86 - EVALUATION OF GYMNASTS LASSALISTAS OF ARTISTIC GYMNASTICS IN MANAUS

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INTRODUCTION

Exercise performance can be seen as a system whose properties interact all the time, in other words, when a property is changed, all others will be influenced, but not only the interaction of a system that affects sports performance, but the notions of space and time as well. The athlete's performance can be affected by the loss of equilibrium of the system. The first step is to identify the skills and motor skills that must be trained in a particular sport. (SILVA, 2006)

According Nunomura (2010) to prepare the way sports envisions consolidating the functionality of the athlete in the long term and achieve excellence in the sport of choice in older ages. Several authors in the literature as Balyi (2003), Bompa (2000), Weineck (1999), Chaurra, Zuluaga e Peña (1998) e Zakharov (1992) suggest models of sports training.

Artistic Gymnastics (AG) involves a wide range of motor activities that require specific skills of its practitioners. It is a sport whose gestures rely on techniques that, due to high regulatory standards, require physical characteristics, and somehow unusual. For this reason, it is important to filter talent early, so you can direct the work differently for children wishing to achieve high performance and they will practice it as a form of leisure. The talent selection becomes easier the job done right with the right person. (ALBUQUERQUE & FARINATTI, 2007).

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Lanaro Filho & Böme (2001) claim that Marques (1991) in their study to detect talented children to the sport should be effected from the observation of the child by the coaches in competitions, or from subjective and empirical procedures, which may cause errors, you should then check the process of detection and selection of talent, selecting appropriate scientific strategies, without underestimating the role of trainers and educational observation.

The selection of sporting talent to Böhme (1995) are the means used to verify that the individual may be admitted to the higher level of systematized training in a specialty sports, for a high level of sporting performance in the sport for which has motor and psychological predispositions.

Nedialkova, Soares & Barros (2006) argue that the evaluation tests have seen the first fruits as a child's basic possibilities, selecting future talent. Enables the technician know better future performance gymnast, providing reference points that allow to know the improvements and advancements in the tasks taught, besides collecting relevant information about training.

The gymnast of Lassalista's Club is prepared from the initial stage and there is a school project, Athletes Value, which selects low-income athletes with talent to study at the school where this project is conducted by a selection minimal skills to compose a team.

We have 30 beginner students, where 15 are between 4 and 7 years and the other 15 between 8 and 11 years. The beginners class I, between 4 and 7 years, the work is more playful, inserting the elements of AG in games such as walking in six support turn into little kit, jumps turn into kangaroo and sapo and with time we will also entering the real names of the exercises, as the extended jump, jump Grouped among others. Already in the beginners class II, 8-11 years, the work is more directed, perform the sequences of lessons with the basics (walking and running gymnastic; Grouped positions, pike and extended; positions of arms and legs, heels Grouped, extended and pike; Grouped rolling, extended and pike; star; undercarriage; handstand, reversing back and foward) and from the class of elements that demonstrate more difficulties conducted a pedagogical progression work more effective, due to be a class heterogeneous, where some spent the beginner class I to class II for beginners and those who have never done gymnastics. In the class of the team for students who are invited to migrate from beginners class II and those used by the project Athletes Value. For this invitation happens we donne a test where the student should know the basic elements, previously mentioned, and have the physical capabilities desired for fitness, such as strength of lower and upper limbs and abdomen , flexibility and endurance . The athletes on the team are divided into categories and levels, to compose the best training division. We currently have 16 students, of which 14 are male and 2 female suit. In the women's team have 7 gymnasts in the category pre - child (one at level 2 and two at level 1); 5 gymnasts in the children's category (one at level 2 and four at level 1); 5 gymnasts in the youth category (one at level 2 and four at level 1); 1 gymnast in the adult category (level 2) . In the men's team have two gymnasts in the youth category (level 1).

Tests were presented by Bulgarian authors Nedialkova, Soares & Barros (2006) in the category pre-child, a gymnast from the child category and two in the youth category. The table below is a brief reference to the data for each age and how you should proceed to the development of tests.

Ages / Tests	8 to 10 years	11 to 12 years	13 to 15 years
Speed 30m	6,1 to 5 sec	6,1 to 4,7 sec	6,5 to 5 sec
Vertical Jump	21 to 42 cm	28 to 48 cm	29 to 47 cm
Horizontal Jump	1,27 to 1,94 m	1,42 to 2,03 m	1,45 to 2,11 m
Abdominal	38,6 to 22,6 sec	38,4 to 22,8 sec	38,6 to 23,1 sec
Y (legs flexible)	24 to 0 cm	8 to 0 cm	5,5 to 0 cm
Balance	1,7 to 5,8 sec	1,9 to 6 sec	2,2 to 6,7 sec
Standing height	121,5 to 143,0 cm	142,2 to 152 cm	146,2 to 163 cm
Sitting height	85,1 to 104 cm	84,5 to 103,7 cm	83,8 to 103 cm

Table 1 - Bulgarians Tests - Reference values for the gymnast scoring 1-50.

In the test speed of 30m, the gymnast must run a distance of 30 m and registers the time held by it in seconds. The

vertical jump register the distance from the outstretched arm in static position near the wall (b) , then the same jumps and it turns out what height reached (a) where he finally realizes the calculation of the distance reached by jumping least the height of the arm extended in a static position in centimeters (SV = a-b). In horizontal jump the gymnast stands with feet parallel in ground zero and performs three jumps, recording the best jump in meters. In abdominal strength the gymnast, lying down, with his hands resting on his head and held by another person, legs extended, the gymnast performs 30 pushups hip 90o, has become the time to perform the exercise in seconds. In Legs flexibility (Y) is checked in the Grand ecart sagittal right leg (S1) , Grand ecart in sagittal with the left leg (S2) and Grand ecart in front with legs apart next and takes place the following calculation: Y = S1 + S2 + S3 in centimeters. At equilibrium, the gymnast must be balanced in support of a leg and the other half end in high position Passet - high to 90o ahead - and bent, touching the knee of the supporting leg with his toe. Running 10 times , 5 with the right leg and 5 with the left leg. Mark the timer in seconds the 10 executions, add and divide by 10. The test of sitting height the following calculation is performed in centimeters: [(standing height - sitting height) / Sitting height] x 100 = u .

The following are the results of testing with the Lassalista's Club category pre - child , child and youth.

Name	Speed 30m	Vertical Jump	Horizontal Jump	Abdominal	Y	Balance	Standing height	Sitting height	Bulgarians Tests
Carine Eduarda – 8 years	0	41	0	0	38	2	24	9	114
Ana Beatriz – 8 years	0	41	0	0	50	0	39	13	143
Thais Caroline – 9 years	0	10	0	0	44	7	0	12	73
Camille Alana – 10 years	0	17	29	6	30	50	0	7	139
Mariana - 10 years	0	17	13	0	2	50	0	35	117
Mayara – 10 years	8	50	13	0	0	50	0	35	156
Raisa – 12 years	31	26	22	0	0	0	45	24	148
Gabryelly – 13 years	0	2	0	0	0	31	0	21	54
Jéssica – 15 years	41	42	19	6	0	50	0	12	170

Table 2 – Bulgarian's Tests Results

It was found that the gymnasts Carine Eduarda, Ana Beatriz and Thais Caroline need to work their speed, strength of legs and abdomen, improve their static equilibrium, the gymnast Camille Alana need to work your speed and improve your abdominal strength; gymnasts Mariana and Mayara need to work their speeds, abdominal strength and flexibility, the gymnast Raisa must work abdominal strength, flexibility and balance, the gymnast Gabryelly must work speed, legs and abdomen strength and flexibility, the gymnast Jessica needs to work flexibility and improve abdominal strength.

If the test were applied for the selection of talent of any gymnast evaluated would be classified due to minimal sum to be 200 points. But also should take into account that the reference population where the tests were applied is different biotype presented by Amazonian gymnasts. Another factor that may have affected the outcome of the tests is that in Rhythmic Gymnastics is valued gymnasts with long legs, and we can see the tests standing height and sitting most of the gymnasts were with low scores. The question then is, why use Rhythmic Gymnastics tests in athletes Artistic Gymnastics? Until then we have no validated tests for the population of Artistic Gymnastics in Brazil and how most of the physical abilities required for the performance of the exercises are similar we decided to use this test and see how far our team would be of high performance athletes.

According to Silva (2006), A.G. this closed between motor skills, where the athlete is always responding to requirements with highly complex and requires a high level of fitness probation for obtaining short-term results causing the child to be subjected to his early training. But we must take into consideration that long-term results are more reliable than the short-term results, where childhood is only an initial period of training.

Gallahuel and Ozmun (2005) state that between 6 and 10 years is great progress in coordination and motor control, which facilitates the learning of motor skills increasingly complex.

Because of this, and according to several studies applied in gymnasts, many coaches say the ideal age for learning Artistic Gymnastics is from 6 years old.

According Gallahuel and Ozmun (2005) environmental factors also influence the motor development of the individual, for he was not to be subjected to appropriate experiences as a child can not come to perform a certain task when adult.

Therefore the tests were only applied in gymnasts diagnostics to check the degree of aptitude for the sport and check the direction of training each gymnast, because the reality of life and motor training of the gymnasts are different of Bulgarian's gymnast. In the Amazon there is no program of Physical Education for the effective teaching of basic motor skills of gymnastics, thus decreasing the range of athletes as the basis for the selection of talent and now in Bulgaria , we learned, because the gymnasts Rhythmic Gymnastics Amazon undertake exchange in this country, there is a specific program of Physical Education where all teachers must hold gymnastics classes for all students of Basic Education and the reality of the devices in the public school system and at Amazon is quite different from that of public schools shows that Bulgarian minimal conditions for teaching modality. Therefore we decided to analyze the tests according to the protocols of the book Manual de Avaliação Física of autor Machado (2010) which provides testing for youth 8-15 years in the case of gymnasts evaluated .

Name	IMC	Agility	Respiratory	Strength of MMSS	Vertical Jump	Horizontal Jump
Carine Eduarda – 8 anos	Normal	Good	V. Good	Weak	Good	V. Good
Ana Beatriz – 8 anos	Normal	V. Good	V. Good	Weak	Good	V. Good
Thais Caroline – 9 anos	Normal	Weak	V. Good	Weak	Weak	Weak
Camille Alana – 10 anos	Normal	Good	Excelent	Reasonable	Reasonable	V. Good
Mariana - 10 anos	Normal	Good	Excelent	Weak	Reasonable	V. Good
Mayara – 10 anos	Normal	V. Good	Excelent	Weak	Weak	V. Good
Raisa – 12 anos	Normal	V. Good	Good	Reasonable	Weak	V. Good
Gabryelly – 13 anos	Normal	Reasonable	Fraco	Weak	Weak	Weak
Jéssica – 15 anos	Normal	Reasonable	V. Good	Weak	Weak	V. Good

Tabela 3 – Tests Results according Machado (2010)

The National Tournament is divided into levels, level 1 gymnasts must perform the star without hands, mortal forward,

flic flac and reversion back. At level 2 in addition to the factors mentioned in level 1 must be performed in sequence acrobatic rolling one, two flic flacs and a mortal back.

The gymnasts Carine Eduarda, Ana Beatriz , Thais Caroline, Mariana and Mayara category Pre - children are at level 1. But to make all the elements required to Carine Eduarda and Thais Caroline need to improve the mortal forward, they do not realize it can not do it on the mattress competition but only in fat mattress. Ana Beatriz hold this close to the star without hands, his execution of the element is not constant, one time realized another time do not and mortal forward is the same situation the gymnasts Carine and Thais. The gymnast Camille Alana category Pre-Infant and gymnast Raisa category Infant are at level 2 and perform all the required elements needed improvement to the mortal foward, because these are landing with the trunk down losing score in execution. The gymnast Gabryelly this category Youth at level 1 and does not carry the star without hands because the speed printed by their legs are not sufficient observed in the test presented by Machado (2010) that the gymnast has no force legs to the mortal foward and flic flac because it carries the mattress competition but only in fat mattress. A gymnast from junior Jessica is at level 2 and does not carry the mortal back and acrobatic sequence undercarriage, two flic flacs and mortal back because your flic flac does not have a proper direction, it pulls to the right side hurting application of the second flic flac and consequently failing to achieve the precision mortal back. In the same workout mattress performs acrobatic sequence with aid mortal back.

According to Santos et al (2001) the coach is responsible for the child's learning, guiding them and corrects them in a particular movement, being a facilitator, helping the child in interpersonal relationships with the other team mates in question. Influences your athlete positively or negatively according to their attitudes and personality, in certain situations. Turn athletes hope coach, attitudes and actions that guide them to success. So that we can infer the results presented by athletes such as gymnasts and Camille Alana Raisa they need to improve their performances and only gymnast Jessica the mortal back, where the training is being implemented together with the interaction that happens athletes with techniques and the results are satisfactory to the competition target.

With the scoreboard presented during the research can identify which of the nine gymnasts assessed 5 (Camille, Mayara, Mariana, Jessica and Raisa) is able to compete in the National Tournament. In the category Pre-Infant two gymnasts complete eight years of age in 2013 (Ana Beatriz and Carine) and age to compete is 9 years of age in the year of the competition, but went into the study to see if they are on track for the next year and in the Youth category, the gymnast Gabryelly not successful in most tests.

CONCLUSION

Artistic Gymnastics is a sport complex that requires a degree of intense training, the athlete demanding large motor control because the AG is a sport of motor skills closed, very specific, very mode of.

The A.G. women compete on four apparatus: Floor , Balance Beam , Uneven Bars and Vault Table. Among which the Lassalista team yet trained and Solo, Balance Beam and Uneven Bars available this without a beam and the trampoline broke. So that we can see that the training team was impaired due to the cost of replacement of equipment and logistics to request the same.

Another factor is because of the staff need more training physical skills to accomplish the required elements of the National Tournament .

"According to Añó (1997) and Marques (1997), pratice sports for children and adolescents can have advantages and disadvantages. The advantages are: high level of activity for children, serves to stimulate health, helps growth, can correct physical feats, increases coordination and motor possibilities, is the basis of subsequent performance, increases the level of social responsibility and allows live with failures. The disadvantages are: physical defects derived from inadequate training social maladjustment, aside from other fields of activity and excess liability (stress). The quality, quantity and purpose of the job will determine the harms and benefits of the sport." (SILVA, 2006) .

According to Silva (2006) model of analysis for high-level teams of children and adolescents is essential to identify the motor skills of a sport using the method of technical training, tactical and cognitive suits them considering the stages of motor learning and factors influencing the acquisition of motor skills.

Silva (2006) states that quantitatively children and adolescents should train less than adults. Considering the biological age, sensitivity training and training beyond the logical order of the psychological characteristics, social and nutritional presented by the athlete is essential.

"According Barbanti (1997), Böhme (1999) and Filin (1996), planning the training with children and adolescents should be done for several years, and the annual organization should not only prioritize competitions. The ratio of long-term training with the yearly calendar should be held in a harmonic way: a part of the workout should be devoted to training and one for competition On the one hand, the younger the athlete, the greater the need for the kind of workout training." (SILVA, 2006)

We believe that the time printed for the training is not ideal because Bortoleto (2007) conducted a case study checking the conditions of training high performance with the Men's Artistic Gymnastics athletes between 12-26 years and found that they share their workouts on a journey daily two sessions totaling 5-6 hours of training six days a week and about 300 days a year with 15 days of rest during the holidays with the concern of splitting your workouts respecting the motor development of each age group and team training Lasallian only 6 hours per week on the night shift and 2 hours on Saturday morning 8 hours weekly total over 10 months, corresponding to 230 days a year with 130 days of rest due to the recess and have no training in the days of Friday and Sunday demonstrating that our reality training this far short of a high performance team.

Another limitation is the technical, because for a good performance of the athlete is necessary a multidisciplinary team consisting of physiotherapist, nutritionist, coach and choreographer to conduct the work in a targeted and at present we have only two techniques. But even with all the difficulties we found that the gymnasts are committed to participate in national competitions, despite not having technical grade to garner the best positions in the competitions.

The picture Amazon shows that even with such difficulty they spared no efforts for the continued participation of their athletes in competitions regional, state and national. There is no doubt that greater investment is needed in the form so that there is national level athletes, but as we can see in history of the sport in the Artistic Gymnastics Amazon has made great progress.

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EVALUATION OF GYMNASTS LASSALISTAS OF ARTISTIC GYMNASTICS IN MANAUS

ABSTRACK

This paper presents a study evaluating gymnasts of Lassalista's club held at La Salle (Manaus - Amazonas). The main objective of this research was to determine which gymnasts must compete on a National Artistic Gymnastics Tournament to be held in November 2013 from an assessment by the tests presented by Bulgarians Nedialkova, Soares & Barros (2006), physical tests presented by Machado (2010) and the mandatory elements required by National Tournament. Among the most relevant observations can highlight the difficulties in training, and team effort in participating in national competitions. Thus we can see that even with the difficulties presented the Amazonas is progressing in Artistic Gymnastics.

KEY-WORDS: Artistic gymnastic; Physical Evaluation; Physical training.

ÉVALUATION DES GYMNASTES LASSALISTAS DE LA GYMNASTIQUE ARTISTIQUE À MANAUS

RÉSUMÉ

Cet article présente une étude évaluant gymnastes de le Club Lassalista qui s'est tenue à Centre éducatif La Salle (Manaus - Amazonas). L'objectif principal de cette recherche était de déterminer quels gymnastes doivent rivaliser sur un Gymnastique Artistique Tournoi national qui se tiendra en Novembre 2013 à partir d'une évaluation par les tests présentés par les Bulgares Nedialkova, Soares et Barros (2006), des tests physiques présentés par Machado (2010) et les éléments obligatoires requis par tournoi national. Parmi les observations les plus pertinentes peuvent mettre en évidence les difficultés dans la formation, et l'effort de l'équipe à participer à compétitions nationales. Ainsi nous pouvons voir que même avec les difficultés présenté l'Amazonie se poursuit en gymnastique artistique.

MOTS-CLÉS: Gymnastique Artistique, Évaluation physique, Éducation physique;

EVALUACIÓN DE GIMNASTAS LASSALISTAS GIMNASIA ARTÍSTICA EN Manaus

RESUMEN

En este trabajo se presenta un estudio de evaluación de las gimnastas del club Lassalista celebrado en Centro Educativo La Salle (Manaus - Amazonas). El objetivo principal de esta investigación fue determinar que los gimnastas deben competir en un torneo nacional de Gimnasia Artística que se celebrará en noviembre de 2013 a partir de una evaluación de las pruebas presentadas por los búlgaros Nedialkova, Soares y Barros (2006), las pruebas físicas presentadas por Machado (2010) y los elementos obligatorios requeridos por el Torneo Nacional. Entre las observaciones más relevantes podemos destacar las dificultades en la formación, y el esfuerzo del equipo para participar en competeções nacionales. Así, podemos ver que a pesar de las dificultades que presenta la Amazonía está progresando en la gimnasia artística.

PALABRAS CLAVE: Gimnasia artística, Evaluación Física, el entrenamiento físico;

AVALIAÇÃO DAS GINASTAS LASSALISTAS DE GINÁSTICA ARTÍSTICA EM MANAUS

RESUMO

Este artigo apresenta um estudo da avaliação de ginastas do clube Lassalista realizado no Centro Educacional La Salle (Manaus - Amazonas). O objetivo principal desta pesquisa consistiu em verificar quais ginastas tem condições de competir no Torneio Nacional de Ginástica Artística 2013 que ocorrerá em Novembro a partir de uma avaliação pelos testes Búlgaros apresentados por Nedialkova, Soares & Barros (2006), testes físicos apresentados por Machado (2010) e os elementos obrigatórios exigidos pelo Torneio Nacional. Entre as observações mais relevantes podemos destacar as dificuldades no treinamento, e o esforço da equipe em participar das competições nacionais. Desta forma podemos constatar que mesmo com as dificuldades apresentadas o Amazonas esta progredindo na Ginástica Artística.

PALAVRAS-CHAVE: Ginástica Artística; Avaliação Física; Treinamento Físico;