160 - PRECOCITY ON THE RHYTHMIC GYMNASTICS: SOONER, IS IT BETTER?

ALESSANDRA BALBI;
ÁRTEMIS SOARES.
Federal University of Amazonas, Manaus-AM-Brazil.
alessandrabalbi@ufam.edu.br
artemissoares@yahoo.com.br

1. INTRODUCTION

The Rhythmic Gymnastics is a sportive activity with emphasis on the art of the body domination related with the different manipulations techniques of the manuals engines, in a integrative synthesis of the art and the sport (SOARES, 2006), being the corporals elements indispensables for the individuals exercises and for the group.

The G.R. has a physical exercise system specifically selected and methods scientifically elaborated, made to solve the integral physical's develops problems, as moving capacities improvements and the better health being of their adepts (NEDIALKOVA, 2000).

With the progress of the research in the training domain, we confirm that today is necessary to know individually the athlete to elaborate his own training program understanding and respecting his limits (LIZITSKAYA, 1986). In the same way, the athlete who has asked specifically qualities by the modality will be able to get the level of the athlete with high results.

According to Alonso (2004) the G.R. is a sports privileged that allows us to develop moving cleverness very closed to the corporal culture existent in the childishly games and that help since the tender age the possibility of multiples moving experience without that be considerate like a precocious beginning in the sport.

Not only in the G.R. but also in others sports, we observe that the sportive beginning occur very early giving some times negatives results like the desistance, early too.

We know that an inappropriate sportive specialization (premature or too late) can prejudice the technician's work and difficult the sportive orientation and the consequently select of talented athletes. But, we must remember there is a difference between precocious specializations and precocious sportive beginning.

In the lasts years, we discuss deeply the phenomenon of “Sportive Beginning”, his actual precocity, as well as the contesting whom is created by the theme, what end allowing others concepts to appear like “Precocious Sportive Specialization” or “Precocious Sportive Training” augmenting the existent conceptual confusion (VARGAS NETO, 1999)

Thinking in the contrariety of concepts of several authors, we resolve to investigate the question within the studied modality. We want to really know if the age of beginning influence or not in a big gymnasts formation and in his useful lifetime as a gymnasts. Precocity in the Rhythmic Gymnastics, sooner is it better?

2. OBJETIVES

2.1GENERAL OBJECTIVES:

To check the effects of the precocious beginning of rhythmic gymnastics athletes, as well as to relate the age of the formation beginning with the end of his sportive career.

2.2 SPECIFICS OBJETIVES:

1. To check if the beginning influence on the G.R. gymnasts formation and in his useful lifetime as a gymnast.
2. To check if the precocity in the rhythmic gymnastics can be a factor of future desistance.
3. To correlate the age of training beginning with won titles and with the longevities of athletic life.

3. THEORETICAL BASIS:

The Rhythmic Gymnastics is one of activities most directed to the children and teenagers between the numbers of organized sportive practices and can be considered one of the most complete activities to the practitioner's physical and moving development. Its practice can begin at 4 or 5 years old. The children are being directed to the sportive programs precociously even so studies shows that children aren't completely prepared to the positive assimilation of the training charges. Besides that, the traditional competitive and training systems look like the high output sports which are not the betters for children and teenagers.

To Sharkey (2001, p.71), children shouldn't specialize before 11 or 12 years old. This author is very incisive when he says: “you can tell what you want, we have to face the reality, and the reality is that 6 years old children are not the younger to practice sports. There are mothers who feeding little ballerinas and gymnasts. We have to learn to live with that habitual reality in gymnastics and swimming.

The age for the sport, asserts Bompa (2002), over the entire minimum one, is the determinate to the senior level competition, and it has implications when making a long term training plans. The training plan has to be structured aiming children and youngster's general development from most of sports modalities and not their precocious specialization. If we spot athlete's general development during several years we'll probably produce some big internationals champions.

Not only in the Rhythmic Gymnastics case, but in other sports, we've observed the beginning in modalities too soon occasioning negatives results like desistance.

But we must recognize that we also observe cases where this beginning effect around 6 years old, considerate too early by

Mas não podemos desconhecer que observamos também casos em que o efeito dessa iniciação por volta dos seis anos, considerada muito cedo por vários autores, tem se mostrado em algumas vezes benéfico e indispensável aos títulos conquistados por uma ginasta.

According to Weineck (2005), the precocious specialization reaches principally sports modalities which allows high level performances very precociously, for example, artistic gymnastics, rhythmic gymnastics artistic ice-skate and swimming.

In those modalities, there is a danger that the training's program conception, aiming one specific sports modality and its precocious beginning in the pre-curricular or starting curricular age, doesn't consider adequately the training aspects adapted with each age and development level, like the physiologic and psychological capacity to bear a determinate charge of exercises

An inadequate sportive specialization (premature or overdue) will be able to prejudice the technician work and will difficult the sportive orientation and the consequent selection of talented athletes.

According to some studiers on this topic, those are the ideals periods an ages for training.

Author	Training Beginning	Advanced Training	High Output
Weineck (2003)	6 Years	9 Years	14 Years and more
Madsen (1983), Quoted by Colwin (2000)	7 to 8 Years		15 Years and more
Barbanti (2005)	4 to 7 Years	10 to 15 Years	18 to 24 Years
Navarro (1990), quoted by Corrÿa	8 to 9 Years	10 to 15 Years	16 Years and more

Picture frame 01 Ideals ages and periods for training according to several authors.

Besides, to Bompa (2002), it's essential to incorporate the period's principles in the children and teenagers' training. They must to participate in general and specifics trainings periods. During the general period, the athlete must to be gradually conducted to the elected sports specifically training (initiation) and so, we'll progressively built his athletic talent (athletic formation). The general period primary objective is built a base in where we really will be able to develop complexes moving capacities which results in a transition to the specialized phase.

Therefore, according to Bompa (2002), we must to considerate the maturation of each athlete and adjust the trainings and competitive programs adequately. The familiarity with the physicals, mental and social characteristics of the athlete in the athletics formation and in the specializations stages will allow a better collocation of the trainings directives, which on its time will assure its development, what could result in a high performance level.

4. MATERIAL AND METHOD

This research is characterized like explaining-descriptive and its given collect procedure as documental and bibliography.

The basis raising was done through documental research (primary sources) and bibliography research (secondary sources). (MARCONI; LAKATOS, 2002).

On the documental research, the basis collect source was restricted in written documents and what was available on-line, constituting the denominated primary source, which for us refer to the Amazonas Gymnastics Federation (FAG), Brazilian Gymnastics Confederation (CBG) and to the International Gymnastics Federation's (FIG) archives.

We analyze competitions results since 1980 including a period of more than 30 years competitions.

The bibliography research or secondary source included the researcher's effort to realize a bibliography raise about the investigated theme. This raising was realized in written sources like journals, magazines, books… and oral sources like radio, movies, televisions programs, videos documentary, and conferences.

The results was studied through descriptive analyzes implicating, therefore qualitative analyses.

Os resultados foram tratados através de análise descritiva explicativa implicando, portanto, em análise qualitativa.

The study had as objective to analyze the effects of the precocious initialization on gymnasts from the rhythmic gymnastics, as well to compare the beginning age of formation as gymnasts with their results and with the end of their sportive career.

5. Presentation and results discussions

The basis raising was done through documental and bibliography research in Amazonas Gymnastics Federation (FAG), Brazilian Gymnastics Confederation (CBG) and to the International Gymnastics Federation's (FIG) archives, also available on line.

From the bibliography research, we got 52 biographies including: birth date, beginning age at gymnastics and the end of this practice at national and international Amazonian gymnasts, including 19 Amazonian, 15 nationals and 18 internationals totalizing 52 gymnasts.

The nationals and internationals interviewed were famous medalist's gymnasts. About the Amazonian one the situation is different once that in our state we don't have gymnasts with this prominence. It's also because the lack of last decade's documents which prove the gymnasts life, we choose analyses results since the eighteens.

The gymnast's permanence time in competition gymnastics was in medium from 9 to 10 years, considerate a short while comparing with the internationals one whom stay in medium 15 to 20 years.

Comparing the beginning age with the permanence time of the Amazonian gymnasts we observe that most of them stayed less than 10 years competing, what represent a short while in athletic longevity question.

Reporting to the national gymnasts we've got the followings results.

The beginning age of those gymnasts was between 6 and 8 years old and the permanence time was from 17 to 18 years. This is a good while compared to the international level.

Comparing the beginning age to the permanence time in the national gymnasts, we observe that the gymnasts whom begun around 5 years old got a good longevity in gymnastics, and the others whom begun around 9-10 years old didn't get to stay too long in gymnastics.

Reporting to the internationals gymnasts we've got the followings results:

Referring the international gymnasts beginning age, we observe most of them start around 4 years old. We must note that we didn't find any case where a gymnast has start with 8 years old. We observe that the permanence time of those athletes was from 15 to 20 years. The medium was 17 years of athletic life within this modality. Comparing to Brazilian gymnasts, we saw there are international gymnasts whom get to keep on competitive rhythmic gymnastics for until 20 years, contrasting with the national and Amazonian gymnast's longevity.

Making a comparing between the beginning age and the while the international gymnasts get to keep on competitive rhythmic gymnastics, we could observe one more time that the gymnasts whom begun earlier had a longevity which can be considerate very well in their gymnasts career.

We'll show a comparison of the sportive life in the beginning ages between the three gymnasts' categories. We observed that the Amazonian gymnasts begin later than the nationals and internationals gymnasts. The national gymnasts also present a beginning age superior comparing to the international gymnasts. That's it, doing a general comparison between the three categories we observed that the gymnasts who begin sooner are the internationals one, after the nationals and, in the last, the Amazonian gymnasts.

Making again a comparison between the permanence times in the gymnastics, mainly in those categories, we can

observe that:

•The gymnasts who keep more time in competition are the internationals who get this effect for two decades.

•The national gymnasts attains (in this research) until 18 years of permanence as gymnasts.

•The Amazonian appear in the last position, with a maximum permanence time of 14 years in the competition gymnasts. (in this research)

6. CONCLUSIONS AND COMMENDATIONS

From the basis raised we could conclude that the effects of the precocious initialization in the rhythmic gymnastics gymnasts are divers. They change with each gymnast, because we have to considerate the principle of the individual biology which is: hereditability, environment where the gymnast live, biotype, etc…

Knowing that the competitive Rhythmic Gymnastics is a modality which asks big amplitude exercises and also time straight and endurance alloyed to the elegance and to the moving lightness, it's necessary a strong base works, for in the future obtain good results.

We know today that the Rhythmic Gymnastics pass by an evaluated process very strong those lasts years relational to the demanded exercises, with a lot of changes in the Punctuations Code of the R.G.

Today, the obligatory exercises of the R.G. presents bigger degree of difficulties for the execution and still have to be alloy to the elegance end the lightness of the movement. Therefore, it's necessary an excellent base works and after a strong training work cause we know that certain physicals capacities develop until a determinate age and after we only conserve this capacity obtained in the boyhood.

Precocity in the Rhythmic Gymnastics, sooner is it better? This was our research title. Since the raising basis we can conclude that the effects of the precocious initialization in gymnasts of the Rhythmic Gymnastics are several and they change depending each one, considering the principle of the biologic individuality that involves the hereditarily, biotype and aspects socio-cultural where are included the gymnast's locus *and the modus Vivendi.* As answer for our main statement, the basis leads us to certificate that the gymnasts who begun earlier show athletic longevity and results in championships that overcome the ones who begun later.

In all the categories: Amazonian, national and the international one, whom has begun early like with 5 years old, so they had a good performance within the Rhythmic Gymnastics.

In the case where gymnasts also begun in a precocious age, around 8 years old, what was not the case with the internationals, they don't get to stay for long in the gymnastics, what is visible in the Amazonian gymnasts?

The raisons of this short duration seem to be diverse. That's why we need to do a work more detailed about those raisons, even that they are physiologic, public or personal order.

We also observe a bigger number of conquered premiums or of participations in big competitions from the R.G. in the internationals gymnasts.

The internationals gymnasts have more opportunity to arrive in big competitions. The raisons can be several, but according to the obtained basis, we observed that the internationals gymnasts begin earlier than the national and regional gymnasts.

We recognize that our sample was reduced and that's why we understand there is a need of more studies with deepening about this subject. We thought also that will be interesting to realize it *in locus,* with possibility of gymnasts and ex-gymnasts debriefing from the three quoted categories. And consequently we will be able to obtain an ample sample of each category, what will also drive us to news conclusions.

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Rua São Thomé, 69. São Raimundo. Manaus-AM-BR CEP 69027-050.
(92) 3671-4735/8116-8187. alessandrabalbi@ufam.edu.br.

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ABSTRACT

The study had as objective to analyze the effects of the precocious initialization on gymnasts from the rhythmic gymnastics, as well to compare the beginning age of formation as gymnasts with their results and with the end of their sportive career. From the raised basis, we conclude we have several effects of the precocious initialization in those gymnasts and they change depending each one, considering the principle of the biologic individuality that involves the hereditarily, biotype and aspects socio-cultural where are included the gymnast's locus *and the modus Vivendi.* As answer for our main statement, the basis leads us to certificate that the gymnasts who begun earlier show athletic longevity and results in championships that overcome the ones who begun later

Key-words: precocity; Rhythmic gymnastics; Athletic longevity

LA PRECOCITE DANS LA GYMNASTIQUE RYTHMIQUE, LE PUS TOT POSSIBLE, EST-CE MIEUX?

RESUME

Cette étude a eu comme conjoncture d'analyser les effects de l'inicialisation precoce chez les gymnastes de la modalité de la gymnastique rythmique, ainsi que mettre en relation l'âge du début de la formation comme gymnaste avec les résultats de sa carrière sportive. A partir des données prises, on a pu conclure que les effects de cette inicialisation precoce chez les gymnastes de cette modalité sont divers et varient de gymnaste à gymnaste, en considérant le príncipe de l'individualité biologique qui enveloppe l'héréditariété, le bio-type et les aspects sócio-culturels, ou s'inclu le *locus* et le *modus vivendi* de la gymnaste. Comme réponse à notre pricipale indagation, les donnés nous ont menés à affirmer que les gymnastes qui ont commencés plus tôt, présentent une longévité athlétique et des résultats en championnats qui surpassent les gymnastes qui ont commencé plus tard.

Mots-clef: Précocité; gymnastique rythmique; logévité athlétique

LA PRECOCIDA EN LA GYMNASTICA RITMICA, QUANTO MÁS TEMPRANO MEJOR?

RESUMEN

El estudio tuve como conjetura analizar los efectos de la iniciación precoz en gimnastas de la modalidad de gimnástica rítmica, bien como relacionar la edad de inicio de su formación como gimnasta con sus resultados y con el final de su carrera deportiva. Según los dados levantados pudimos concluir que los efectos de la iniciación precoz en gimnastas de la modalidad de gimnástica rítmica son diversos y que varían de gimnasta para gimnasta, tomando-se en consideración el principio de la individualidades biológica que envolvió la hereditariedad, biotipo y aspectos socio culturales, donde se incluí el *locus y el modus vivendi* de la gimnasta. Como reposta à nuestra principal indagación, los dados nos levan a afirmar que gimnastas que iniciaran más temprano presentan longevidad atlética y resultados en campeonatos que superan las gimnastas que iniciaran más tarde.

Palabras-llave: precocidad; gimnástica rítmica; longevidad atlética

PRECOCIDADE NA GINÁSTICA RÍTMICA: QUANTO MAIS CEDO MELHOR?

RESUMO

O estudo teve como conjectura analisar os efeitos da iniciação precoce em ginastas da modalidade de ginástica rítmica, bem como relacionar a idade de início da sua formação como ginasta com o seus resultados e com o final de sua carreira esportiva. A partir dos dados levantados pudemos concluir que os efeitos da iniciação precoce em ginastas da modalidade de ginástica rítmica são diversos e que variam de ginasta para ginasta, levando-se em consideração o principio da individualidade biológica que envolve a hereditariedade, biotipo e aspectos socio culturais, onde se inclui o *locus* e o *modus vivendi* da ginasta. Como resposta à nossa principal indagação, os dados nos levam a afirmar que ginastas que iniciaram mais cedo apresentam longevidade atlética e resultados em campeonatos que superam as ginastas que iniciaram mais tarde.

Palavras-Chave: precocidade; ginástica rítmica; longevidade atlética