

**ATHLETICS SPORTS MANAGEMENT BRANCH FORMATION IN
THE CENTER OF EDUCATION AND TRAINING STUDENTS
(PPLP) CENTRAL JAVA PROVINCE**

Prepared To Meet Subjects Test and Evaluation
Physical Education and Sport
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**SPORTS EDUCATION STUDY PROGRAM
MASTER PROGRAM (S2)
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A. Background

Central Java province in Youth Sports Week (PON I) in East Java in 2014 involves fifteen different sports. Sports that did win number nine branches, include Athletics, Fencing, Volleyball, Judo, Badminton Archery, Pencak Silat, Swimming, Football and Table Tennis. Central Java Provincial Team sends 300 male and female athletes. The number of athletes coming from PPLP number of 25 athletes who passed the pre-qualification PON Youth I. From the number of athletes who are in PPLP Central Java, the number of 25 athletes are insignificant when compared with the number of athletes trained by PPLP Central Java were 112 athletes. Although there are sports that are not contested in the PON Youth I, but the representation of athletes who are nurtured in PPLP Central Java yet reflects the development ideal for the age of the athletes are nurtured in PPLP are teens or age students should be able to be representative of Java Central in the event the juvenile Sports week I. This shows that athletes who are in the target PPLP Central Java has not fully demonstrated contribution to the achievement of Central Java.

Sports Branch Youth athletics PON I got the quota amount of PB PASI number of 13 athletes sons and daughters. Results of the medals from athletics earned 3 gold and 3 bronze. From the overall medals table that was obtained by Central Java athlete number 7 gold 9 silver and 14 bronze, this means athletics team accounted for 40.6 percent of the overall achievements of the results of the medals that achieved by athletes in Central Java. These results are not a result purely from the target athletes who are in PPLP, but the guidance that comes from non PPLP. While athletes who obtain medals coming from Central Java PPLP only get a bronze medal. The third gold was won by non PPLP athletes showed that management coaching athletics needs to be investigated why athletes are scouted at PPLP Central Java has not shown a significant achievement in contributing medal at Youth PON I in Surabaya.

B. Method

The research approach used is qualitative descriptive approach. Data was collected by observation, interview, and documentation originating from the Head of Youth and Sports Central Java province, PPLP management, coaches and athletes PPLP central Java. The subjects of this study are an athlete and coach athletics. PPLP research sites in Central Java province in GOR Identity and the Office of Youth and Sports (Dinpora) Central Java. The research object examined included the stages of development, HR (athletes and coaches), exercise programs, management (organization and funding), facilities and infrastructure and the athlete's performance PPLP athletics

C. Result and Discussion

Results of research conducted in athletics in PPLP Central Java, showed the following results:

table 1, Observations Branch Sports Athletics

No.	indicators Observations	Information	
		Yes	Not
1.	Athlete		
	The presence of athletes during training	v	
	Discipline in implementing the training program	V	
	Communication with coaches	V	
2.	Having a coach training certificate		
	Coach shows the appearance and professionalism as coach	v	v
3.	Coaches plan, exercise program. Coach implement training programs provide an evaluation after a workout.	v	
		V	v
		V	v
	The exercise program	v	
	The exercise program is derived from the trainer exercise program given in writing	v	
	The exercise program according to the stages periodization planning exercise workout program made in accordance with the annual championship calendar	v	
4.	The exercise program is planned together athletes		V
	Facilities and infrastructure	v	
5.	Exercise facilities and infrastructure provided complete There is an adequate workout	v	
	The state of infrastructure in good condition.	v	V
			V

This achievement earned			
Following several events matches	v		
Getting the achievements of some of the events			
of the game. There is a performance evaluation	v		V
by the Supervisory	v		V
There is a promotion relegation			v

1. Development Stage

Coaching achievements are systematic efforts made in order to obtain better results in achievement. Coaching achievements in athletics through several stages of development that one of them is the nursery of athletes. Athlete seeding process is done through monitoring the athlete's performance at the regional championships that POPDA from elementary through high school level Se Central Java. The nursery stage is a very complicated stage in the development of determining an athlete, because this stage is the stage that requires precision in selecting seedlings athletes who have the potential for future achievement.

The next stage is the development of talent scouting, scouting talent specialization is done by doing exercises on a number of athletics. Trained in their specialties number and when the check limit entry will then be guided in a more programmatic and focused on the number, if it does not get in the limit then the athlete will be focused to a different number.

After officially becoming an athlete in PPLP, the next stage is the intensive guidance, which stages this intensive done with regular exercise in the morning and afternoon with a program provided by the trainer and intensive training is intended to allow the athlete to achieve the highest achievement to defend the name of Central Java ,

2. Human Resources (HR) Athletes

There are 16 athletes accommodated in PPLP coaching, Central Java. Athletes who nurtured consists of athletes sprinting (sprinter) (the 100 m, 200 m

and 400 m), numbers running middle distance and distance (800m, 1500m, 3000 staple chase, then throwing events (javelin, discus and shot put), and the numbers jump on (long jump and triple jump). The recruitment of athletes sports of athletics through selection tests in accordance with the sports that are held by Dinpora Central Java. athletes who have been recommended is representative of Regency / City Se Central Java that if eligible to be selected and in visibility can be improved achievement. The selection process through several phases of physical tests, medical and athletic sports in itself. The tests were conducted by a team of coaches,

Trainer

Athletic trainer consists of five coaches with the details of each number in the sports of athletics have coaches according to their respective numbers. The coach is in PPLP are as follows: (1) Jojon Siswanto train number short distance (sprint), (2) Luwi Utomo train jump event, (3) Krishna Revelation train numbers Reject bullet, javelin and discus, (4) Yayan train number and brisk walking distance, and (5) Agus Supriyo train middle-distance number. For the recruitment of coaches, the main requirement to train in PPLP is to have a minimum level I certified coach IAAF issued by the PB. PASI. Enforcement special promotion relegation coach has not done routinely by looking at the performance of athletes trained achievement of success.

3. Athletes Training Program

Athletes are already running a training program in accordance with the training schedule set by the manager of PPLP, that in the morning 5:00 a.m. to 06:00 am, and the afternoon at 15.00 until 17:30:00 AM. Athletes training schedule began Monday to Saturday morning. Saturday afternoon and Sunday off to rest. Planning program by trainer has been done, but the program was made in writing but conveyed Lesan or by message at the time of going to exercise or even when the athlete will start an exercise

program. If the coach is absent for some reason, then the athlete does not have its own training initiatives, but less serious athletes to practice independently. Because athletes finished the morning practice must undertake school activities until noon, then the fatigue and lack of rest looked at practice. In addition, exercise seem monotonous and lack of variety so very boring especially the body in a state of exhaustion after school. With such conditions, the practice is not in accordance with the target. Factors discipline athletes coach is also an obstacle in improving achievement. Sometimes the coach is absent for some reason, then the exercise program is not done by athletes seriously because there is no supervision.

Trainer

Obligations and the demands of a coach in PPLP is making exercise program for athletes-athletes. As has been done by the sports athlete athletics every trainer provides athlete- exercise program for athletes, but here there are drawbacks that the trainer should provide a written training program to athletes so that athletes train in a focused and programmed. Some coaches are from outside the city of Semarang, so that it becomes a problem if the coach cannot attend school for any reason. The presence of a coach who has not been routinely every day (3-5 times a week) into its own obstacles experienced by athletes.

Coaches in PPLP in making periodization workout exercise program appropriate attention-stage rehearsal stage. The exercise program is also made based on aspects such as physical exercises, techniques, and mental. The exercise program must be given after the exercise, the coach of Athletic also always make the evaluation exercise as the time interval after which no entry had to be repaired and must be signed in time predetermined targets.

Facilities and infrastructure

Sports coaching success is inseparable from the availability of

adequate facilities and infrastructure that can support the athlete's performance PPLP. Existing infrastructure in PPLP can be said is incomplete and inadequate. It can be seen from the completeness of an ideal field for exercise is still a ground or Grevel. The availability of weight training (weight training) is not available specifically for athletics. For weight training is still the one with the heavy lifters and weightlifters to workout less than the maximum because they have to share time and space with other athletes. Facilities and infrastructure conditions are also not so good, not according to the standard it should be. Special equipment is also not yet available exercise equipment according to the standard practice of athletes. Still exercise equipment needs are minimal and incomplete.

Facilities at this particular hostel PPLP, the condition can be said to be bad like bathroom rare and less clean water. This makes the athlete uncomfortable to stay at the hostel and also affect the health of athletes. Conditions were less comfortable bedroom was hot and a lot of mosquitoes, make less sleep soundly athletes so that athletes experience less rest well. Noise by other athletes who lack discipline in the hostel is also very distracting athletes.

Achievement

Central Java PPLP athlete's performance has not been so stable even be said to decrease from year to year. It can be seen from the results of the championship between PPLP around Indonesia, PPLP Central Java has not produced encouraging achievements. The fifth position in the ranking of Indonesia PPLP se prove that coaching achievement has not shown an encouraging achievement. Nevertheless, there is one athlete who is able to speak at the ASEAN School, with the gold medal in the 800 meters and a silver medal in the 4x400 meter relay. But overall, Central Java PPLP athletes still showed a striking achievement. Teen first time proven PON 2014, many athletes departing from coaching non PPLP this is because of

the sports of athletics itself although these athletes become champions when it turns out they do not qualify for the selection of a predetermined limit. There is only one athlete who follow PON teenager I come from PPLP namely Fabiola Franselina DP, athlete 100m and 200m daughter who won the bronze medal.

Management PPLP Central Java

Success coaching sports achievements cannot be separated from good management in its management. To be able to run good management should be supported by management government that includes planning, organizing, controlling HR (Ricky W. Griffin, 2000: 148). Management is the typical process consists of action planning, organizing, implementation and control where in each of these fields use science and expertise followed in sequence in order to achieve the goals and objectives that have been set. In addition, the supporting factors such as funding, leadership and controlling and evaluation system is essential to support the success of an organization. Management in terms of coaching accomplishments need people who are competent in the management due to the steps that must be taken in nurturing sporting achievement is a unique blend in the art of dealing with human resources. Athletes handle not the same as dealing with a company. Train athletes need a sense of empathy and humanity that a manager must understand the condition of athletes in individual or team. Completeness of the existing organizational structure in Central Java PPLP is quite complete, it can be seen from the structure of the organization owned by PPLP, where there is the organizational structure that consists of the primary responsibility held by the Head of Department of Youth and Sports (Kadinpora). In addition there are the Head of Sport which is responsible for coaching sports achievements, assisted by a staff base of science and technology in the development of sports, the manager of the hostel. The organizational structure has duties and responsibilities of each, so that the organization has qualified coaching achievements. In terms of funding, funding sources PPLP Central Java from the APBN and APBD Central Java directly managed by Dinpora and allocated to coaching athletes and coaches in PPLP.

Development of Achievement in Central Java PPLP

Coaching is a business or action taken in efficient and effective in order to

produce a better performance (Journal of Science and Technology of the Ministry of Youth and Sports, 2010: 163). Guidance system aims to obtain better results to enhance the athlete's performance. The success of a training depends on the quality of human resources (athletes and coaches) who fostered and that promote or train. The quality of coaches, enabling factors such as infrastructure, professionalism factors make the management of sports activities to be held by people who have the competence. Support facilities and funding policies of national and regional government is essential in order to improve optimal achievement.

PPLP Central Java is one organization that serves as a place for students who have the potential and advantages to improve achievement. Students are suitable for development of human resources athletic achievement because at this age is the age that is productive in physical terms. Age student athletes are scouted PPLP Central Java is the age of 14-17 years, where they seated bench School (SMP) until senior high school (SMA). Athlete recruitment is done through student championships organized by the Ministry of Education and Dinpora Central Java. Constraints faced in recruiting athletes PPLP Central Java in particular is not yet fully athletics athletes who want to enter in PPLP selected because of various things, among other parents would not let her son because much of the area, a factor changing schools, and athletes do not want to be held by another coach, and so on. Thus, the less successful recruitment is athletes who really have the talent and potential of sport.

Recruitment PPLP coach athletics in Central Java is still dominated by old faces. Since the establishment PPLP obvious degradation sale has not been done specifically for the coach. The success of coaching one of which is a factor that handles professional athletes coach. Although coach in PPLP a certified coach, but also need to be disciplined in training and the ability to create and plan a good exercise program. The findings in the field, that the coach is still not disciplined in interfacing with the athletes, so that athletes feel no one is watching. In addition, the exercise program were not given to athletes, so

if the coach was unable to attend the athlete does not know which program should be run on that day. In making the athlete's training program is also not involved in planning the program,

Exercise facilities and infrastructure is a supporting factor that must exist in a coaching achievement. Without good facilities and infrastructure, the achievement could not have come to the maximum. Needs adequate facilities and infrastructure will affect athletes in running vigorous exercise.

Feasibility of infrastructure for athletes exercise in PPLP is still incomplete and was impressed what it is. For athletic fields still use Gravel field or land in GOR Identity Semarang. For infrastructure exercises used by athletes' race yet standardized, so that the non-standard tool used in the exercise result if foreign athletes will compete and not be able to adjust race equipment provided by the race committee. Availability of fitness equipment for weight training is alternating with branches weightlifting.

Athletics require different equipment from one athlete with another athlete, this is because the number in less than 20 numbers athletic event where the tools are used differently. Used exercise equipment PPLP Central Java athletes cannot be said to be complete, because of the availability of the equipment has not fully there. This is because the element of funding to be shared with the other 14 sports, thus fulfilling the equipment is still limited.

Achievements obtained in terms of PPLP athletics athlete, the athlete still has not shown an encouraging achievement. A decline in achievement from year to year. This is certainly a manager PPLP evaluation for Central Java to search for the cause of the decline in achievement. The recruitment process of athletes and coaches need to be re-evaluated in order to coaching athletes in Central Java levels can be scaled back his achievements.

D. Conclusion

PPLP coaching in Central Java has been through the stages were quite

good, but there needs to be revamping the recruitment of athletes and coaches. Besides the planned exercise program together with the athletes so that athletes can pass on to coach the things that felt less by athletes can be added in an exercise program. Lack of discipline the coach in training due to various factors such as short distance away from the home or other constraints that need to be resolved in order for the athlete does not exercise. Facilities and infrastructure need to be improved so that the athlete can improve his performance through the completeness of facilities and infrastructure that accommodates. Including boarding athletes need to be made as comfortable as possible so that the athlete can take a rest quietly

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