appropriate in securing the relevant information for the research. Based on the feedback obtained from my advisor, amendments were made. Accordingly, based on the comments obtained from my adviser and friends, the questionnaire was restated as required.

3.5.2. Validity

The questionnaire was examined by University teacher, to avoid errors related to language, ideas, and contents and to validate the frame items. Beside this, the questioners were again distributed to some Addis Ababa clubs those they are previously in the short distance national team athletes, then the feedback I got from them the same as that of the Ethiopian National team athletes. Finally to see if they suggests to any modification and determine whether it lead to certain conclusion for significance purpose of the study.

3.6. Data collection procedure

The study is conducted by taking all ethical issues into considerations. Every aspect of the participants in huge confidentiality. First of all participants are briefed about the purpose/objectives and procedures of the study. All the activities are done in a serious care.

3.7. Method of data analysis

The data collected from Questionnaires, Interviews, and document analysis are Organized and categorized based on the objectives, considering the research question of the study. Therefore quantitative and qualitative analysis are Employed.

According, all the close-ended questions of the questionnaires were analyzed quantitatively using frequency count and percentage. The data obtained from the open-ended quantitatively using frequency count and percentage. The data obtained from the open-ended questions of the questionnaires interview, and document analysis were analyzed qualitatively and served as supportive for quantitative data. Hence, the quantitative data were triangulated by the qualitative data of the study, therefore, has fairly a high level of breadth from the quantitative surveys and depth from the qualitative interviews, and document analysis.

CHAPTER FOUR

DATA ANALYSIS AND INTERPRETATION

The primary objective of this chapter is to find out the appropriate responses for the basic questions raised under the statement of the problem from the data gathered through questionnaires distributed to the sprint runners and sprint coaches, structured interview designed for Ethiopian athletics federation administrators, observation conducted on actual training and the availability of facility and equipment and document analysis. Initially, 18 questionnaires for sprint runners and 16 questionnaires for sprint running Coaches.

4.1 Quantitative Interpretation of Questions

A) The background information of short distance runners by age, sex analyzed and interpreted in the following table.

Table 1: Number of athletes participated in the research

NO	Item		Sprint Runners respondents	
			Frequency	Percent (%)
1	Age	under 17	17	56.6 %
		under 19	13	43.4 %
		Total	30	100 %
2	Sex	male	15	50 %
		female	15	50 %
			30	100 %

As can be seen from table 1 above, item 1 requests the age composition of short Distance runners' respondents. Accordingly 17 (56.6 %) of short Distance runners' were categorized in the age under 17, 13 (43.4 %) of short Distance runners were categorized in the age under 19. In the sex distribution are both male and female are equal represented in national team.

A) Pre-condition for Athletes.

Table 2: Selecting criteria

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
1	Do you know the national team athletes selecting criteria?	Yes	24	80 %
		No	6	20%
		Total	30	100%

As it is depicted in the above table 2 (80%) of the sprint runners respondents replied that they know the selecting criteria while 20% of them did not know the selecting criteria.

Table 3: Height and weight recorded

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
2	when you start training with the national team was your height & weight recorded?	Yes	-	
		No	30	100%
		Total	30	100%

According to the Athletes responded the above table 3 all (100%) of them said that they are not recorded their height & weght.

Table 4: Getting medical checkup

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
3	When you start training with the national team were you given medical check up?	Yes	-	-
		No	30	100%
		Total	30	100%

According to the Athletes responed on the above table 4 all (100%) of them are not got medical checkup when they were going to the national team.

Table 5: Giving current performance or time tries

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
4	When you start training with the national team were you given current performance or time try?	Yes	-	-
		No	30	100%
		Total	30	100%

The results of the above table 5 clearly shows that all (100%) of the sprint runners respondents replied there is not given current performance or time try.

Table 6: Getting suggestions from coaches

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
5	When you start the training, were you askeda question or given a suggestion from the coaches?	Yes	10	33.4%
		No	20	66.6%
		Total	30	100%

Regarding the above table 6 (33.4%) of the sprint runners respondents said that the coaches are asking different questions and giving suggestion about their training while 66.6% of participants said they did not get this kind of chance at all.

Table 7: National team athletes selecting criteria

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
6	Do you know the national team athletes selecting criteria?	Yes	24	80 %
		No	6	20%
		Total	30	100%

As it is indicated in table above, 20% of the respondents become a short distance athletes by their interest & the 80% of them are not by their interest.

B) **Regarding Questions related Athletes motivation**

Table 8: Athletes interest in becoming short distance running

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
7	Did you become a short distance athlete by your interest?	Yes	6	20%
		No	24	80 %
		Total	30	100%

As it is indicated in table 6 above, 20% od the respondents become a short distance athlete by their interest & the 80% of them are not by their interest.

Table 9: The concerned bodies come to the training and make an inspection

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
8	Do the concerned bodies come to the training and make an inspection?	Yes	18	60 %
		No	12	40%
		Total	30	100%

For the question "Do the concerned bodies come to the training and make an inspection ?". In the above table , the sprint runner's respondents were 60 % of them replied "Yes" and 40 % of them responded "No".

Table 10: Opportunity to attended competition abroad

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
9	For short distance running is there an opportunity to attended international competition abroad?	Yes	6	20 %
		No	24	80%
		Total	30	100%

As it is indicated in the above table 20 % of athletes responds replied as they got the chance to participated in the international competition , and 80% of the respondents did not participated international competition.

Table 11: Athletes willing to take the training in the middle distance event

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
10	Will you be willing to take the training, if the national team gives you the chance to get training in the middle distance event?	Yes	28	93.4 %
		No	2	6.6 %
		Total	30	100%

Regarding the above table 93.4 % of the sprint runners respondent said that if they can get the chance they will be join the event, while 6.6 % of the participant said that will not want to join that event.

C) Regarding coaching philosophy

Table 12: Confident in coaching style and method

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
11	Are you 100% confident on the national tem coaches training method.	Yes	22	73.4 %
		No	8	26.6 %
		Total	30	100%

The results of table shows majority 73.4 % of sprint runners respondents agreed the training system is up to date and chosen " Yes" and the remaining 26.6% of them responded " No" simply this finding shows that the majority of the athletes believed sprint running coaches have better qualification .

Table 13: Discussion about winning philosophy

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
12	How often you discuss about is winning philosophy with your own coach?	Yes	25	83.4 %
		No	5	16.6 %
		Total	30	100%

83.4 % of the respondent discuss about winning philosophy, 16.6 % % of the respondent did not discuss about winning philosophy.

D) **Regarding sport facility and equipment**

Table 14: Availability of food

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
13	Do the respected bodies provide food after training?	Yes	-	-
		No	30	100 %
		Total	30	100%

All 100% of the respondents responded that there is no food services provided after the training .

Table 15: Availability of medical service

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
14	Do you get enough medical service in the national team?	Yes	23	76.6 %
		No	7	23.4 %
		Total	30	100%

76.6 % of the respondents concluded that they got enough medical service whereas, 23.4 of them concluded that there is no enough service in the national team.

Table 16: Availability of psychological and nutritional education

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
15	Do you get psychology and nutritional education in the national team?	Yes	-	
		No	30	100%
		Total	30	100%

100% replied that they are not got psychology and nutritional education in the national team at all.

Table 17: Availability of gymnasium service

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	In the national team training, do you get enough gymnasium service on the right time?	Yes	4	13.4 %
		No	26	86.6 %
		Total	30	100%

Short distance athletes complained about gymnasium service in the following manner,86.6% replied that they are not got enough gymnasium service on the right time at all, whereas, 13.4 % of them said that they are got enough gymnasium service.

4.2 Analysis of open ended Questionnaires

1) In the national team , if you were given the chance to get training in any event, on Which event do you want to get the training? Explain why

Majority of the athletes are responded said that if they can get the chance, they will want join the middle distance event. But some few athletes are wanted to remain in the short distance event, however those athletes looking for uplift the event from 100m or 200m category to 400m category. Besides to this the athletes mention some of the reasons why they are wanted to change the event; such as:

- The athletes did not get sufficient computation in or out of the country.
- The concerned body do not give much attention to the event.
- The athletes by themselves do not have confidences to win in computation of the short distance event.

2) Do you believe that is their job integration among your club, federation, coaches and other Concerned bodies and any inconsistency of training and competition program does not happen?

Almost all of the respondents agreed to create proper job integration among federation, clubs, athletes and other bodies help for the consistency of training and comptition program because of training and competition schedule overlap, there is an interference in decision making, clubs illegally recruit athlete to their club and the federation doesn't do a fair and even distribution on training and competition schedule at its facilities.

3) What shall be done to improve Ethiopian Short Distance results? Explain in brief;

The respondents replied that:- The concerned body should give the necessary attention to the event.

- coaches should develop the winning mentality of the athletes in the event.

The federation should be support the national team with every facility, equipment and material.

4.3. Questions for short distance Coaches

4.3.1. Quantitative Interpretation of Questions

Q1. Educational background

A) The background information of short distance Coaches by , sex, educational background and experience in the profession analyzed and interpreted in the following table.

Table 18: Number of coaches participated in the research

No of coach	Sex	Education background	Coaches response
3	Male	PHD	-
		MA	3
1	Female	BSC	-
		Diploma	1
4	Total	Certificate	-
		Others	-

According to the above table the researcher intended to participate, 4 coaches among them 3 male and 1 female were participating in the questionnaire.

These short distance national team coaches are qualified as no PHD , 3 masters Degree, no Bachelor degree, and 1 Diploma.

Q2. Coaching Experience

- 1-5 years: - .
- 6-10 years: 2 .
- More than 11 years: 2 .

Table 19: Criteria are suitable for recruiting short distance runners

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	Are there any measurements of criteria to recruit athlete that the criteria are suitable for recruiting short distance	Yes	-	-
		No	4	100 %
		Total	4	100%

As it is indicated in the above table, 100% of the respondent responded that there are measurements of criteria to recruit athletes and the criteria also is not suitable for recruiting short distance running.

Table 20: Athletes' have got the necessary time trial and diagnosis

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	Do you think the selected athletes before doing the training; they have got the necessary time trial and diagnosis about their health status?	Yes	-	-
		No	4	100 %
		Total	4	100%

The results of the above table clearly shows that all (100%) of the respondents replied there is not given current performance test or time trial and that trainee athletes have not undergone through medical examination test before entering in to national team.

Table 21: Availability of training facilities

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	Do you think the input for the training facilities sufficient and available on time?	Yes	1	25 %
		No	3	75 %
		Total	4	100%

75% of the respondents replied that the athletes are not got sufficient training facilities on time,whereas25% 0f them said training facilities provided on time.

Table 22: Availability of gymnasium service

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
	Do the athletes get the gymnasium	Yes	-	-

16	service opportunity sufficient and appropriate condition?	No	4	100 %
		Total	4	100%

The results of the above table clearly shows that all (100%) of the respondents replied there is no gymnasium service opportunity at all.

Table 23: Continual training given in the national team

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	Is the training given continually in national team?	Yes	-	-
		No	4	100 %
		Total	4	100%

100% of the respondents replied that the athletes are not got continual training in the national team.

Table 24: Availability of food and rest facilities

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	Does the athlete get permanent food and resting Place after the training?	Yes	-	-
		No	4	100 %
		Total	4	100%

All (100%) of the respondents responded that there is no food and rest services provided after training.

Table 25: Availability of massage service

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
	Do the athletes get the massage	Yes	-	-

16	service opportunity on time?	No	4	100 %
		Total	4	100%

All (100%) of the respondents responded that there is no massage service opportunity on time.

Table 26: Athlete coach ratio

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	Does the number of athletes fit with the number of coaches?	Yes	-	-
		No	4	100 %
		Total	4	100%

The results of the above table clearly shows that all (100%) of the respondents replied that the number of athletes are not fit with the number of coaches.

Table 27: Time given to the technical training

No.	Item		Sprint running Athletes responses	
			Frequency	(%) percent
16	Do you think the time given to the technical training in a week is sufficient for the athletes?	Yes	-	-
		No	4	100 %
		Total	4	100%

100% of the respondents replied that the athletes are not got sufficient technical training in a week.

4.3.2. Analysis of open ended Questionnaires for coaches

1. How do you assess the attitude of concerned body towards short distance running athlete with relative to other events?

- Even though the Athletics Federation makes follow up on short distance like other events, it is not by looking for their result either to support middle distance event or making them to change their event from short distance to middle distance.

2. How are the athletes interested and their encouragement for short distance running event?

- The short distance athletes looks the event like a transition, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful.

3. Do you think the time given to the technical training in a week is sufficient for the athletes?

- The technical work given to the trainees in the week is not enough, because all short distance coaches are per time employers because of this they attend at the national team 3 times in a week. This is highly affects the training process of the national team.

4. Is the training given continually in national team?

- The training is not given continually all the year round that means the athletes went to competition for their own clubs and regions, because they are needed for relay technique so that for different time the training interrupted from a week to 15 days. As result of this to give constant training in the national team one of great challenges for the coaches of the national team.

5) What shall be done to improve Ethiopian Short Distance results? Explain in brief;

-The concerned body should give the necessary attention to the event.
-The training is not given continually all the year round that means the athletes went to competition for their own clubs and regions, because they are needed for relay technique so that for different time the training interrupted from a week to 15 days. As

result of this to give constant training in the national team one of great challenges for the coaches of the national team.

-The short distance athletes looks the event like a transition, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and the federation should support the national team with every facility.

4.4. Interview for Ethiopian athletics federation expert

1) How athletes (sprint runners) are selected? Who selected them? And where 1are athletes selected from?

-30 athletes are selected; the selection criteria of athletes to all events are the same. It is depending on the competition that is prepared by the athletics federation and the winners will be selected for the national team.

2) How do you follow the current status of national team short distance athletes?

-We do not see short distance runners specifically; we are following all events with the same way.

3) Do you think athletes (sprint runners) selection is depend on talent identification? How do you see it in your observation?

-The selection criteria are depending on only the competition winners, so we are not see talent identification.

-to their observation, talent identification which is very good but this is not specified.

-They will try to insert talent identification in the selection criteria for short distance running.

-If coaches are select athletes by their talent, they will not defend.

4) Do you record the sprinter runners any profile that perform on different competition in the database system?

-At this time Athletics Federation and coaches starting use database in all events because most of the athletes compete in the same kind of competition

with the same age for many years but after this year 2015/2016 any athletes cannot do the same thing like before.

5) Do you think the sprinter runners get the necessary facility from early the beginning of their training?

-The Athletics Federation is trying to facilitate all the necessary materials as much as possible.

4.4.5. Results of Document Analysis

The observation was included some documents are used, the necessary sport materials or equipment, facilities and each task specify in the plan compare with its performance at the end of each training. The observation was done according to the check list the researcher prepared. Therefore, the items which are examined are discussed as followed.

- The first item which was observed the athletes gets enough training per week and assesses the annual plan. As the observation indicated, the researcher observed the athletes did not have enough training per week which was only three days per week. This is not meeting the progressive adaptation principle. On the other way the annual plan that was prepared at the beginning of the year are not implemented accordingly that means the competition schedule between the Ethiopian Athletics Federation and Regional Federation are not conducive.
- As the researcher documents observed the coach athlete ratio are not proportional. This condition difficult to give the training according to age categories and give effective training. On the other side the athletes' profiles and expected user groups are not recorded on time. Because of this it is difficult to get new athletes which mean there is cheating of age again and again.

- The other observed item was the selected age categories of EAF document of the athlete's selection. The one thing the Athletics Federation done best was the selection of athletes' youth and junior age categories. However the main problem is the Federation was not selected senior athletes; this situation forced the athletes to move for other events immediately. This condition highly affected and serious challenge for short distance running event.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

5.1. Summary

As the concern of the study was to investigating the challenges of success in short distance running at Ethiopian national team, different topics have been discussed so far, they are:

- Job integration among federation, coaches, athletes and other concerned bodies.
- Presence and the conduciveness of training facilities, sport materials, medical care, gymnasium service and nutrition.
- Lack of individualized training for different Athletes.
- Coaching philosophy of coaches and its implication on the effectiveness of the training process.
- Athletes did not have enough training per week which was only three days per week. This is not meeting the progressive adaptation principle.
- Coaches responded and found that lack of adequate facilities, lack of adequate and balance diet, lack of sufficient incentives and motivation and personal factors relationship living condition… etc.
- The numbers of coaches and athletes ratio are not proportional. This make very difficult to give modern way of coaching system.
- The short distance coaches did not get the short distance specialization course.
- The one thing the Athletics Federation done best was the selection of athletes' youth and junior age categories. However the main problem is the Federation was not selected senior athlete.

The above points were found out to be the challenges of success in short distance running of the Ethiopian national team.

5.2 Conclusions

Based on the major findings summarized above, the following conclusions are drawn:

- It is concluded that the job integration among the federations, coaches, athletes and other concerned bodies are not conducive, smooth and ineffective, that in turn resulted interference in decision making, illegal athletes' event transfers and the overlap off training and competition schedules.
- The present non conductive training facilities, materials, medical care and nutrition are very poor that affect the training program adversely.
- The number of coaches and athletes are not proportional in order to manage their athletes. Because of this, the training program fails in improper training plan, failure to organize athletes into groups they technically belong, failure to observe individual progress in order to give feedback.
- The other constraints associate with their trainee athletes training are lack of sufficient incentive and motivation.
- The Ethiopian Athletics Federation did not facilitate special training for short distance running coaches i.e. specialization on events with that of specialization (3^{rd} levels or 4^{th} levels).
- It is concluded that the training sessions of the short distance running of Ethiopian national team was found to ineffective because the training are not continual that means the number of session's sprint runners engaging was 3 sessions per week the other days the athletes were engaging with their own clubs.
- Having put all the ingredients of success (alleviate the challenges for the success in short distance running) with the exception of few strong sides, the short distance running of Ethiopian national team in question based on each parts (aspects) concluded above, it is possible to say that the future destination of the current sprint runners in the Ethiopian national team will be very difficult to define. I.e. there will not be sustainable success in sprint runners specifically and sprint running sport in general.

5.3 Recommendations

Based on the findings and results of the study the following recommendations were drawn.

- The Ethiopian Athletics federation should be selected the short distance athletes according to talent identification, talented area, physical appearance, training age, and biological age. It is not enough only by competition result.
- If the job integration among the federation, coaches, athletes and other concerned bodies improved.
- Ethiopian Athletics Federation and other concerned bodies must fulfill all the conductive training facilities and training materials.
- If the number of coaches and athletes are proportional, therefore, they can manage and give effective training.
- If the number of session for the sprint runners engaged equivalent with that of the progressive adaptation principle, so that they can scale up their performance and get constant training from the national team.
- If the Ethiopian Athletics Federation upgrade the coaches' quality through the specialization level of coaching certification system in order to bring progression of athletes' performance.
- Athletes should get regular training in the national team to cover each phase of the annual training program effectively.

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http://record.utitarium.com/athletic

Appendix I_

አዲስ አበባ ዩንቨርሲቲ

የተፈጥሮ ሳይንስ ኮሌጂ፣ የስፖርት ሣይንስ ትምህርት ክፍል

ለአትሌቶች የሚሰጥ መጠይቅ

ይህ መጠይቅ የተዘጋጀው የኢትዮጵያ አጭር ርቀት ያለበትን ደረጃና ውጤቱን በማወቅ ችግሮቹ ምንድናቸው የሚለውን ለመዳሰስ እንዲያስችለን ነው:: የእርሶ መልስ ለተማሪው ወሳኝ እና እጅግ ጠቃሚ በመሆኑ ይህንን ምልክት /✓/ ለመልስ መስጫ በተተወው ሳጥን

ውስጥ በማስቀመጥ እና በባዶ ክፍት በተተወው ቦታ ላይ መልስዎን በመፃፍ እንዲተባበሩን በትህትና እጠይቃለሁ::

ስለሆነም እርስዎ መጠይቁን በአግባቡ በመሙላት የበኩልዎን አስተዋጽኦ እንዲያበረክቱ እጠይቃለሁ:: የሚሠጣቸው መርጃዎች ሁሉ በሚስጢር የሚጠበቁና ለትምህርት ጉዳይ ብቻ የሚውል መሆናቸውን ከወዲሁ አረጋግጣለው::

ለሚያደርጉልኝ ትብብር ከወዲሁ ማመስገን እወዳለሁ::

ብርቱካን ቀፀላ (የድህረ ምረቃ ተማሪ)

በኢትዮጵያ ብሄራዊ ቡድን ለአጭር ርቀት አትሌቶች የቀረበ ጥያቄ

የአትሌቱ ግለ ታሪክ

ሀ. ዕድሜ -------- ዓመት

ለ. ፆታ ወንድ ☐ ሴት ☐

1/ የብሄራዊ ቡድን የአትሌቶች የመምረጫ መስፈርትን (ክራይቴሪያውን) ታውቀዋለህ(ሽ) ?

አውቀዋለው ☐ አላውቀውም ☐

2/የብሄራዊ ቡድን ስልጠና ስትጀምር(ሪ)የቁመት ልኬት እንዲሁም የክብደት ልኬት ተደርጎልሀል(ሻ) ?

ተደርጎዋል ☐ አልተደረገም ☐

3/ /የብሄራዊ ቡድን ስልጠና ስትጀምር(ሪ) ሙሉ የጤና ምርመራ ተደርጎልሃል(ሻ) ?

ተደርጎዋል ☐ አልተደረገም ☐

4/ /የብሄራዊ ቡድን ስልጠና ስትጀምር(ሪ) የወቅታዊ ብቃት(ሰአት ሙከራ)ተደርጎልሀል ?

ተደርጎዋል ☐ አልተደረገም ☐

5/ ስልጠና ስትጀምር ከብሄራዊ ቡድን አሰልጣኞች የቀረበልህ ጥያቄም ሆነ የተሰጠህ አስተያየት ነበር ?

አዎ ነበር ☐ አልነበረም ☐

6/ የአጭር ርቀት አትሌት የሆንከው(ሽው) በፍላጎትህ(ሽ) ነው

ፈልጌ ነው ☐ አይደለም ☐

7/ የሚመለከታቸው አካላት በየወቅቱ በስልጠና ቦታ ላይ ተገኝተው ክትትል ያደርጋሉ

ያደርጋሉ ☐ አያደርጉም ☐

8/ ለአጭር ርቀት አትሌቶች የውጪ ሃገር ውድድሮች ላይ የመሳተፍ እድል የተመቻቸ ነው

ውድድር አናገኛለን ☐ ውድድር አናገኝም ☐

9/ በብሄራዊ ቡድን ከመካከለኛ ርቀት የስልጠና እድል ቢሰጥህ(ሽ) ለመሰልጠን ፍቃደኛ ትሆናለህ(ሽ)

እሆናለው ☐ አልሆንም ☐

10/ ከስልጠና ጋር በተያያዘ በብሄራዊ ቡድን አሰልጣኞች ብቃት ሙሉ በሙሉ ትተማመናለህ(ሽ) ?

አዎ እተማመናለው ☐ አልተማመንም ☐

11/ በየጊዜው ከአሰልጣኝህ(ሽ) ጋር ስለማሸነፍ ስነ-ልቦና ውይይት ታደርጋለህ(ሽ) ወይ?

ይደረጋል ☐ አይሰረግም ☐

12/ ከስልጠና በኋላ ከሚመለከተው አካል የምግብ አገልግሎት ይቀርባል

ይቀርባል ☐ አይቀርብም ☐

13/ በብሄራዊ ቡድን ውስጥ በቂ የህክምና አገልግሎት ታገኛለህ(ሽ)

አዎ አገኛለው ☐ አላገኝም ☐

14/ የስነ-ልቦና እንዲሁም የስነ-ምግብ ትምህርት በብሄራዊ ቡድን ይሰጣል

ይሰጣል ☐ አይሰጥም ☐

15/ በብሄራዊ ብድን ስልጠና የጂምናዝየም አገልግሎት በተገቢው ጊዜና በበቂ ሁኔታ ታገኛለህ በዝርዝር ግለጽ(ጺ)

አዎ አገኛለው ☐ አላገኝም

መጠይቅ በጽሁፍ ይግለጹ።

1/ በብሄራዊ ብድን ስልጠና በፈለከው(ሽ) ኢቬንት ላይ ለመሰልጠን እድሉ ቢሰጥህ(ሽ) በ

የትኛው ኢቬንት ላይ መሰልጠን ትመርጣለህ(ሽ)ምክንያትህን(ሽ)ጭምርብትገልጽልኝ(ጺ)

2/ በፌደሬሽን ፤በክለቦች፤ በአሰልጣኞች አንዲሁም በሚመለከተው አካላት መካከል የተቀናጀ የስራ ግንኙነት አለ ብለህ(ሽ) ታምናለህ ወይ?

3/ በኢትዮጵያ ውስጥ የአጭር ርቀት ውጤትን ለማሳደግ ምን መደረግ አለበት ብለህ ታምናለህ የራስህን(ሽ) አስተያት በዝርዝር

Appendix II

Questioner from Ethiopian National Team to short distance runners.

Athletes Personal Information

A- Age _____

B- sex Male ☐ Female ☐

1) Do you know the national team athletes selecting criterion?

Yes ☐ No ☐

3) When you start training with the national team was your height and weight recorded?

Yes ☐ No ☐

2) When you start training with the national team were you given medical checkup?

Yes ☐ No ☐

3) When you start training with the national team were you given current performance time try?

Yes ☐ No ☐

5) When you start the training, were you asked a question or given a suggestion from the coaches ?

Yes ☐ No ☐

6) Did you become a short distance athelet by your interest ?

Yes ☐ No ☐

7) Do the concerned bodies come to the training and make an inspection?

Yes ☐ No ☐

8) For short distance running is there an opportunity to attended competition abroad?

Yes ☐ No ☐

9) Will you be willing to take the training, if the national team gives you the chance to

get training in the middle distance event?

Yes ☐ No ☐

10)Are you 100% confident on the national team coaches training mated ?

Yes ☐ No ☐

11) How often you discuss about is winning philosophy with your own coach ?

Yes ☐ No ☐

12) Do the respected bodies provide food after training?

Yes ☐ No ☐

13) Do you get enough medical service in the national team?

Yes ☐ No ☐

14) Do you get psychology and nutritional education in the national team?

Yes ☐ No ☐

15) In the national team training, do you get enough gymnasium service on the right time?

Yes ☐ No ☐

Open ended Questionnaires

1) In the national team , if you were given the chance to get training in any event, on

Which event do you want to get the training? Explain why;

2) Do you believe that is their job integration among your club, federation, coaches and other Concerned bodies, so that, any inconsistency of training and competition program does not happen?

3) What shall be done to improve Ethiopian Short Distance results? Explain in brief:

Appendix III

<u>ለአሰልጣኞች የቀረበ ቃለመጠየቅ</u>

1) **በፌደረሽኑ የአትሌቶች መመልመያ መስፈርት ተዘጋጅቶዋል ወይ?? እንደ አሰልጣኝ ለአጭር ርቀት መስፈርቱ ትክክልና ተስማሚ ነው?**

አዎ ☐ **አይደለም** ☐

2) **የተመለመሉት አትሌቶች ስልጠና ከመጀመራቸው በፊት ወቅታዊ አቋማቸው (የሰአት መከራ) እና የጤና ምርመራ ተደርጎላቸዋል?**

ተደርጎአል ☐ **አልተደረገም** ☐

3) **ለስልጠና የሚሆኑ ግብአቶች በወቅቱና በአግባቡ ይቀርባል ?**

ይቀርባል ☐ **አይቀርብም** ☐

4) **የጂምናዝየም አገልግሎት በተገቢውና በበቂ ሁኔታ የማግኘት እድሉ አለ?**

ሀ) አለ ☐ **ለ) የለም** ☐

5) **የብሄራዊ ቡድን ስልጠናው አሰጣጥ ሁኔታ ከአመት እስከ አመት ተከታታይነት ያለው ነው?**

ሀ) አዎ ☐ **ለ) አይደለም** ☐

6)**የአጭር ርቀት አትሌቶች ቋሚ የሆነ የምግብና የማረፊያ አገልግሎት የማግኘት እድሉ አላቸው?**

ሀ) አለ ☐ **ለ) የለም** ☐

7)በብሔራዊ ቡድን ውስጥ የሚሰሩ የአጭር ርቀት አትሌቶች በማንኛው ግዜ የማሳጅ አገልግሎት ያገኛሉ?

አለ ☐ የለም ☐

8)የአትሌቶች ቁጥር እና የአሰልጣኞች ቁጥር ተመጣጣኝ ነው?

ነው ☐ አይደለም ☐

9)የአጭር ርቀት ኢቬንቱ ቴክኒካል ከመሆኑ አንፃር በሳምንት የሚሰጠው ጊዜ በቂ ነው ብለህ ታምናለህ?

በቂ ነው ☐ አይደለም ☐

መጠይቅ በጽሁፍ ይግለጹ።

1 ለአጭር ርቀት የሚሰጠው ትኩረትና ክትትል በቂ ነው ብለህ ታምናለህ?

2) አትሌቶች ለአጭር ርቀት ያላቸው ፍላጎትና ተነሳሽነት ምን ያህል ነው?

3) ለቴክኒክ የሚሰጠው ጊዜ በቂ ነው ብለህ ታምናለህ?

4 የብሄራዊ ቡድን ስልጠናው አሰጣጥ ሁኔታ ከአመት እስከ አመት ተከታታይነት ያለው ነው?

5) የአጭር ርቀት ውጤትን ለማሳደግ ምን መደረግ አለበት ብለህ ታምና

Appendix IV

Questions For short distance Coaches

SECTION ONE

General information on personal data please put an '' ✓"" mark in the corresponding boxes you are provided below and write shortly for items that require you written responses.

Your current work position

Main coach ……. ☐

Main assistan coach …… ☐

Assistant Coach…… ……..…….. ☐

Q1. Educational background

No.		Make (✓) sign
1	PHD	
2	MA	
3	BSC	
4	Diploma	
5	Certificate	
6	Others	

Q2. Experience in the profession

- Less than a year …… ☐
- 1 - 5 years…….. ☐
- 6 - 10 years…… ☐
- 11 - 15 years…….. ☐

SECTION Tow

1) Are there any measurements of criteria to recruit athlete that are prepared by Ethiopian Athletic Federation?

a) Yes ☐ b) No ☐

a) Yes ☐ b) No ☐

2) Do you think the selected athletes before doing the training; they have got the necessary time trial and diagnosis about their health status?

a) Yes ☐ b) No ☐

3) Do you think the input for the training facilities sufficient and available on time?

a) Yes ☐ b) No ☐

4) Do the athletes get the gymnasium service opportunity on time and appropriate condition?

a) Yes ☐ b) No ☐

5) Is the training given continually in national team ?

a) Yes ☐ b) No ☐

6) Does the athlete get permanent food and resting place after the training?

a) Yes ☐ b) No ☐

7) Do the athletes get the massage service opportunity on time ?

a) Yes ☐ b) No ☐

8) Does the number of athletes fit with the number of coaches?

a) Yes ☐ b) No ☐

9) Do you think the time given to the technical training in a week is sufficient for the athletes?

Open ended Questionnaires

1) How do you assess the attitude of concerned body towards short distance running athlete with relative to other events?

2) How are the athletes interested and their encouragement for short distance running event?

3) Do you think the time given to the technical training in a week is sufficient for the athletes?

4) Is the training given continually in national team ?

5) What shall be done to improve Ethiopian Short Distance results? Explain in brief:

Appendix V

Interview for Ethiopian athletics federation expert

Thank you for agreeing to participate. This is an interview designed to obtain information on investigating the challenges that affect the success of short distance running in Ethiopian national team. You are, therefore, kindly requested to give genuine and truthful responses.

1/How athletes (sprint runners) are selected ?Who selected them ? And Where are athletes selected from ?

2/ Do you think that the selection criteria of athletes (sprint runners) are scientific? How?

3/ How do you follow the current status of national team short distance athletes?

4/ Do you think athletes (sprint runners) selection is depend on talent identification? How do you see it in your observation?

5/ Do you record the sprinter runners any profile that perform on different competition in the database system?

6/ Do you think the sprinter runners get the necessary facility from early the beginning of there training

DECLARATION

I, the undersigned, 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 material used in the thesis have been appropriately acknowledged.

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Dare: _____

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Date of submission May 19, 2015

Confirmed by: Wondemu Tadesse (Assistance Professor)

Signature : _____

Date: _____