



Sports management & gymnastics

Dr. Asha Rani

Assistant Professor, Greenwood Degree College, Ranwar, Karnal, Haryana, India

Abstract

It is divided into both the men's categories that involve activities such as floor exercise, sill rings, vault, parallel bars, high bar, pommel horse and the vault and the women's categories involve competition in vault, balance beam and uneven bars although women have been known to adequately compete in all the men's categories in countries such as Russia early in the 1950's. Another type of gymnastic is the rhythmic gymnastic which is mainly for women and does involve a combination of various elements such as ballet, dance, gymnastics and even apparatus manipulation.

The performers are usually allowed the use of five apparatus of their choice and these apparatus may constitute a ball, hoop, clubs, rope and even the floor. It is currently not available for women but plans are underway to ensure that even men will have their own form of artistic gymnastics. Acrobatic gymnastics on the other hand is a discipline that is carried out by both men and women and it involves a group of three to four individuals that may be mixed in terms of gender performing various routines using their head, feet and even the hands of their various partners. Other forms of gymnastics include the tramp lining and tumbling that may be individualistic, double mini, power tumbling and even synchronized. There are also the team, aerobics and display gymnastics that actually mean exactly what the name spells. Gymnastics has its origins in the exercises that were performed by the ancient Greeks that entailed skills such as mounting and dismounting a horse, circuses and even skill display. As of today gymnastics can be performed by children as young as five years old who mainly participate in what is called kinder gym to even world class athletes. All sports of gymnastics have a body that governs them and this body is called the Fédération Internationale de Gymnastique (FIG) which was formed in 1881. All the other sub bodies that govern gymnastic practices in various countries are governed by the FIG.

Keywords: sports, gymnastic, management

1. Introduction

Gymnastics is a sporting event that does involve various performances that require a lot of physical strength, agility, coordination, balance and flexibility. There are various forms of gymnastics and these include the following; artistic gymnastics which is the best known form of gymnastics and is practiced by both men and women.

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All the equipments have been duly inspected and so far we have ensured that they are all safe and none at all is a health hazard. Replacement of the old equipments may have cost us more than we had anticipated spending in this event but it is all aimed at the benefit of all. We do not want to report any injuries and thus we have to take very tight health measures and also be on stand by just incase our help will be needed. The schools that have their teams participating in the tournament have ensured that they have renewed their health cover insurance with the various hospitals for each and every participant. This basically means that in case of a very major casualty that we really don't anticipate does happen, all the

cost at the hospital will be covered by the insurance parties in business with the school.

My team will consist of six members. They are four gentlemen and two ladies. The reason why I chose four men is because I will definitely need the muscle power in case of any emergency. I think all of them will be on call because I will really need them. We will get our equipment and supplies from the Illinois Community Hospital which is about 100 meters from the auditorium. The reason why we chose this hospital is because it is very close to the auditorium and secondly it is where we contracted to take any of our emergency cases. The other necessities we will get from the various chemists and pharmacies nearby. After considering all the equipments, supplies and even the labor cost that would be used in the whole project; our approximate budget was 190 000 US Dollars. This is because each of my team members expects to take home an amount of US Dollars 20, 000. For all the equipments, supplies, casual laborers will be about US Dollars 40, 000 and then I would pay myself an amount of US Dollars 30, 000.

The competition for which I have been selected for involves rhythmic gymnastic that is to take place on the 18th of December 2011 and it is called the Annual Illinois Gymnastic Challenge. This will be a competition for young athletes who are of the age bracket of fifteen to twenty that is to take place in the Illinois auditorium from around 8.00am to 6.00pm. There will be five schools that have confirmed their teams' participation in this event. The other three have not submitted their confirmation just yet and the possibilities of them confirming their attendance and participation is not known. This means that there will be about twenty five ladies participating in the tournament as each team is expected to have at least 4 team members and substitutes. The major reason for my interest in this opportunity is because first and foremost gymnastics is a very rare sport and apart from a need to learn more about the sport and be able to attend to any casualty that may occur during the tournament; I would also love to have make sure that the participants in this event have assured healthcare provision during the whole event. Secondly; this is my chance to display my skill, ability and prowess and this opportunity has presented itself and the reason why I have been selected is because they believe that I am able and suitable for the job and thus I will not let it pass. It is a huge opportunity that will go a very long way in defining my career as this is a very major sporting event and I decide to take it up. According to statistics, at least 100 000 gymnastic injuries are normally treated in hospitals, clinics, healthcare facilities and emergency rooms in the United States of America. In do not want any major injuries to occur in this event that would lead to constitute this statistics and that is the reason why I decided to take up the chance to be able to help whenever I can. My team will ensure that by all means all the casualties that will occur will be addressed immediately.

Rhythmic gymnastics is a sport that has been coherent in Illinois for about 3 years and thus it is not new to them. Most of the population here has a lot of knowledge about the sport and they allow their children to indulge in it as a hobby as well as for professional reasons. The number of ladies that participate in this sport each year is about fifty. Different age groups from five years normally compete in various

gymnastic events at different times of the year. There have been occasional casualties reported over the year, with the most serious being in the year 2009 when of the lady participants lost balance during her acrobatic performance and fell on the ground and broke her ankle. Apart from this major injury; the rest have just been minor such as a twisted ankle, an injured arm, a bruise and a cut here and there. These are very minor casualties that have always been treated and there has never been a need to rush any participant to the hospital. Most of the schools that have their teams participating in this competition have very professional coaches who have trained in rhythmic gymnastics over the years and they have trained their team members very well on the safety measures that should be taken before and after the vent. Secondly, this auditorium has been used over the last three years that this sport has been held here. But we did not just assume that since it has always been used; it is safe. Safety measures have been put into place to ensure that all the participants are safe before, during and even after the tournament.

The reason why I have stated such a large amount for my team members and It is because this may just be a single day's work but it is going to be very demanding, tiring and consuming and after a long tiring day's work, we will need a reward. So we practically have about one and a half weeks to put everything in order, ensure that all my team members will be available and fit for the job and basically to put my house in order. I am very positive that by the end of this week everything will have been put into place as we have done already dealt with the huger problems and challenges. The rest are just minor that we can cover within days considering I have very efficient and reliable team players. My dream is to make this event a great success and my gut tells me that I will achieve that.

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