

## Management and Development Branch to School Athletic Sports Negeri Sriwijaya Palembang

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### *Abstract*

*The study design used is descriptive qualitative. In this study population were athletes and coaches at the State Sports School Sriwijaya as many as 35 people, consisting of 29 athletes and 6 coaches. Analysis tools used were interviews and observation. The results of this study concluded management fostering patterns Schools Sports State Sriwijaya (SONS) Palembang athletics greatly influenced by the discretion of the Department of Education and Culture, so advance and retreat of the State Sports School achievement Sriwijaya (SONS) Palembang athletics will be largely determined by a few large active participation Department of Education and Culture in supporting them. In addition to the influence of the Department of Education and Culture of South Sumatra as a determinant of the State Sports School management policies Sriwijaya (SONS) athletics Palembang in South Sumatra are also affected by the management of athletes, coaches management, management training programs, nutrition management. Coaches are used in the process of coaching athletes who should have loyalty and dedication. Coaches have the ability in their field and have adequate certification. However, the implementation of tasks in the field of coaching does not apply a clear division of tasks between the coach. Existing coaches have less adequate certification.*

**Keywords :** *Management, Development Branch Athletic Sports*

### 1 INTRODUCTION

The existence of the State Sports School Sriwijaya of South Sumatra Province which started operations from the date of July 16, 2005 expected to be a potential container for school age foster potential sportsmen, who has put more toward a tiered sports coaching and berkelanjutan.

As a container for the gifted student athletes practicing sports, the Sports School of Foreign Sriwijaya is a good alternative for nursery pinnacle of achievement in the sport. Achievement of peak performance in sports can only be achieved through a systematic process of coaching, planned, regular and continuous. Therefore, the peak of achievement needs

to be described in a comprehensive concept in the form of a tiered coaching. Given the circumstances at the top of one of the government's efforts in order to build the boost or coaching sports in Indonesia as a basis for coaching futures, was undertaken various efforts, such as by establishing a range of sports coaching centers among students who are the pioneers outstanding athlete, this suggests that Public Schools Sriwijaya Palembang is one of the promising alternative as a place to accommodate sportsmen trained to be more effective in improving performance.

In the implementation of the State Sports School Sriwijaya not be separated from the management. Management is an integral component and can not be separated from the process of coaching and training as a whole because without good management, would be very difficult to realize the national standardized school sports.

Management in essence is how a leader is able to utilize its resources optimally, so that he can achieve organizational goals. An institution will be efficient if the capital invested in these institutions correspond or provide benefits as expected. Furthermore, an institution will be effective if managed using the principles of proper and correct so that various activities within the organization to achieve the goals as planned.

On the basis of the above things happen to the investigators as natives of southern Sumatra and as a track athlete who is still actively interested at all to do with reviewing research and know the description of the implementation of the Management and Development Management at the School Sports Sriwijaya his special State athletics.

Based on the background of the above problems can be identified as follows.

1. Management of School Sport State Sriwijaya Palembang is not optimal.
2. Coaching athletics at the State Sports School Sriwijaya Palembang is not optimal.
3. Implementation of the State Sports School athlete recruitment Sriwijaya Palembang is not.

Identification Based on the above issues are the focus of research is as follows.

1. How to optimize the management of the State Sports School Sriwijaya Palembang ?
2. How does the process of coaching athletics in view of the athletes, coaches, facilities and infrastructure at the State Sports School Sriwijaya Palembang ?
3. How to optimize the recruitment of athletes Schools Sports State Sriwijaya Palembang ?

Based on the above formulation of the problem, the general aim of this study as follows.

1. To find out and analyze the management of the State Sports School Sriwijaya Palembang.
2. To find coaching athletics and the results achieved in the School Sport State Sriwijaya Palembang.

The benefits of this research are :

1. Become an evaluation tool for school administrators of sports in Indonesia in implementing coaching and also can provide information about the importance of good management practices in the management of a sports coaching.
2. Improving coaching athletics in school sports.
3. Can provide information and consideration and as an input to the coaches in coaching track and field athletes.
4. This study is expected to be a reference to improve athletic performance in sports better.

## **2 RESEARCH METHODOLOGY**

### **2.1 Types of Research**

This study is a qualitative descriptive study , in which this research aims to using something is.

### **2.2 Research Sites**

This research was conducted at the School Sport State Sriwijaya Palembang.

### **2.3 Subjects Research**

Subjects in this study were athletes , coaches , and school administrators Sriwijaya Sports Affairs . From the observations of researchers as well as information obtained from the management , the number of athletes athletics , the population in this study amounted to 29 athletes and 6 coache.

### **2.4 Types of Data**

The data taken in this study are primary and secondary data , where primary data is data that is directly taken directly through interviews and observation of athletes , coaches and comite and structure and duties . While secondary data is data that is obtained from others or through documents.

### **2.5 Methods and Data Collection Techniques**

The method used in this study is a survey method, while collecting data to use, documentation, observation and interviews compiled by the researchers themselves. According to the type of data needed, the technique of data collection is done by direct observation at the State Sports School Srivijaya and give interviews to the athletes, coaches and administrators.

### **2.6 Data Analysis Techniques**

In Qualitative Research data obtained from different sources using a wide variety of data collection techniques and performed continuously until data saturation. Data analysis was performed since before doing research, when the research took place until the results of the study. In fact his analysis of the data takes place during the data collection process after the completion of the data collection.

### 3 RESULTS AND DISCUSSION

#### 3.1 Development Management

##### 3.1.1 Coach

The head coach must stay in the mess that has been provided MONE intended that both players can always monitor the education and training issues . For a matter of practice went well, while the education problems of children of less well controlled. Though the sanctions provided by MONE quite firmly, that if the students do not go up a class, then it will be removed.

Coach " M " as the head coach has 2 jobs, which is partially in the city government civil servants who must remain to the office every day and train every morning and afternoon. To work and train no problem because it can divide the time. Difficulties when when making a game out of the area or follow the championship and had to leave the office to accompany the athletes.

Schools Sports State Coach of Sriwijaya ( SONS ) Palembang has certified coaching, training based on experience as an athlete . They can work and provide training to State Sports School students Sriwijaya ( SONS ) Palembang branch of athletics for the confidence the Department of Education and Culture.

##### 3.1.2 Exercise Program

In running coach training program " M " focuses on a number of individual athletes or athletic, less physical ability in any given season training, physical training is given only as a distraction exercise is not specifically programmed.

Specialization is the goal of coaching Sriwijaya State Sports School players ( SONS ) athletics in Palembang less training leading up to it. Material commonly accepted practice by all students.

Each field was used for something activities, State Sports School student Sriwijaya ( SONS ) Palembang practicing athletics in Palembang Jakabaring athletic field. according to technical training programs. Exercise program for the State Sports School students Sriwijaya ( SONS ) in Palembang do every morning before school and afternoon for the numbers - sprint.

##### 3.1.3 Athletes

In a new admissions Schools Sports State Sriwijaya ( SONS ) Palembang using 2 basic criteria before selecting Advanced. Both the principal criterion is the minimum height is 160 cm prospective students without seeing numbers athletics. For the second average value of report cards at least 6 figures. Criteria established in the field turns out there are some students who are enrolled with height less qualified. Here Schools Sports State Sriwijaya ( SONS ) Palembang less consistent with the reason the player has the privilege of playing.

After the students have escaped from the selection height and average value of report cards next selection stage 6 prospective students perform a physical ability test and test a number of athletic skills. To test the determination of the students were given the opportunity to do a number of athletic skills for at least 30 minutes per student. To test here of the National Education Ministry invited two consultants from the coach to PASI Pengda helping observe

and provide an assessment of the current game. For the determination of the athletes left entirely to the head coach.

For students who do not increase achievement no sanctions. Schools Sports State Sriwijaya ( SONS ) Palembang only sanction if the student does not pass to the next grade or not will be issued.

### 3.1.4 Nutrition

In a day of Srivijaya State Sports School students ( SONS ) Palembang receive rations fed 3 times plus 1 snack time. Eating 4000 calories each given meal. Total 4000 calories so the size of the Department of Education and Culture, all of these can be applied because there are nutritionists who served in the State Sports School Sriwijaya ( SONS ) Palembang. Because nutrition is very important for athletes Department of Education and Culture should put employees and culture need to place employees nutritionists to address the nutritional needs of athletes Schools Sports State Sriwijaya ( SONS ) Palembang.

Officers often berkomunikasai consumption by students about students' favorite meal is done to prevent boredom. For snacks provided at the time after lunch. Most students take evening snack.

For managing the consumption of the Department of Education and Culture to tender diborongkan outsiders and every year will be evaluated if it is not satisfactory and a lot of complaints from students, it will be replaced.

## 3.2 Autropometri

The purpose of health measurements performed by the State Sports School Sriwijaya ( SONS ) Palembang athletics is to determine the condition of the growth and nutrition of athletes. Assessment of growth in athletes should be done at regular intervals, along with a physical examination and observation. Weight measurements are used to measure the growth in general or comprehensive. While height is used to measure the linear growth.

This process autropometri is the most important process because if at the time of data collection, data retrieved is invalid, then at the time of analysis and design also results invalid as the proverb says " Garbage In Garbage Out ", which means in this case is if anthropometric data entered is incorrect, then the information generated anthropology was also wrong.

## 4 CONCLUSION

Overall, the study concluded that the management pattern Schools Sports State coaching Sriwijaya ( SONS ) Palembang athletics greatly influenced by the wisdom of the Department of Education and Culture. So go ahead and retreat of the State Sports School achievement Sriwijaya ( SONS ) Palembang athletics will be largely determined by the active participation of several major Department of Education and Culture in supporting them. This active participation began its process of providing input and a decent enough budget allocation for development programs melaksanakn well. The role of Chief State School Sports Sriwijaya ( SONS ) Palembang less optimized, so it can not take the policy should be. In addition to the influence of the Department of Education and Culture of South Sumatra as a determinant of the State Sports School management policies Sriwijaya ( SONS ) athletics Palembang in South Sumatra are also affected by the management of athletes, coaches management,

management training programs, nutrition management.

Management of athletes is how to manage the athletes or players in order to support the achievement of the objectives of the organization ( School of Foreign Sports Sriwijaya ( SONS ) athletics Palembang South Sumatra ). Management model which used to be oriented to the athletes. Schools Sports State Sriwijaya ( SONS ) Palembang is spearheading the national track and field athletes scored.

Coaches are used in the process of coaching athletes who should have loyalty and dedication. Coaches have the ability in their field and have adequate certification. However, the implementation of tasks in the field of coaching does not apply a clear division of tasks between the coach. Coaches have a certification that is less than adequate.

Training programs conducted in phases and continuous and is based on a predetermined program together, but do not exercise program that is poured into the exercise program in writing. Training sequence using the standard procedure that starts with a warm - up, core exercises and ends with colling down. Exercise should be done in a systematic and planned. Discipline in training is important. Error correction and evaluation of athletes do to progress athletes. In the implementation of the exercise athletes should print the appropriate specialization in reality on the ground is less emphasized portion of practice specialties. Training tool is used have not been following the developments in terms of quality and quantity aspects. Procurement and maintenance of facilities and infrastructure for training is a shared responsibility. Coach duty to apply provision of training required by way of submitting a proposal to the Department of Education and Culture of the sports section of South Sumatra, for the maintenance of facilities, particularly , training shirts, shoes, etc. are the responsibility of the athlete with a coach , except for being athletic fields responsibility of the Department of Education and Culture. Schools Sports State Sriwijaya ( SONS ) Palembang helpers should have handled the special general practice infrastructure.

#### 4.1 Advice

Schools Sports State Sriwijaya ( SONS ) athletics Palembang is the foundation in the process of coaching athletes athletic achievement in Indonesia. With the management development patterns Schools Sports State Sriwijaya ( SONS ) Palembang good athletics track and field athletes will be produced qualified and able to support the achievement of national athletes, are therefore recommended to :

1. Policy holders in the Department of Education and Culture should give more attention to the Schools Sports State Sriwijaya ( SONS ) Palembang athletics coaching athletes is that the process can run as expected.
2. Schools Sports State Coach of Sriwijaya ( SONS ) Palembang athletics in order to make the exercise program in writing, so that aspects of monitoring and control easier. There should be a clear division of tasks between the physical and technical trainer. Need to add a special coach for specific athletic numbers. For trainer certification that is given the opportunity to attend refresher courses held Pengda PASI, so the performance improvement will be achieved.
3. To finalize the techniques, tactics, and mental needs match or race is programmed to periodically test and do not wait for an invitation only tournament in the area.

4. Department of Education and Culture needs to be entered into a collaboration with PASI Pengda South Sumatra and other existing outside South Sumatra to be able to accommodate students who graduated from the School of Foreign Sports Sriwijaya ( SONS ) Palembang, so the maturation process of coaching athletes in accordance with the pattern of achievement will be achieved.

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