THE BENEFITS OF SCHOOL SPORT DEVELOPMENT PROGRAM TO STUDENT-ATHLETES

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Early exposure to sports, consistent training, and lots of competition against different and better opponents are the three main factors to produce a world class athlete according to Alejandro W. Clemente former undersecretary of Department of Education Culture and Sports.

Early exposure; World champions like Pete Sampras, Andre Agassi, Rafael Nadal, and Roger Federer started playing tennis at early age. Same with women world champions Steffi Graf, Martina Hingis and Williams sisters also started at very young age. So it is proven that early exposure is really big factor in future world champion.

Proper and consistent training; it is costly to the part of student or pupil-athletes and school to hire a trainer. In tennis, the lowest fee for the trainer is 250.00 pesos per hour. If they trained five times a week it will cost 1,250.00 pesos so it is very hard to an average Filipino to pay for that amount. The Department of education sent teacher-coaches and teacher-trainers to different sports event to lessen expenses for the training of student and pupil-athletes but the problem is the trainings of teacher-coaches and teacher-trainers is very trifling. And if they are ready to train those athletes, they don’t have enough time to train them because teachers are loaded with their teaching loads. Teacher-trainers must lessen at least 80 minutes of teaching loads and use that 80 minutes plus P.E. time to hold trainings that would be enough to have a proper and consistent training.
Lots of competition against different and better opponents; An interview with Roger Federer after he won the 2009 French Open for the first time in his career, he thanks his dad for driving him every weekend around Switzerland and across border just to compete at very young age. Imagine how many games he played to become a world champion. If an average Filipino can’t afford to join a lot of tournaments because of financial constraint, home and away games in the division and outside the province is the best solution to play with different and better opponents.

Reference:

 Philippine Education Into The 21st Century
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 Chapter 7: School Sports Development
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