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Selection Adaptation – A Conditioning Factor in Obtaining Performance in Wrestling

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Abstract

Selection is the uninterrupted process of screening, selection and sorting of young people according to well-defined criteria and their guidance towards the practice of a certain branch or sporting evidence in which they can best value their qualities to achieve performance.

The selection process is a complex and continuous system of appreciation of the full level of training of the fighters and of the propulsion of those with the potential to progress on the upward path of training in order to achieve more and more valuable performances. The selection is closely related to the training process (through its objectives and content). Selection as a methodical process should not be reduced to the initial selection.

In wrestling, a factor of paramount importance is the proper selection of the most endowed youngsters for practicing this type of sport.

The selection is all the more advantageous as the final objectives of the training are better known. It is vital for the coaches to know the development trends of wrestling in the world, to know the level of the technique and tactics of fighting, and also the psycho-motor skills of the best-performing athletes.

In view of the above, selection for practicing wrestling is an elaborate process that seeks to detect athletes with innate availability to guide them to combat wards.

Based on these considerations, it is our job to find out whether the adaptation of the selection on the selection age, the period of practice required to obtain it, can positively influence the achievement of the great performance.

Conclusions. At present, the optimal age of selection wrestling, is around 7-9 years. The current development of children's development and the complex demands of fighting sports call for the adaptation of selection as a conditioning factor for achieving sports performance.

With regard to the average age that favours the achievement of the great performance in battles, it is 25 and 27 years, the value obtained in this respect being statistically confirmed. At the same time, the first medals were won around the age of 20.

Keywords: methodology, specific means, the greco roman wrestling, selections, initiation

1. Introduction. Fights were included in the 1904 Summer Olympics in St. Louis, Missouri (US), but were not scheduled at Olympic Games (O.G.) Since 1912, because since 1920, from O.G. From Antwerp, to miss the Olympic program.

Romania participated for the first time in the Olympic Fighting Competition in 1936 in Berlin, and since 1952, starting with O.G. in Helsinki, was present with athletes at all O.G. editions, and at the 1960 edition in Rome, athlete Dumitru Pârvolescu at the category 52 kg won the first gold medal, Ion Cernea won the first silver medal, while

the first bronze medal was won by Francisc Hortvath in 1956 in Melbourne, 57 kg. Romanian female competitors have been present since 2004.

According to Dahnovski and Lescenko (1990), "a large number of people regularly practice battles (around 4 million): in the USSR (over 1 million), in the USA (500.000)".

2. The selection process is a complex and continuous system of appreciation of the full level of training of the fighters and of the propulsion of those with the possibility of progress on the upward path of training in order to achieve more and more valuable performances. The selection is closely related to the training process (through its objectives and content). Selection as a methodical process should not be reduced to the initial selection (Cişmaş, 1987, p. 124).

At any level of preparation, selection is equally important, and it is generally done on the basis of the same readings but with different means determined by the purpose of the action. This distinguishes the following types of selection:

1. selection for practicing wrestling;
2. team selection;
3. selection for the contest.

Selection for practicing wrestling

The process of selection in battles takes the following steps:

1. initial selection;
2. interim selection;
3. selection for perspective group (Olympic hopes);
4. selection for the representative group;
5. selection for the Olympic team.

Wrestling is an acyclic sport, characterized by variable intensity and rapid change of combat situations. The training and contests act multilaterally on the body, during which all the muscular groups, joints, analyzers, will, and the entire personality of the wrestler are involved. By organizing combat, complex functional relationships are established between the different areas of the brain, participating in the formation of motor skills, improving the dynamics of the nerve processes, parallel to the development of mobility and balance (Petrov, 1973, pp. 7-8).

In recent years, all sports disciplines have lowered the age at which training can begin, and in this context the Greco-Roman and free Wrestling have strengthened their scientific and methodical support in practicing this men's sport from a young age.

Modern scientific and practical research proves that battles play a very important role in the physical and mental development of children and they correspond to the natural aspirations of young people for movement, strength, vitality and beauty (Cişmaş, 1981, 17-18). In fact, the objectives of battles overlap perfectly with the general objectives of physical education.

Free fights favourably affect the activity of all children's systems and organs, their action can be compared with a massage on the skin and subcutaneous tissues. The practice of this sport, the sporting regime and the right hygienic skills are important factors in maintaining health, physical and intellectual capacity and sport longevity (Petrov, 1973, 11).

An important factor in educating and developing physically, morally and psychologically in battles or in any other sport is the coach, instructor and teacher. This multilateral influence is not always judiciously oriented, the diversity of the predatory language and the lack of unity between the pedagogical desiderata are the most serious impediment in the activity carried out with the young students.

Educational activity is an extensive process oriented towards the formation of integrated, multilaterally developed personalities. The teacher has to act, in the training and training lesson, to complement intellectual, moral, aesthetic and work education.

The training exercises in combat develop in addition to the very valuable physical qualities and intellectual qualities such as: the spirit of observation; attention; the memory; thinking; initiative; Acquiring new knowledge in various fields, such as: anatomy, biomechanics, physiology, hygiene, etc. (Petrov, 1973, 30).

The purpose of wrestling (free battles and Greek-Roman battles) is to bring the opponent with both shoulders on the mattress, in the cushion, or to place in this position. To achieve this, the athletes have a wide range of technical elements and techniques, the battle technique being characterized by a great deal of complexity. Speaking about this, one of the great specialists in the field, Bulgarian Raiko Petrov (1973, 11), characterizes the psychological complexity of this discipline and states that "*it is very difficult for an athlete to attack and defend at the same time to hide his intentions And to guess the thoughts of his opponent, to show cold blood when the nerves are tense, to make decisions in second fractions, totally lacking in information, not to fall into an irresistible time crisis, to be supple in tactical actions, and While at the same time consistent with the strategic goal proposed during the confrontation, the fighter captures and*

analyzes a varied information on the position of his / her own body, the referee, the surface of the battle, the opponent's body, etc. And he determines his future fight behavior according to how it is being analyzed."

One of the national champions of free wrestling, who has become a lecturer at the Department of Physical Education and Sport of the Police Academy, Mihai Chirilă (1989), establishes the following methodological parameters to quantify the competitive struggle, which have an impact on the performance of high class fighters:

- **Stability coefficient of attack.** For model-level fighters (world champions and Olympic champions), *the attack's stability coefficient* has a value of between 70-90% successful attack actions out of the total.

- **Stability coefficient of defence.** For champion fighters, *the defense stability coefficient* has a value of between 85-100% of the adverse attacks, which as I said were anticipated and rejected, neutralized and / or avoided.

- **Average attack range.** Even if during the fight two attack actions can succeed in a period of 5-6 seconds, it was found that for the champion fighters the *interval of attack* has an average value of 20-22 seconds, in the small and medium categories, reaching 25-30 seconds in large categories. Given that each attack or defence action is executed during a competitive race with very high-speed parameters, a 15 to 20 attack action can be executed at an average attack range of 20 to 25 seconds During a competitive fight if it lasts for 3 innings x 2 min +1 min pause. But this does not happen because a very large number of direct meetings are completed before the time limit.

- **Average match time.** For champion fighters, the average value of this parameter is less than 4 minutes, consumed in the first two rounds of the competitive encounter. The significance of this parameter of the competitive yield is given, as with the other parameters mentioned, by *the economy and reliability* of the combat behavior.

- **The average duration of attack-defence actions.** In the event of a regular match - 3 innings x 2 min + 1 minute break, with an average attack range of 20-22 seconds, 15-20 attack/match action may be initiated, The average duration of which can be approximated between 3-4 seconds for foot-fighting, up to 10-12 (sometimes more) for ground fighting. It is known that in order to complete each of these actions, the fighter invests the maximum power (force-speed) he is capable of in that situation. During a meeting, the total duration of attack actions may be 50 to 60 seconds of maximum effort (out of the total of 6 minutes of combat), rarely being exceeded. Although approximated - because one match never resembles another, these values are very close to model-wielding champions (champions), with the exception of those matches that end before the limit.

- **The battle points ratio in the legs/points fight off the ground floor.** There are many leading fighters who have as a strategy blocking the fight in the legs and finishing in the fight on the ground. The decoding of this strategy of the battle strategy denotes the very high parameters of the maximum force of the champions fighters, almost finalizing these favourable situations.

- **Average points/match value.** This parameter can be calculated by the ratio of the total number of points made in a competition to the number of matches held in a competition. When the champion wins most of the matches before the limit, this parameter is diminished.

- **The average value of the actions performed.** This can be calculated by reporting all the points made in a competition to the total number of attack actions completed but more expressively we would take into account the total number of points related to the equivalent technical-tactical actions. At all major contests, most performance fighters complete a few risky actions without great spectacular but at the same time doubled with great efficiency.

Thus, in the sport of Greek-Roman wrestling a factor with the greatest importance is the proper selection of the most endowed among the youngsters, for practicing this type of sport.

The selection is all the more advantageous as the final objectives of the training are better known. It is vital for the coaches to know the development trends of the Greco-Roman battles in the world, to know the level of the technique and the tactics of the battles and also the psycho-motors of the best-performing athletes.

C. Răduț (1989, p. 44) defines selection as "*a process of permanent sorting of athletes, which is based on a systematic, complex investigation in order to guide them and guide them to the sport or sport branch, in which they show motivations and skills*".

According to A. Nicu (1993, p. 43), "*The selection is - - an organized and repeated process of early detection of the innate availability of the child, the junior with a complex system of criteria (medical, biological, psychosocial and motivational), for his subsequent practice and specialization in a discipline or a sports test*".

Another specialist A. Dragnea (1996, p. 256) defines selection as a "*systematic activity of specialists based on biological and psychological criteria in order to find children with special skills, for practicing different branches of sport*".

In the opinion of Traian Bocu (1997, p. 18), "*the selection in sport is a complex system of identification and classification of the superior individuals endowed with sport based on certain motric, biomedical and psychological principles, criteria and methods, with Whose help can be highlighted with an increased predictive probability coefficient, real skills needed to achieve superior performance.*"

Within the National Selection System (SNS) there are 5 types of criteria, listed by Ifrim (1993, p. 46) as follows: medical-sporting, somatophysiological, biochemical, psychological motors.

Within them are included the genetic and anthropological selection criteria which, according to the same author, are detached from the medical-sport anamnesis.

After the application of the selection action is consistent, one can speak of the directed or systematic selection "consists in the rhythmic action of identification and sorting of young people, performed at well-defined time intervals and in optimal periods highlighting the sports skills" (Bocu, 1997, p. 7). This form of selection, not having a systematic character, is done at long intervals only when "the tank has been emptied" and the selection action becomes imminent (Balint, 2009, p. 18)

3. Selection and model are the starting point and ultimate goal in a long way called "training" and "training." The model embodies the exploitation of the fighter's capabilities at the highest level, in close dependence on the technical and tactical characteristics of the branch. The elaboration of the model leads to an increase in the efficiency of the training process, based on an in-depth knowledge of the content elements of its own performance activities during the struggles (Cişmaş, 1981, pp. 41-42).

The most direct relationship between the model and the initial selection is that both children and juniors selected for practicing Greek-Roman struggles approach the morpho-functional and psychomotor characteristics of the model parameter values, the way the training can become shorter, and obtaining more valuable results.

In wrestling, selection should be understood as a form of choice for those who, due to the skills and training they have undergone, can fit in a superior form of training, or may be engaged in challenging competitions. The selection process encountered should not be confused with the initial selection or reduced to it. The selection process aims to "open the way" to superior forms of preparation and verification of the attained stage, of the potential fighters who can successfully integrate into these forms.

I. The initial selection is the selection of children, which may last up to two months, during which the person in charge of the selection must eliminate those who are not sufficiently qualified to practice this discipline. For children, the age of 10-11 is appreciated as an age where training can be performed with some well-chosen and better-dosed means. But at 11-12 years there are various changes in the behavior and physics of the candidates and they may compress the selection.

The conclusion is that the most convenient period for selection in battles with great possibilities of materialization would be the age of 10-11 years, although at present, as in all sports disciplines, the selection age has decreased, in battles being 7-9 years, for initiation. Also, from the age of 10-11 years, biopsihomotric predictions can be made quite accurate with regard to the future evolution of subjects.

Table 1. The age on the possibilities of selection and consecration in sporting combat fields (after Răduţ, 1989)

branch	Sports	Age of initiation (years)	Age of consecration (years)
Judo		7-8	15-28
Wrestling		9-10	18-24

Hofmann and Schneider (1985) present the features of primary, secondary and final selection that refer to the timing of application of selection approaches during ontogenetic development.

Table 2. General characteristics of the selection in combat sports

Primary selection	Secondary selection	Final selection
General characteristics		
- a very good health; - school performance - social and motivational status; - morpho-functional constitution; - general driving capabilities	- first sports appraisals; - orientation towards sports specialization; - performance capacity general motric in a sporting branch	- performance specific driving behavior (tests); - general and specific training for performance; - personality assessment
Combat sports		
- Choosing weight categories	- Analysis of the morphological	- Assessing the stability of

based on waist and body mass; - General force assessment.	structure for inclusion in a weight category; - Evaluation; - F/V, F. Body; - Mobility; - Driving coordination.	performance and learning progress; <i>Specific evaluations:</i> Acceptance of risk; Predispositions for combativity and action.
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In view of the above, selection for practicing battles is an elaborate process that attempts to detect athletes with innate availability to guide them to the wards. Selection is the uninterrupted process of screening, selecting and sorting young people according to well-defined criteria and their guidance towards practicing a certain branch or sporting evidence in which they can best value their qualities to achieve performance. It has a steady, permanent character, and it is imperative that it be at all levels of performance.

The selection model is an intermediate model linking to the other junior training models and later to the high performance athlete.

II. Intermediate selection is an immediate, complementary step to the initial selection. Its necessity and validity arise from the fact that the struggles are for the selected (in most cases) an entirely new activity. First contacts with specific content may stimulate or discourage selected people, giving multiple choices to the coach of appreciating psycho-individual behavior (in which courage, boldness, initiative, collective spirit, etc. are of great importance) unverified by the proofs of the initial selection.

In order to complete the knowledge about the real skills of the selected ones, it is indicated to use in this stage the selection of specific control samples for beginners and assistant control samples.

The selection for the prospective group should provide opportunities for the progress of young fighters who have achieved a high level of training compared to other fighters of the same age. Their selection, in addition to the criteria stated at the beginning of the chapter, is also based on the results they have recorded in domestic or international competitions. Full knowledge of health and the somatic development prospects of everyone who are also necessary conditions of this selection stage.

Selection for the representative group is to find valuable items at a given temporary stage. It is done through internal competitions organized specifically for this purpose or organized within the competition calendar. The performance of fighters within the weight category to be integrated at the batch level is monitored.

In selecting the fighters for the representative team, special attention is paid to the ability of the athlete to adapt to great and maximum efforts, his desire to achieve international performances, team spirit, patriotism and spirit of responsibility.

The selection for the Olympic team is the stage of selecting the values that can give maximum return in the Olympics. In most cases, fighters are selected from among the members of the prospective group. Fighters are selected that have the safest prospects to fit into the competition model by achieving high values for the parameters of the high performance fighter model.

Their selection is determined by the following:

- the value of the results obtained internationally and the competitive experience;
- the age to be reached at the time of publication of O. G. and the degree of physical and psychological wear of the fighter;
- the possibility of integration in the expected weight category, with the possibility of maximizing the technical-tactical, physical and psychic potential;
- the ability to sustain a great and great effort during the training;
- exceptional physical health (no accidents and relapses, no predisposition to accidents and injuries);
- compliance with the established rules, control samples on specific physical training and technical-tactical training;
- the social status (family, school preoccupations, etc.) should not jeopardize the continuity and integrity of the training process; There is a deep and thorough motivation for training, doubled by the full passion for practicing battles (Cismaş, 1987, pp. 128-129).

Team selection

The objective of this type of selection is the composition (at the level of the sections) of the composition of the team that evolves annually in the domestic championship. A number of conditions in this composition may be imposed by the internal regulations of F.R.L.

Regardless of this, team selection should take into account:

- Establishing an optimal working environment and discipline within the team;
- capitalizing on the experience of consecrated fighters;

- promoting young perspective elements;
- replacing the fighters that are no longer in line with the requirements of the regulation and effort;
- full coverage of weight categories.

Competition Selection

This takes place around various competitions, internal or international, in which they participate. In this respect, is the following are envisaged:

- the fighter's training status;
- competitive experience;
- characteristics of opponents in the victory report in previous direct meetings;
- ease of carrying out the weight category.

III. - Selection for great performance - is the decisive step towards great performance, when the athletes who are closest to the parameters of the champion model are promoted.

Selection is based on knowledge of the qualities required to achieve peak performance in battles, which the selected ones must have at their highest level, especially those whose evolution is influenced by genetic dowry.

In battles one cannot speak of a unique model, due to the weight categories that greatly differentiate the fighters from a morphological and motrical point of view. Therefore, a weight category model should be established. This is the result of the great world competitions (W.C.. and O.G.), the model representing a cumulation of the qualities of the best fighters, by weight categories.

Regarding the optimal age of selection in battles, specialists in our country (coaches, teachers) consider that this can be done in the 9-13 years, considering that at the age of 11-12 the appreciation of the availability is "conclusive and enlightening" (Cismas, 1987).

According to A. Dragnea (1996, p. 265), the optimal age of selecting children to practice performance sports (regardless of discipline or sporting evidence) is determined on the basis of a number of objective criteria:

- Determining the optimal age at which great performance is achieved at large-scale competitions;
- The average length of practice of the sport discipline approached to allow (due to) successive accumulations in the motor, technical-tactical, psychic sphere as well as the maturing of the body in all aspects, obtaining the maximum performances;
- The age characteristics to be established as the optimal selection age, in that this age is conducive to motor-based learning (both physically and intellectually);
- The age set as optimal for initial selection to allow objective discovery of critical skills in performance.

Based on these considerations, it is our job to find out if there are significant differences between Olympic champion fighters in terms of: selection age, age of great performance, and period of practice required to achieve combat performance.

In the elaboration of the study we used the methodology of the scientific research, which included the documentation method, the observation method, the method of the call, the statistical method of data processing.

Thus, analyzing the results obtained in O.G. In the 1960s and 1988s, from the perspective of the age at which sports performance is achieved, we have established the age average of the Olympic champions and the ages at which they have won the first gold medal at an international competition (Balkan Championship, European Championship, World Championship), as well as the age at which he obtained the first medal in the competitions mentioned. Based on the recordings made by F.I.L.A. regarding the moment of the initial selection, the beginning of the organized practice and the average age of the participants in O.G. Resulting from our own investigations, we determined the average period of fighting, in order to achieve great performance. For the elaboration of the study I chose the case of 7 Romanian Olympic champions: Dumitru Pârvulescu, Nicolae Martinescu, Gheorghe Berceanu, Vasile Andrei, Ștefan Rusu, Vasile Pușcașu and Ion Draica.

The recorded and processed data, as well as the results, are shown in Tables 3, 4 and 5.

Table 3. Average age of Romanian fighters who won the gold medal in the 1960-1988 Olympic Games

No.	Name and surname	Age
D.P. b. 1933		27- Gold O.G. 1960
N.M. b. 1940		32 - Gold O.G. 1972
G.B. b. 1949		23 Gold O.G. 1972
V.A. b. 1955		29- Gold O.G. 1984
S.R. b. 1956		24- Gold O.G. 1980
V.P. b. 1956		32- Gold O.G. 1988

I.D. b. 1958	26- Gold O.G. 1984
TOTAL	193
Xm	27.57

Table 4. Average age of Romanian fighters when they won the first gold medals in competitions

No.	Name and surname	Age
D.P.		27 – Gold O.G. 1960
N.M.		26 – Gold E.C. 1966
G.B.		20 – Gold W.C 1969
V.A.		29 – Gold O.G. 1984
S.R.		22 – Gold W.C. 1978
V.P.		32 – Gold O.G. 1988
I.D.		20 – Gold W.C. 1978
TOTAL		176
Xm		25.14

Table 5. Average age of Romanian fighters when they won the first medals at competitions

No.	Name and surname	Age
D.P.		18- Silver at R.F.G. 1951
N.M.		23 – Silver W.C. 1963
G.B.		20– Gold W.C. 1969
V.A.		24- Bronze E.C. 1979
S.R.		19 – Gold B. C. 1975
V.P.		21 – Bronze W.C. 1977
I.D.		19 Silver W.C. and E.C. 1977
TOTAL		144
Xm		20.57

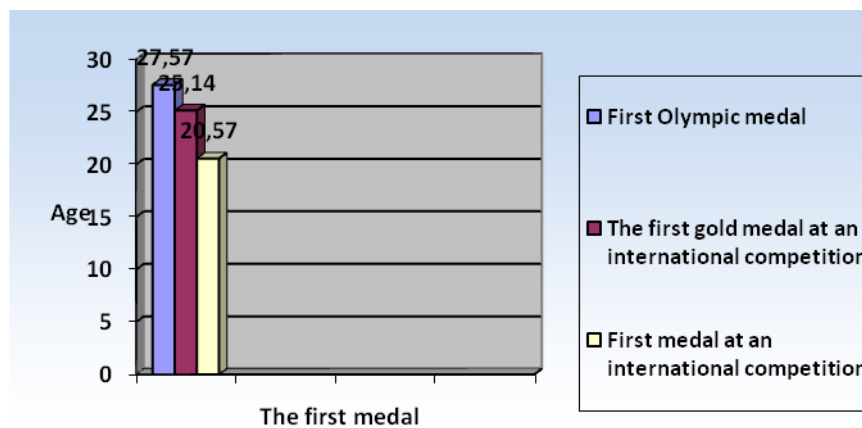


Fig. 1 Graphic representation when they won the first gold medals in competitions Romanian fighters

CONCLUSIONS

1. At present, the optimal age of selection, in battles, is around 7-9 years. The current development of children's development and the complex requirements of fighting sports call for the adaptation of selection as a conditioning factor for achieving sports performance.

2. There may be exceptions, but these will be allowed and accepted according to the skills existing at the time of selection. For example, sportsman Vasile Pușcașu began training in battles at the age of 14, previously practicing

football. The first bronze medal at a World Championship gets him after only 5 years of technical-tactical training, that is, at the age of 21 years.

3. With regard to the average age which favors the achievement of the great performance in battles, it is 25 and 27 years, the value obtained in this respect being statistically confirmed. At the same time, the first medals were made around the age of 20.

4. After the selection, the time required for the accumulation (the period of practice required to achieve top performances in battles), according to the data obtained from the present investigation, is approximately 11-12 years.

5. Champion fighters are part of an exceptional category, with much lower recruitment ages, long periods of practice and an early availability of only 18 or 19 years.

The subject is not exhausted, future research will lead to new data which can further clarify the issues investigated in the present research.

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