



Managing competitive school program through building a winning team-the role of team work in competitive school programs

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Abstract : *There is no sporting activity which is not a team sport without working towards a common goal. Team work is very essential for the good performance of the sports team work makes the team cruise along with confidence in all their matches. Team work is a lesson for the team to understand & identify their lacuna or causes for under performances. Team work is not only applicable for inside stadium but it teaches real life lessons as well. Team managers often advise the team mates to go for team work & without team work there is no success/ But there are certain shortcoming as sports players often complain each other about teamwork lacuna. Sports in Schools bridges the gap by tapping into our deep network of athletic directors, professional athletes and organizations, and generous corporate and individual donors to get much-needed funds to kids who need them*

Keywords: *school children, Managing competitive school programs , building a winning team , the role of team work*

Introduction- Involvement in sports & physical activities provides a means for school children to engage with their education learning process. consistent involvement in sporting events increases their academic performance and attendance and provides life skills taught through sports-based youth development. Many students are on the sidelines due to a decrease in funding of school sports programs, the introduction of pay-to-pay fees and the increased cost of expenditure on equipments & transportation. School students can be given performance training speed, power conditions & flexibility, performance testing on vertical jumping horizontal jumping muscular strength energy building etc, injury prevention strategies & good nutrition habits.

The team work & school programs: The school programs can be managed with

winning strategies as there is a need to build the team for success. But the school children are often not very happy with the team building process because

1. In these days of social media & media covering each moment of the game team mates might become jealous of each other the team mates might engage in negative commenting or picking on certain teammates often leading to clash of opinions.
2. Refusing to accept responsibility for under performance / defeat
3. Always showing negative approaches to other advice.
4. Always complaining about the stadium venue, the match timings, match procedures,



5. Always complaining about the accommodation facilities , localities , in stadium spectator behaviour etc.
6. Always complaining with the coach about a team mates
7. often indulging in talking behind about coach , trainer . facilities coordinator etc
8. Lack of communication with younger / elder teammates / coach
9. always disguising as the coach's best aid & best supporter
10. Sometimes posing as a person with all perfect attitudes.

Team work as psychological mentor -

Teamwork always needs a great psychological setting. Each player has to understand the need of his role in the team because

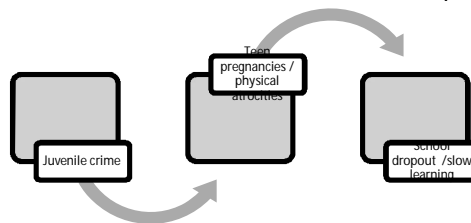
1. Being supportive with other team mates both younger /elder will lead to success
2. Dealing with conflicts directly and openly without talking in the back or without hassles Having a direct approach always matters. But most of the teams lose in this area because each player complains about the other for not being affirmative & direct in his approach . (Taliaferro, L. A. (2010). Relationships Between Youth Sport Participation and Selected Health Risk Behaviors From 1999 to 2007. Journal of School Health, 399-410.)
3. Being understanding with whole team
4. Demonstrating respect for coach / teammates
5. Being encouraging to teammates when they mess up / under perform . or left out of the team . or suffer injuries
6. Accepting any assigned role on the team without grumbling
7. Having a positive attitude with best / poor performance
8. Listening skill is needed because each player has to listen to advises from his fellow team player ,
9. Having an open mind for suggestions
10. Understanding that everyone of the team is important for success
11. Not allowing team-busting behaviors to occur
12. Taking responsibility for good actions / bad actions /
13. Going full out / trying as hard as you one can
14. Being a good sport in all team event in all events / whether a small event or a big game

Participating in school athletic activities has several affirmative benefits

1. provides a means for school children to more meaningfully engage with their education learning process ,
2. Increase academic performance and attendance and provide life skills taught through sports-based youth development.
3. Many students are on the sidelines due to a decrease in funding of school sports programs, the introduction of pay-to-play fees and the increased cost of expenditure on equipments & transportation

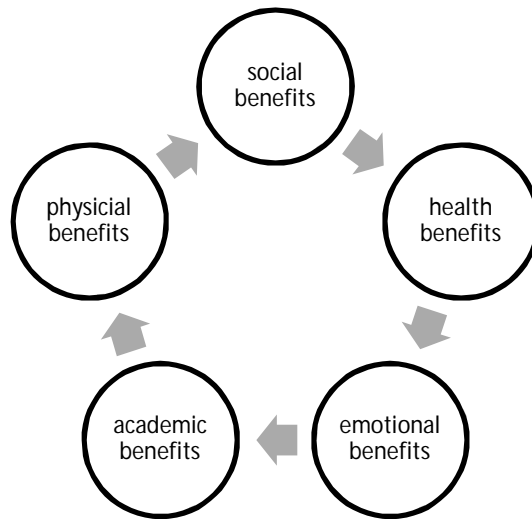


4. Sports in Schools bridges the gap by tapping into our deep network of athletic directors, professional athletes and organizations, and generous corporate and individual donors to get much-needed funds to kids who need them. (Valois, R. Z. (2004). Physical Activity Behaviors and Perceived Life Satisfaction Among Public High School Adolescents. Journal of School Health, 59-65.).
 5. Sports in Schools bridges the gap by tapping into our deep network of athletic directors, professional athletes and organizations, and generous corporate and individual donors to get much-needed funds to kids who need them
 6. Sports in Schools Weight control , weight gaining in times of under weight ,
 7. Children learn Problem-solving skills with greater involvement in physical activity. They get strategies to build self-esteem , social competence along with their consistent academic achievement
- As shown in this chart (1) , the involvement in physical activities & sports can help in reducing Juvenile crime, Teen pregnancies , teen physical abuses, School dropout rates etc.



The clearest benefits of school-based sports programs can be seen in the overall physical health of teenagers. (Taliaferro, L. A. (2010). Relationships Between Youth Sport Participation and Selected Health Risk Behaviors From 1999 to 2007. Journal of School Health, 399-410). Over the past 20 years, many studies have looked at the correlation between the rising rates of obesity and the declining funding for physical activity, whether in a gym class or after-school sports, in high schools. Young

people generally get less physical activity the older they get, but if they stay involved in sports programs, they're more likely to reap the physical benefits they otherwise would not receive. This certainly helps alleviate one of the factors that can lead to obesity. (Story, M. N. (2009). Schools and Obesity Prevention: Creating School Environments and Policies to Promote Healthy Eating and Physical Activity. Milbank Quarterly, 71-100.).

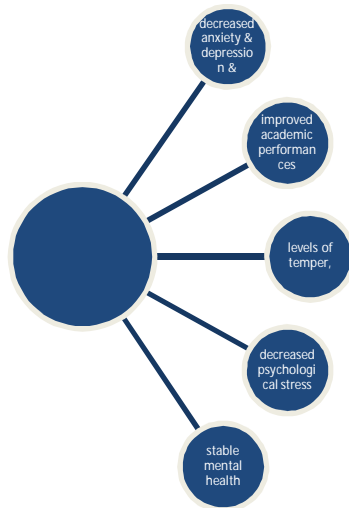


Recent researches have shown that there is a great linkage with physical activity & mental health physical exercises help in

1. decreased anxiety & depression &
2. improved academic performances
3. levels of temper,
4. decreased psychological stress
5. stable mental health
6. reduced attraction towards drugs
7. decreased school absence percentage
8. spend as much time in sedentary activities like watching television and playing video games if they had other options after school.

9. persistence, patience and practice. Team members learn that practice is required, even when they would prefer to be spending time with friends.

Participating in school athletic activities has the impact of sports performances such as training speed, power conditions & flexibility performance testing on vertical jumping horizontal jumping muscular strength energy building etc injury prevention & nutrition (Taliaferro, L. A. (2010). Relationships Between Youth Sport Participation and Selected Health Risk Behaviors From 1999 to 2007. *Journal of School Health*, 399-410).



The students learn the harder they work, the better they perform. They also discover that by never giving up, they are more likely to achieve their goals. (Story, M. N. (2009). Schools and Obesity Prevention: Creating School Environments and Policies to Promote Healthy Eating and Physical Activity. *Milbank Quarterly*, 71-100.) These life lessons benefit students long after the high school years, helping them succeed in college and after. (Taliaferro, L. A. (2010). Relationships Between Youth Sport Participation and Selected Health Risk Behaviors From 1999 to 2007. *Journal of School Health*, 399-410.)

1. team work & cooperation
2. positive mentoring
3. building social relationships
4. leadership skills
5. time management
6. strong focus & concentration level
7. success mindset
8. strong focus & concentration level

School physical education & sports programs can be improved through

1. introducing sports benefits for high school children
2. framing monitoring guidelines for sports
3. appointment of school sports / physical education coaches
4. interschool competitions rules reframing
5. increasing the frequency of school sports
6. increasing the duration of sports hours
7. increasing the extra hours of coaching class for physical activity

Training also includes nutrition and regeneration techniques to improve performance and educate young athletes on how decisions off the field, between games, and at practices can improve their overall performance. Athletes work in small groups with coaches to ensure training is done correctly and efficiently.



(Taliaferro, L. A. (2010). Relationships Between Youth Sport Participation and Selected Health Risk Behaviors From 1999 to 2007. Journal of School Health, 399-410.)

School students can be given performance training speed , power conditions & flexibility , performance testing on vertical jumping horizontal jumping muscular strength energy building etc , injury prevention strategies & good nutrition habits

Conclusion- picking on teammates , faster reaction to social media , answering through media , refusing to accept responsibility for under performance , anger filled defeat rejoinders , exhibition of negative approaches advice. etc are some of the challenges which hamper sporting performances. hence there is a need to provide meaningful engagement with all teammates., Schools & colleges can think of increase academic performance and attendance and provide life skills taught through sports-based youth development. Many students are on the sidelines due to a decrease in funding of school sports programs, the introduction of pay-to-pay fees and the increased cost of expenditure on equipments & transportation Sports in Schools bridges the gap by tapping into our deep network of athletic directors, professional athletes and organizations, and generous corporate and individual donors to get much-needed funds to kids who need them.

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