

# Sports selection system in triathlon

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**Purpose:** to analyze the contents of the main stages of sports selection of triathletes.

**Material & Methods:** study and generalization of special literature on the issue of sports selection in continuous triathlon, analysis of triathletes selection based on normative documents.

**Results:** there were reviewed the particularities of sports selection of triathletes on each of its main stages and the role of heredity as a necessary condition for practicing sports for endurance, and also there was shown the procedure of calculation of rating points.

**Conclusions:** sports selection plays a key role in the admission of pupils to the departments of triathlon in sports schools as well as in the formation of picked teams of all levels for participation in competitions on continuous triathlon.

**Keywords:** continuous triathlon, heredity, sports selection, triathlete, rating points.

## Introduction

Sports selection represents the system of actions for the identification of sportsmen whose individual opportunities in the maximum degree correspond to specifics of the chosen specialization.

As triathlon is one of the most difficult individual cyclic sports, the process of preparation for competitions and participation in them demands from a triathlete of huge expenses of time and forces. To begin to be engaged in continuous triathlon heavy physically, it is necessary the powerful incentive premise for a sportsman who has earlier tested himself in swimming, cycling, run or other types. The most widespread internal motives of classes by a new sport on endurance are natural desires of a sportsman to test themselves, to try forces with rivals, to overcome a classical distance of super-marathon and to become an «iron man», to estimate a limit of the psychophysical opportunities at this temporary stage, to define further ways for self-improvement of physical qualities, etc., at last, to ego-trip as the strong personality. It is impossible to be engaged in triathlon, without being a purposeful person possessing high moral and strong-willed qualities [1; 2].

However now specialists of sport schools select potential triathletes at younger school age when the specified qualities at them only begin to be formed [8]. Therefore the external motivation prevails at a child at the entrance in sports section because the initiative of classes by this sport belongs most often to adults – parents, teachers, coaches (to occupy leisure, to provide supervision, to improve physical development, to open and realize the put inclinations by the nature etc.). In this regard primary internal motives of children – satisfaction of need for the movement and entertainment – under the leadership of experts in the field of physical culture and sport gain the purposeful intelligent character. Further they (motives) change and reconstructed under the influence of systematic trainings in the course of the general development of the personality, accumulation of knowledge, abilities, skills, experience. The emotional pleasure for the sporting achievements

is one of the major factors strengthening positive motivation to further classes by continuous triathlon [2; 4; 5; 9].

The end result of familiarizing of the younger generation with a new sport on endurance, besides strengthening of health and physical improvement, also he will have the formation of new vital philosophy active and a healthy lifestyle.

## The purpose of the research

To analyze the maintenance of the main stages of sports selection of triathletes.

*Research tasks:*

1. To unveil features of sports selection of triathletes on each of its main stages.
2. To consider the role of heredity as necessary condition for classes by sports on endurance.
3. To show the procedure of calculation of the rating points which are necessary for participation of triathletes in the international competitions.
4. To show specifics of selection of triathletes for participation in the Olympic Games.

## Material and Methods of the research

1) the studying and synthesis of data of literary and Internet sources for an assessment of degree of study of a problem and allocation of the key provisions which are the cornerstone of sports selection in triathlon;

2) the analysis of stages of selection of triathletes on the basis of normative documents of the Federation of Triathlon of Ukraine (FTU).

## Results of the research and their discussion

Now the minimum age of pupils, who are enlisted in groups and departments on triathlon of children's and youth sports

schools, makes 8 years old in the domestic system of preparation of young triathletes, according to the Enclosure 1 to the order of the Ministry of Ukraine for family, youth and sport from 5/18/2009 No. 1624 [8; 13].

**The primary selection** is made for the purpose of determination of abilities (natural inclinations) of children to classes this sport by experts of CYSS. Its main task – the assessment of an opportunity and expediency of classes of a child by continuous triathlon, which is based on application of pedagogical methods (testing of results of performance of a number of the offered special exercises), medico-biological (including morphofunctional) and psychological (supervision, natural stating experiment, conversation) [13].

Because at this stage of selection one of the main criteria are a state of health, physical development, level of functioning of the main systems of an organism of children, the important role in receiving adequate representation about health and morphofunctional state being admitted to sports school plays the qualified medical control. It assumes studying of the anamnesis according to the out-patient card of a child, determination of predisposition to hereditary diseases (on the basis of the analysis of incidence of parents), and also diagnostics and predictive assessment of a condition of his physical and mental health.

At selection the important role is played by comparison of the informative signs, which are revealed at a child in the course of complex inspection causing productivity in the chosen sport to reference indicators of a sportsman of this specialization. The generalized similar data of triathletes who achieved considerable results in continuous triathlon in different years undertake as model standard signs – morphological, physiological, metabolic, psychological [13].

The special attention should be paid to those revealed signs which authentically influence indicators in sports on endurance, and their improvement to the level of reference indicators not to dependently training influences since they are put in the genetic program of a child. So, the heredity role in manifestation of constitutional signs (growth, length of the top and lower extremities, constitution type, etc.) is rather big. Besides, genetic predisposition of physiological indicators (aerobic productivity, maximum HR, MOC) and features of the muscular device (a ratio of slow and fast tissues in structure of muscles) are also established by scientific researches, therefore the knowledge of morphological characteristics and physical capacities of his parents is of great importance in forecasting of the development of a child [2; 6].

Also it is necessary to consider that the genetic information on the signs which is put in a child, influencing the productivity, is realized only on condition of optimum training influence in each age period.

Because continuous triathlon provides training of a child by three diverse types of physical activity, imposing various requirements to the engaged, the most acceptable type of a constitution of future a triathlete is mesomorphic (classification of somatotype by Sheldon) that is considered at the selection.

The conditional duration of the primary selection is about three months. The most intensive elimination of children on the basis of medical and biological factors is observed at this stage.

**The second stage of the selection** falls on the period of initial sports specialization and the main objective has forecasting of endowments in the chosen type of the program of triathlon at this or that distance. The leading evaluation criteria – is dynamics of growth of the required physical qualities and aerobic productivity, and also the extent of adaptation of an organism to the raising loadings in process of trainings.

The duration of this period reaches two years depending on the chosen specialization, the time of its beginning and age of a young sportsman [2; 9].

The main tasks of the following **third stage of selection** are: 1) final choice of a distance of a type of the program of triathlon (specialization); 2) identification of the most gifted triathletes; 3) completing of team collectives by the most perspective young sportsmen [3; 14].

At selection at 2–3 stages it is necessary to consider manifestation of genetic (hereditary) factors, and also rates of a gain of functionality and development of motive qualities from juvenile (initial) indicators to definitive (reached at this or that stage of sports improvement). At the systematic supervision for engaged at different stages of sports improvement by means of creation of the schedule-physiogram, it is possible to trace the dynamics of growth of indicators of any sign, and also on its juvenile values to predict definitive by the end of the observed period. It gives the chance to reveal the most talented pupils who are capable to achieve further high sports results, owing to carrying out with them individual training work.

Problems of the subsequent stages – selection of the best representatives of FCS, CYSS, SCYSOR, SHSS, HSPC, sports clubs on different age groups for completing of national teams of the cities, areas, areas, the Autonomous Republic of the Crimea. The system of selection in the national team of Ukraine on triathlon imposes more strict requirements to sportsmen according to “The provision on a regular national team on team of Ukraine on sports” [10; 11; 13; 14].

FTU created a special system of selection for the purpose of definition of the strongest sportsmen for inclusion them in a national team of the country (candidates for the main structure and reserve) [7]. Its main aims consist in completing of the strongest team’s line-up for participation in the European championships and the world, the championships of Europe and the world, draws of European Cups and the world, the Olympic Games, and also in drawing up a rating of sportsmen [12; 14].

Triathletes who will show the corresponding results at the making triathlon distances can become candidates for a national team of Ukraine (the main structure): Men have 1500 m of swimming – 17:20 min, at women – 19:10 min, men have 10 km of run – 32:30 min, women have 37:30 min (table 1).

Among sportsmen of the age group “teenagers” only winners and prize-winners of junior national championship can apply for membership in the national team.

The results of participation in All-Ukrainian competitions and the international starts are taken into account by drawing up a national team of Ukraine on triathlon, candidate structure and reserve (40 persons, from them 25 sportsmen and 15

sportswomen) [7; 11]. Also the positive dynamics of growth of personal sports results, the implementation of the established standards in the disciplines making continuous triathlon (see tab. 1), psychological firmness, and motivation on the achievement of good results, ability to carry out tactical installations of a coach, a rating of triathlete are considered.

The structure of a regular national team of Ukraine is formed by coach's council for results of selection and approved by Presidium of FTU after payment by sportsmen of annual membership dues of Federation, providing the individual plan of preparation the next year, medical examination passing (the triathletes belonging to the category "elite" and preparing for the World Cup, are exempted by the decision of Presidium of FTU from the participation in selection) [15; 12].

The combined team players, being in a team's line-up, are obliged to adhere to requirements "Regulations on a regular national team to team of Ukraine on sports".

The member of a national team can be brought from its structure on representation of the head coach (the final decision is made by Presidium of FTU) [12].

FTU takes his initial rating making 1/3 from a rating of last year as a basis at calculation of a rating of a triathlete. Further the performance in All-Ukrainian competitions according to the table 2 "Three best indicators on swimming in a year in individual competition on open water (taking into account coefficient of competitions)" approved by the Ministry of Ukraine for family, youth and sport is considered. The charge of rating points to the sportsmen, who haven't won first place, is made only on condition of difference of the winner no more than 5% at men over time and women have 8%.

The European Federation of Triathlon (EFT) makes to sportsmen also the rating (on condition of entry into the first 100 at men and 50 at women) by results of participation in the international competitions.

The general rating of a sportsman consists of the sum of ratings of EFT and FTU [14].

Penal points are counted to triathletes at a descent from a distance of the combined race: at All-Ukrainian competitions – 20, on international – 40. In some cases at emergence of unforeseen circumstances (trauma of a sportsman, breakage of the bicycle, etc.) the question of charge of penal points is considered by coach's council [15].

***There are following conditions for participation of the combined team players of Ukraine (men and women) in the international competitions in triathlon:***

1) the first among the Ukrainian sportsmen at a stage of the European Cup and 1–2 sportsmen according to the decision of coach's council, taking into account their rating and implementation of standards for swimming and run by them according to table 3 pass on the European championship among adults (individual competitions), taking into account ETU quotas;

2) winners of the next summer sports of youth of Ukraine and 2–3 sportsmen according to the decision of coach's council, taking into account performance in the championship

of Ukraine, their rating and implementation of standards for swimming and run by them according to table 3 pass on the European championship among youth (individual competitions), taking into account ETU quotas;

3) winners of the championship of Ukraine among juniors and 1–2 sportsmen according to the decision of coach's council, taking into account their rating and implementation of standards for swimming and run by them according to table 3 pass on the European championship among juniors (individual competitions), taking into account ETU quotas;

4) sportsmen by results of performances in the current year, at the same time their participation in a series of the World Cup and the World Cup stages is considered, pass on the World Cup among adults (individual competitions), taking into account ITU quotas;

5) sportsmen by results of performances in the European championship among youth take place on the World Cup among youth (individual competitions), taking into account ITU quota;

6) sportsmen by results of participation in the European championship among juniors pass on the World Cup among juniors (individual competitions), taking into account ITU quota [14].

## ***The selection of triathletes for participation in the Olympic Games***

This sport is presented in the summer Olympic Games only by one combined distance of 51,5 km (1,5 km of swimming + 40,0 km of cycle driving + 10,0 km of run). Only 110 sportsmen (55 men and 55 women) are allowed for participation in competitions in triathlon on a quota of the Olympic Games [3].

The best 8 countries according to a rating in the world have the right for the three representatives (quota) in games, the others – to one or two (depending on a rating).

The rating selection begins in two years prior to the forthcoming Olympic Games (since June) for obtaining the Olympic license. 16 starts (the European Championships and the world, World Cups) include offset. The selection comes to the end in the Olympic year (in June).

Triathletes, having the highest rating, taking into account a country quota, are allocated with the honorable right to represent the state at the summer Olympic Games [12; 14; 15].

## **Conclusions**

It is possible to draw the following conclusions on the basis of the conducted research:

1. Sports selection plays a key role at taking in of pupils in departments of triathlon in sports schools, and also when forming national teams of all levels for participation in competitions in continuous triathlon.

2. Genetically put morphological and physiological features of an organism of a child substantially influence productivity in the chosen sport and are of great importance for forecasting of the development and further sports improvement.

**Table 1**  
Standards for swimming and run for sportsmen of a regular national team of Ukraine, candidate structure and reserve on triathlon

	Distance (m)	Unit	Sex	Main staff	Candidate staff	Reserve of national team
swimming	400	min:s	M	–	–	04:44
		min:s	W	–	–	05:12
	800	min:s	M	09:11	09:20	09:51
		min:s	W	09:45	10:00	10:40
1500	min:s	M	17:20	17:45	–	
	min:s	W	19:10	19:30	–	
run	2000	min:s	M	–	–	06:00
		min:s	W	–	–	07:10
	5000	min:s	M	15:45	16:00	16:30
		min:s	W	18:00	19:00	20:00
	10000	min:s	M	32:30	33:00	–
		min:s	W	37:30	39:00	–

**Table 2**  
Three best indicators on swimming in a year in individual competition on open water (taking into account coefficient of competitions)

№	All-Ukrainian competition	Coefficient
1	Championship of Ukraine on Olympic distances	2
2	Summer sports games of youth of Ukraine	1,5
3	Cup of Ukraine at the Olympic distance	2
4	Championship of Ukraine at a sprint distance	1
5	Cup of Ukraine at a sprint distance	0,7
6	Championship of Ukraine at a super-sprint distance	0,5

**Table 3**  
Standards for swimming and run for participation of triathletes (1–2 people) in the European championship according to the decision of coach's council

	Distance (m)	Unit	Sex	Adult (24 years old and older)	Youth (20–23 years old)	Juniors (18–19 years old)
swimming	800	min:s	M	09:11	09:11	09:30
		min:s	W	09:45	09:45	10:20
	1500	min:s	M	17:30	17:40	–
		min:s	W	19:30	19:40	–
run	5000	min:s	M	15:45	15:45	16:00
		min:s	W	18:00	18:00	18:30
	10000	min:s	M	32:30	32:30	–
		min:s	W	37:30	38:00	–

3. The rating of a triathlete is counted taking into account the initial rating of a sportsman, results of his performances in All-Ukrainian competitions and the international starts.

4. A triathlete needs to receive the highest rating by results of participation in 16 test international competitions in two years preced-

ing the Olympic Games for participation in the Olympic Games.

**Prospects of further researches.** The subsequent researches will be directed to studying of the factors, defining specifics of planning of long-term preparation in sport triathlon.

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