

## **Challenges of Tirunesh Dibaba National Athletics Training Center Field Event Trainee Athletes' in Assela - Ethiopia**

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### **Abstract**

*The present study was designed to identify the major challenges experienced by field event trainee athletes. In so doing the study was confined at Trunish Dibaba National Athletics Training Center in Ethiopia. To achieve the stated objective, the researcher mainly used qualitative case study methodology, as the topic under study focuses on a particular training center, and incorporates limited numbers of field event trainee athletes. The participants of this study were 12 field event trainee athletes', selected by purposive sampling techniques in the training year 2011 based on certain features: representing different sub-field events, experience, academic background, gender, and willingness of participation. As a method of data gathering tools in-depth interview, focus group discussion, and observation were employed. Taken together, of 12 trainee athletes 9 were interviewed, focus group discussion, and observation were employed. Taken together, of 12 trainee athletes, 9 were interviewed, and 3 athletes those who have not taken part in interview, participated in focused group discussion. The data secured through theses techniques were categorized and thematically analyzed to identify the major challenges. The result of the study, therefore, revealed that the major constraints associated with field event training as lack of effective & individualized training, cold weather, lack of sufficient, and balanced diet and lack of basic facility, 7 equipment. At the same time, among various facilities and equipment such as well-equipped gymnasium, transportation, recreational center, and medical service were found to be the scarcest once. To overcome these problems, recommendations were forwarded.*

**Key words:** *Athletics, Challenges, Field event, Training Center.*

### **INTRODUCTION**

Modern sport has a history of over half a century in this country. Even if, many types of games are introduced within this period, the development of modern sport is still at the infancy level. The causes for these are organizational, economical and

that of outlook. As the leadership in sports lacked a popular base in this country, it has been undergoing a series of continuous reorganization. Its focus has been on organizing competitive sports for the very few elite athletes (Ethiopian National Sport

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Policy [ENSP], 2004). They have gained recognition by themselves rather than nurturing sport as public's culture.

Yet as this intent on gaining victory lacks broad base that would replenish effective sport persons, the results registered have been declining, as well. In favor of this, ENSP (2004) further asserted that the limited role of the community in sports, the decline of sports in schools, the shortage of sports facilities, sportswear, and equipment, as well as the lack of trained personnel in the field must have made the problem more complex. As incorporated in the sport policy document (2004), the policy outlines clearly selected goal, strategies, and means as to how the problems could be addressed. It further defines to what point sport should be directed, what, how, why to train, who to be a trainer at different levels, decisions as to organization, facilities and administrative arrangements as well as coordination among its several elements.

In spite of all these frameworks, there seems to be an immense gap between what is written in black and white, and actually practiced on the ground, ever since the policy has been into action, i.e. the question of hands-on job. Apparently, sport in all countries is changing with time, but not uniformly at all, as the gap in resource between wealthy and poor countries is growing. As indicated also in this outset, the availability of quality sport facility is necessary for proper training; where this does not exist, it is difficult to achieve the intended objectives set a head of time (Judith, 1998). In a nutshell, this is a severe challenge that has been faced by many developing countries.

Conversely, Athletics is one of the purest of all sports relying solely on the strengths of the human body rather than technological implements. In agreement with this view, Brain (2011) contend, "Sport and games played in a country can tell us a lot about the county, how people in the particular country live". In the same vein, African countries from third world such as Ethiopia, Kenya, Algeria, Morocco, South Africa, Uganda, and Eritrea, many others have been and still are the icons of running events, particularly in the middle and long distances.

Typically, the rationale behind their achievement lays on that, the practice of this event requires remarkably little facilities, having a door -openers' "a role models", an engagement with manual work at the early age, for instance, long distance round-trip to school, fetching water and gathering fire wood ...etc. could be mention as some of the main factors (Tsehaynew, 2010). It is also important, at this juncture, to bear in mind that this statement is very consistent with the above one.

Likewise, when we talk about sport and Ethiopia, relatively few but world finest distance runners' just come to our mind. Hence, the New York Times called Ethiopia "running Mecca," due to its historical successes in the athletics program, in which it also took 5th place in the world ranking during the Olympic champion at Beijing (International Olympic commit [IOC], 2010). In effect, one could safely agree that Ethiopia has some of the best middle and long distance runners in the world. To strength this point, I think, quoting Judah (2008) assertion is apt:

*On 10 Sept 1960, Abebe Bikila, an Ethiopia, won the Rome Olympic marathon running bare foot. He thus*

*becomes a sporting hero, an African hero and, for many, the first black African ever to win a gold medal at the Olympics. Four years later in Tokyo, he was to repeat his success. Today, Haile Gebreselassie and many others for Ethiopia are known as some of the fastest runners on earth. Nevertheless, this was not the case, until Bikila won in Rome...*

Along with this, the same author further goes to add that , “Since Ethiopia joined the Olympic Games in 1956 up to Beijing Olympic, they have collected a total of 14 gold medals, 5 silver and 12 bronze [In recently held 2012 London Olympic game alone 3 gold,1 silver and 3 bronze] ”. All these medals were won in long distance running completion that, long distance running has not only brought joy for Ethiopians, but also inspiration and courage to overcome the challenges of poverty (Judah 2008; IOC, 2010). From these assertions without going into details, it is possible to deduce that, Ethiopia’s Olympic achievement has been limited with middle and long distances together with other African countries. Because of this, too little attention was given for field event athletics, and considerable achievements in international level have not been achieved so far.

In recent years, however, what seems impossible is becoming possible, in more technical field event athletics, for instance, Nigerian Chioma Ajunwa emerged victorious in the women’s long jump at the 1996 Olympics in Atlanta- Georgia, the first African women to win gold in field event. In addition, Francois Mbungu who is a Cameroonian won the gold medal at the Beijing 2008 Olympics for women’s triple jump. This actually comes after having she equally won a gold at the Athens Olympics in 2004. Very recently, Nigerian, Blessing

Okagbarea, in Moscow 2013 world athletics Championship, become silver medalist in the long jump (international association of athletics federations, 1996-2009).

Now a days in Ethiopia, the public assumption is remarkably high in visualizing the future success in more steps-up and various fields of athletics. It is not possible to dwell entirely up on the past success, which has gone to the record books, instead on what is successfully being done today. Hence, active engagements with the current practice provide us fresh looks-- to see the far prospect. On the top of that, the retrospect footpaths do play a significant role on the overwhelming majority of youths in making them to be the part of the history. From this reason, ex-ministry of youth, sport, and culture of Ethiopia (MYSC) has established in 2010 the National athletics-training center, where it is now situated at Assella 170 k/m south of Addis Ababa. In the home town of prominent top-notch world track athletes such as Haile Gebreselassie, Gizhgne Abera, Derartu Tulu, Kenenisa Bekele, Tiruniesh Dibaba, Fatuma Roba, Tiki Gelana just to name a few among many. This training center is also entitled after Tirunesh Dibaba, double gold 5000 and 10000 meter Beijing, and also London Olympic bronze and gold medal winner, Tirunesh Dibaba National Athletics Training Centre”. To this end, the reasons of the researcher for focusing on this particular study are:

1. To the Knowledge of the researcher, it is the only national athletics training camp/center, which is under direct custody of Federal Sport Commission.
2. The researcher has taken in to account its peculiarity in terms of budget, administration, accountability, organization, and skilled-manpower

alike. On the top of that, considering the organization wants to achieve ahead in a field event.

3. The researcher is with a strong belief that the site is appropriate in getting a clear picture of what is being practiced, and factors hampering field trainee athletes. This is hypothesized on some preliminary discussions with pertinent source.
4. The researcher is well versed that most of the researches conducted in Ethiopia, mainly focus on track event athletics in which the country has been well known for it.

**STATEMENT OF THE PROBLEM:** In the fast change world, the increase in public expectation from sport sector creates changes in the sport policy. Consequently, these change will have effect in the overall sport fields. So, in order to keep with this abreast changes, the organized training centers in many sport activities have become the call of the day. In line with this, Ethiopian National Sport policy has been experiencing reforms in different depth, and breadth explicitly focusing in training talented youths on either boarding or non-boarding based training centers, to produce elite athletes with various fields of athletics including specific events that the country is not yet well known (ENSP, 2004:4).

In conformity to this, ENSP (2004) further disclose and puts, "...register great achievements of international standard by tapping the overall sports activity within the community and in particular from among the youth by creating awareness and participation amongst them". To this effect, appropriate implementation of the program can favorably influences the overall development of the country's sport in many aspects. To happen and see as

expected talents identification, proper recruitment procedures, research, specific knowledge based training, setting within reachable goals, competent and effective organizational structure ...etc are preconditions, as Sharkey (1986) agreed.

Actually, for some it would be too early to conduct research on the matters of this training center. However, the expectation of the whole stakeholder is up to the largest extent comparing it with the previous results scored in an unorganized manner, on individualized basis. In fact, if we fail to signify the bottleneck on time, afterward it gets worsen and becomes hurdles of a marathon. Besides, spotting early the well-built side of the practices would be a good lesson for all sport professionals in the areas of coaching, sport physiology, sport administration, sport psychology, sport medicine, sports pedagogy, and physical education...etc. In view of the fact that it is the only national athletic training center, which is believed to be a role model for other regional athletic training centers, and also for the newly opened Ethiopian National Sport Academy in Addis Ababa.

From this notion, the researcher argument pivots on the fact that Ethiopian field event athletes would repeat what track event athletes have achieved. Provided that the journey of field event athletic preparation is conducted under well-organized and equipped athletics training center, worked together in harmony with all stakeholders. Again, it is necessary to repeat at this stage that, from well-organized structure of athletics training sector a great deal is anticipated in order to keep and continue the achievements in more steps-up, and various fields of athletics. To this end, the researcher found it timely and crucial to question, what are some of the most persistent challenges of Tiruniesh Dibaba National Athletics Training Center field

event trainee athletes came upon in the course of training?

**The main objective of the study:** is to explore the problems experienced by trainee athletes in the course of field event training. Hence, the study was confined to Tirunesh Dibaba National Athletics Training Center in Assella- Ethiopia. More specifically, the study aimed:

1. To assess the availability of basic materials and equipment in field event training;
2. To identify the most possible hampering factors, which field event trainee athletes' face in the course of training;
3. To provide suggestion to improve the practice of field event training

### **Significance of the Study**

Valuable lessons drawn from this will not only help other sites to make use of it. Above all, achieving organizational objectives would be the crux of the whole matter at which every citizen's eye is focusing up on, "producing many new world class athletes representing the country with various fields' of athletics including that of the country has never been well known" (Organizational Objectives of Tirunesh Dibaba National Athletics Training Center, 2011). Accordingly, the researcher of this study hopes that the findings of the study would give some insight for all field event practitioners, coaches, and administrators of Tirunesh Dibaba National Athletics Center. Besides, in the effort made to strength the quality of field event training it would provide a feedback for all stakeholders. This research will also initiate other scholars to undertake a large-scale research in the area of field event athletics.

### **Operational definition of terms**

**Training center:** a place where people live temporarily, & learn or develop their skills in a particular athletics discipline

**Field event:** athletic event, which comprises jumping (long jump, high jump, triple jump, and pole vault) and throwing events (javelin, discus, hammer, & shot put).

### **METHODOLOGY**

**Design & Sample:** All research needs a foundation for its inquiry, and inquires need to be aware of the implicit worldviews they bring to studies (Cresswell and Clark, 2007 as cited in Anduamlak, 2009). For this reason, qualitative case study design as Kothar (2008) described, 'the social microscope' that is in depth rather than breadth, more emphasis on the full analysis of a limited of events or conditions and their interrelations is employed in this study. In view of the fact that the study is expected to investigate the aforementioned topic, it assumed that it would be quite appropriate to get the relevant data directly from the horse's mouth i.e., from field event trainee athletes. Regarding the sample within the case, Marriam (1998 as cited in Fekede 2006) recommends that in most qualitative researches; the researcher should locate a group of participant, rich in knowledge and experience – by "purposive" or "purposeful" sampling. Hence, field event trainee athletes within-site sample are allocated based on the following attribute: representation both throwing and jumping events, academic background, gender-mixed sex and willingness to participate in the study. In the training year 2011, therefore, the total numbers of 12 field event trainee athletes (7 males and 5 females) have taken part in this study.

**Table 1: Characteristics of informants involved in the interview & Focus Group Discussion (FGD)**

participants*	Sex	Age	Qualification	Specialized field	Involved in**
I 1	Male	17	10	Throwing event	interview
I 2	Female	19	12	Jumping event	interview
I 3	Female	17	9	Throwing event	interview
I 4	Female	18	8	Jumping event	FGD
I 5	Male	18	10+1 Technical college	Throwing event	Interview
I 6	Male	19	11	Jumping event	Interview
I 7	male	20	10	Throwing event	Interview
I 8	male	19	12	Throwing event	FGD
I 9	Female	18	12	Jumping event	Interview
I 10	Male	16	9	Throwing event	Interview
I 11	Male	20	10	Throwing event	Interview
I 12	Female	19	11	Jumping event	FGD

*\* In order to maintain anonymity for ethical consideration, I used English capital letter ' I' which stands for informant together with consecutive numbers\*\*Three informants who have not taken part in the interview, participated in the focused group discussion (FGD) : I 4, I 8 and I 12.*

**Data collection instruments:** Case study research is typically extensive, drawing on multiple sources of information such as direct observation, participant observation, interviews, documents, physical artifacts and archival records, which reports a case description and case-based themes (Denzin and Lincoln, 2005; Fikede, 2006; Merriam, 1998). In the same vein, to triangulate or increase the trustworthiness of this research in-depth interview, focus group discussion (FGD) and direct observation were employed as methods of data collection.

**Data Analysis:** Qualitative research involves discovering and deriving patterns in the data, looking for general orientations

in the data, and trying to sort out what the data are all about, why and what kinds of things might be said about them (Powney and Watts, 1987 as cited in Yonas, 2003). For this reason, the researcher in the data analysis used the process of systematically searching and arranging the interview, observation, and FGD transcripts, which are accumulated by reading the transcripts, as well as listening to the taped sessions. In this process, the research identified and noted recurrent themes and salient comments reading constraints that, Trunish Dibaba National Athletics Training Center Field Event Trainee Athletes encountered in the course of Training.

RESULT & DISCUSSION

Accordingly, the themes were subsumed under four main categories as shown in the chart below



**Figure-1: Informant Perspectives: Common Challenges of Tirunesh Dibaba National Athletics Training Center.**

**Lack of effective and individualized training**

The analysis of the interview and focus group discussion indicates that, to practice with a large number of athletes is an enormous challenge. Emphasizing on this issue, one of the informant by pseudo name Hanna, for example, comment in FGD was typical:

*I am a shot putter. Shot put requires more power than any other field event athletics; nevertheless, I am now working with other throwers of Javelin and discuss, having a common coach for all of these unlike throwing events. And so, the training is not individualized to a particular field. ...even in the circumstances where athletes respond differently to the same training for many reasons... level of fitness, experience, nutrition, rest and sleep, environment, illness, injury and motivation...*

From the broader perspective, in this respect Ardle, et.al (2001) disclosed that every year, performance improvements occur in almost all athletics competitions. This advancement related to increased opportunities for participation and individuals with “natural endowment”, more likely become exposed to specific sports. Martens (1997) too elucidated that specific training brings specific result, for example, cycling is not the best preparation for running, or vice versa; though, both events require cardiovascular and muscular endurance qualities. What this implies is that it is important to subject the athlete to specific event the athlete is preparing for in order to ensure an increase performance level, particularly with measurable and predictable result. The quote chosen at this section was the representative of widely expressed responses of field event trainee

athletes. Moreover, concisely summarizes what an effective and efficient sport training approach should include as a benchmark: opportunities of participation, talent identification, individualized training, set within reachable goals, and especially having competent coaches in the respective fields to facilitate and achieve these tasks.

### **Cold weather**

Substantial numbers of respondents were complaining about the weather condition in which they are now living and working, for example, one informant (I6) briefly expressed, "it is too cold for field event athletics, low temperature of muscles causes poor efficiency and coordination, and risk of muscle and tendon tears". Another informant (I10), on the same vein, forwarded statement is quite revealing:

*...the body is engaged in more extra effort to maintain its stability. Besides, field event athletics is entirely dependent on the explosive power of skeletal muscles that, such cold weather does not facilitate the contraction & relaxation of these muscle groups easily. For this reason, each one of the athlete has encountered frequent injury problem. If I were asked to forward a solution for this problem, I would not say, "wear warmer clothes or gloves", instead I would have said "lets us have another training center, which is warmer than this area", would have been my response.*

On the same issue, other respondent (I3) argued, but forward his opinion a bit in a different ways as follow:

*From the practical point of view, it is difficult to change the training site particularly for field event athletes. To this effect, appropriate clothes are necessary to maintain the proper heat balance, and would remain the only solution. As many athletes are also high school regular students, undoubtedly it is not possible even to think of the training sessions during the school hours at which the temperature is relatively warmer*

In conformity to these views, Mcardle and Katch (2001) contend that, cold environment significantly increases energy metabolism during rest and exercise, and the magnitude of the effect depends largely on a person's body fat content and effectiveness of the clothing ensemble. Metabolic rate can increase up to five fold at rest during extreme cold stress, because shivering generates body heat to maintain a stable core temperature. The same authors further indicated that cold exposure could result in injuries, local tissue damage, and hypothermia. To this end, Honeybourne, Hill and Moors (2000:76) assertion throws some light on this issue that, "the body function best when body fluid, temperature, oxygen levels...etc are at the specific level ; any change in the body's internal environment usually prompts an immediate response in an attempt to readdress the balance". The table below illustrates the annual climate of Assela in Ethiopia.



**Table 2: Climate Assela-Ethiopia**

<b>Average high &amp; low temperature - 2012</b>	<b>Months</b>											
	<b>Jan.</b>	<b>Feb.</b>	<b>Mar.</b>	<b>Apr.</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug.</b>	<b>Sep.</b>	<b>Oct.</b>	<b>Nov.</b>	<b>Dec.</b>
Ave. high temp in <sup>0</sup> C	21	22	22	22	22	20	18	18	19	20	20	2
Ave. low temp .in <sup>0</sup> C	5	7	8	9	10	9	9	9	9	8	6	5
Ave. precipitation in mm	30	55	102	107	116	147	238	245	171	1	20	6

**Source: www. Climate data .eu**

**Lack of sufficient and balanced diet**

The other leading possible factor, which has a significance number of respondents' attention was, "lack of sufficient & balanced diet". Related to this, Jackson (1986) underscored that energy intakes peaked between ages 16 - 29 years and then decline for succeeding age groups. Similar pattern occurred for males and females; although, males reported higher daily energy intakes than female at all ages between age 20 and 29 years, the women consumed on average 35% fewer kilocalon than men on a daily basis, Individuals who engage regularly in moderate-to- intense physical activities eventually increase daily energy intake to match higher energy expenditure level.

In a very similar tone, Martens (1997), also concur that athletes will find it hard to train and perform if their diets lack adequate energy. The average female (15-24 years) needs 2000 to 2400 calories of energy daily, the average male from 2500 to 3000. Again, the same author importantly pointed out that daily energy needs depend on age and body size. Moreover, for every hour of practice, athletes may need 500 or more additional calories of energy. The aforementioned statement is quite sounding when one looks the age category of trainee athletes, which is by now, on the ladder of peak energy intake level (see Table 1). In relation to this, one of the respondents (I1) has this to say:

*Daily two vigorous training sessions, which goes six days a week, one early in the morning & the other after school hours during which the temperature becomes very cold. Look the tasks we are engaged in, "training & education". We all certainly know the importance of nutrition, and without proper nutrition, even the best training*

*program will not succeed. However, the question lays on about what amount & quality. Actually, to make available such quality food is regard as unreachable issue by administrators. Practically speaking, the problem goes "from bad to worse", when one thinks of the fraud in the purchasing process, & the current food price, as well.*

Numerous studies have also suggested that introducing proper nutrition and its contribution to training and optimal performance should be a top priority for all coaching staff. Especially in repetitive high intensity exercise, two-a-day training (Honeybourne et. al, 2000; Martens, 1997; Sharkey, 1986).

**Lack of facility and equipment**

Among various factors that impede the performance of field event trainee athletes, many respondents identify the availability of well-equipped fitness center as the major attribute. In line with this, one informant (I7) in the interview is quoted to have said:

*...more technical event by its nature and requires very impressive body movements such as rapidly changing direction, neuromuscular coordination and similar physical qualities. Unless we do have various types of gymnasium Machines with a sufficient number and qualities..., it is hard to think of field event accomplishment ..., even putting aside, the lower status of the field event has in the training center compared to track...*

Similar responses were repeatedly given in the interview, and FGD. Regarding this,

one of the informants, (I9), is worth mentioning. She rightly put it.

*...look, the fitness components to be improved, energy system involved, main muscle groups employed, and specific movement patterns/modes performed...etc. Either to see or monitor the progress of these stuffs, the availability of various types of rating gym machines do have substantial significance. Most of all, to maintain the training load, frequency, progression, and to make it more specific to the activity*

The above idea, though expressed by a single trainee athlete, it was shared by almost all. When we look in to the above responses in depth, it is not hard to understand that there is the shortage of gymnasium equipment in terms of number & qualities. In addition, the researcher has confirmed this during the time of observation. Many participants have pointed out that transportation as a problem, which impedes field event training. In relation to this, one of the respondents commented (I11) the problem as follows:

*... Not initially constructed as an athletic training center, Condominium rented from Assella Municipality, is far from the center of the city. Moreover, from Assella green stadium & regional police sport fields, where on daily basis trainings are executed. On the top of that, the training program is scheduled early before 6 A.M at the time one could not get "Bajaj" taxi, even if you do have the money to pay for it. Running all this distances on a daily basis is the only chance that we do have, to reach in the spot on time, and after this all-hard work to get*

*back to school before the morning bell goes...*

Besides, quite a number of respondents explained that, there is no recreational center and dressing rooms. One research participant (I2) commented, particularly on the absence of recreational center as follows:

*After these training loads, and school works, had it been recreational center nearby, we would not have gone to Assela ... just to take a cup of tea & chat. Look, on the days where there is no schooling or training... Many athletes are setting in the nearby found main gateway of their dorms. For sure, this shows the extent the having recreational center including a shop...*

Another participant comments in FGD on the issue that, he believes extremely beneficial:

*Coach should be with medical assistance during each training sessions..., early sport injury treatments speed up the recovery process. However, there is no well-organized clinic in the training center. when one encounter injury/illness, go to in the governmental clinics & hospitals that ,no one is here who follows your case, and bother about your immediate recovery...this is also frightening as far as sport is not free from injury.*

All these descriptions at least can give us a bird's eye view to what extent the availability of facilities and equipment have affected field event trainee athletes.

**Analysis of observational checklist**

Basic Material & equipments necessary to carry out daily field event training successful are established in short supply. This can be seen clearly from rating scales used to determine the availability of equipment and facility in training center. In the nutshell, to make the training activities more effective, it is necessary to have an appropriate physical environment with infrastructures and equipment, which facilitate the training program at large.

**Table 3: Observational checklist for field event equipment & facility**

<b>Field event facility &amp; equipment</b>	<b>AV</b>	<b>PV</b>	<b>NA</b>	<b>Remarks</b>
1. Filed event facility & equipment	Shot put Discus	Javelin Long jump High Jump Triple Jump Mats	Pole vault Hummer	
Fields for throwing *		Posts and bar (s)		* Belongs to city municipality
Fields for jumping **		Meters		**Belongs to Arsi zone police department
2. Gymnasium facility		Gymnasium equipments		Gym does not have sufficient space & ventilation windows, as it is made for other purpose
3. Miscellaneous facilities	Clean water Separate latrine Bed rooms	Shower Sport suits Lounge Transportation	Changing room Clinics Library Cafeteria	

**Note: AV = Available, PV = Partially Available, NA = Not Available**

As indicated in the above tables, except few types of equipments, basic facilities in many field events are scare for conducting training.

**CONCLUSION AND**

**RECOMMENDATIONS**

**CONCLUSION:** Field event training in the center does not look knowledge based and event specific, as the numbers of coaches' in the respective specific disciplines are so limited together with basic facilities and equipment. Besides, due to inadequate input from different specialists, the training in the center is not sensitive to individual needs and differences. Lack of typical role models in field event athletics and false beliefs which holds closer the general sport sector of Ethiopia, "only long distance running can be achieved" has also left a room for little attention for field event athletics, and so the training center seems to favor for track event athletics. The result of the finding also attests that, the major constraints associated with field event training were environmental influence in which the training area is very "cold" for this particular field event, lack of facility and equipment, lack of adequate and balanced diet. At the same time, well-equipped gymnasium, transportation, recreational center and medical service were found to be the scarcest once.

**RECOMMENDATIONS:** The researcher suggested the following recommendations in light of the conclusion made:

- ❖ The training center should re-examine the training days, sessions, and time spent in field event training. In addition, the training requires an adjustment at various schemes regarding the individual differences and sub-specific field events.
- ❖ As the only national athletics training center, equipping the

training center with different professionals such as various sub-field event coaches, fitness instructors, sport psychologist, sport nutritionist, public relation, and marketing officers...etc. is an important issue that cannot be left for tomorrow. On the top of this, to have acquaintance with the ever-growing scientific training of field event training on regular base either on-job or off-season.

- ❖ Federal sport commission and other concerned bodies are expected to assign enough budgets considering the ever-rising cost of living. In addition, athletes' representatives are advised to take part in the purchasing process to monitor their commodities.
- ❖ Cold weather could cause easily injuries in athletes. Until an indoor gymnasium is available, warmer clothes including gloves and foot wear appropriate to individual events and, in particular, appropriate to the surface should be available. Besides, athlete's representatives should be included in the decision-making body in order to address their problems on time to the training center authorities.
- ❖ Concerned bodies in the Federal sport commission should do more to allocate enough budgets at least to have locally made basic gymnasium equipment, which are basic for field event training. Again, the training center should work in harmony with Ethiopian athletics federation, Ethiopian Olympic committee, private fitness centers, business organizations, sport medias, sport clubs, and non-governmental

organization as important partners to curb the basic field event equipment, and to generate sufficient income. Beside, the training center should seek out partnership opportunities with locally existing engineering companies to improvise, and to modify and develop cheaper forms of gym equipments.

- ❖ Once the training center is equipped with competent work force, facilities, and equipment, its doors' should have to be open for private athletic sport clubs and interested individuals, with modest service charge.
- ❖ Overall, the training center would perhaps be in a better position if the budget allocation and organizational structures were revisited.

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