



Commonwealth Games – 2010

Para Athletics Camp Report

**Camp Held on 1st October to 4th November at London
(U.K.)**

**Dr. Satyapal Singh
(Coach)**

**Dronacharya R. D. Singh
(Chief Coach)**



Commonwealth Games-2010

Training of National Teams

Performance of Coaches – Self Assessment & Coaches Monitoring Profile

A. Personal Data: -

NAME: - *DR. SATYAPAL SINGH*

FATHER'S NAME: - Mr. Nanak Chand

SPORTS: - Para Athletics

SEX: - Male

DATE OF BIRTH: - 01/01/1978

ADDRESS: - 12-A Triloki Colony Bapu Park Kotlamubarakpur

DISTRICT: - New Delhi

STATE: - Delhi

PIN CODE: - 110003

MOBILE: - 09312062637

E-MAIL: - satyapal_chief_coach@yahoo.com

EDUCATION QUALIFICATION: - 1. B. Sc. (Physical Education)

2. B. P. Ed.

3. M. P. Ed.

4. M. Phil.

5. Ph. D. (In Athletics)

6. Diploma in Sports Coaching in Athletics (NIS)

7. Certificate Course in Yoga

8. IAAF Level-1 Officiating Test Pass

HEALTH STATUS (Chronic/Major illness, if any): - **Good & Fit**

COACHING EXPERIENCE: -

Produced many State level, National level & International Level athletes in last five years.

1. Mr. Bharat Kumar (Trained by me) got 2nd place in world Junior Athletics Championships & participated Asian Games 2006.
2. Mr. S. Prakash Verma (Trained by me) national champion & got 1st place in 800m & 1500m in Junior SAF Athletics Championships - 2008, Colombo (Srilanka). Got 2nd place in 800m in Asian all Star Athletics Championship 2008.
3. Mr. Veer Singh (Trained by me) Junior national champion & participates in youth commonwealth games 2008 held at Pune.
4. Paralympic Athletics Team coach by me for one month in Malaysia before Beijing Olympic Games 2008.
5. Paralympic Athletics Team coach up to Commonwealth Game 2010.
6. Trained many National & International champion blind athletes. (Risikant, Amar Singh, Ramkaran, Ramanjee, Balmukund)

SPORTS KIT SIZES: - 1. **TRACK SUIT SIZE:** - 42, XL

2. **T-SHIRT SIZE:** - 42, XL

3. **SHOES SIZE:** - UK-10

- PASSPORTS DETAIL: -**
- 1. PASSPORT NO.:** - H-9348612
 - 2. PLACE OF BIRTH:** - Ghaziabad
 - 3. PLACE OF ISSUE:** - Ghaziabad
 - 4. DATE OF ISSUE:** - 29.01.2001
 - 5. DATE OF EXPIRY:** -28.01.2011

B. Association with present Coaching camp

- Date of signing the contract as coach – 15th January, 2009
Date of joining the present camp - 9th September, 2009
Leave, if any, taken during the camp - NIL
Days of training missed due to illness, if any - NIL

1. Areas in which significant contribution made (Provide details of the work output)

- Planning of training schedule : Competition Phase-I
- Technical output : 25% technical training
- Tactical Planning : 10% tactical planning
- Fitness of Players : concentrate on 100% fitness of Athletes
- Motivating players : Motivating to win medals in IWAS World Games 2009

2. Interaction with other officials

(Number of times actually accompanied the players – **Report** on weekly basis)

- Doctors : Not Available
- Physiotherapists : Not Available
- Sports Scientists : Not Available
- Dope Tests : Not Available
- Gymnasium : 3 times (per week)

3. Number of team meetings attended (daily/weekly basis) – Daily

4. Recovery Methods used in training (Sessions per week)

- Massage : One Time / week
- Sauna : Not Available
- Swimming Pool : One Sessions / week
- Yoga : Two Sessions / week
- Other Methods : Not Available

5. Tests and Measurements carried out on players (weekly basis)

Tests

- Skills : Once/week
- Physical fitness tests : Once
- Medical checkup : Not Available
- Doping Control : Not Available
- Sports Sciences tests : Not Available

6. Recreational facilities provided to players (number of weekly/monthly sessions)

- Recreational Games : Once/week
- Movies : Once/week (Sports Movies on laptop)
- Parties/Get together : No

7. Information technology adopted for Up-gradation of self knowledge

- Usage of Training Manuals/Books (Mention the name) : Omni Book, Symnosky
- Surfing Internet (Names of the sites visited regularly) : www.paralympic.org,
www.brianmac.co.uk, www.iaaf.org
- Reading of Journals/Newsletters of International Sports Federations (Mention the name) : New study in Athletics

8. Proficiency in using Computer / Internet : Good

C. FOREIGN EXPOSURE

1. Last Foreign exposure of the team : No
2. Whether accompanied the team : No
3. Lessons learned during the visit : No
4. Next foreign exposure of the team

Opponent teams at the coming exposure : All World Para-Athletics Teams
Key Players in the opponent team : Players of Russia & China
Opponents' strong points : Regular training, used high-tech equipment
and

High quality facilities

Opponents' weak points :
Strategies planned to deal with opponents (State only non-confidential points): Before planning the strategies the team should get the permission to participate in the International championships.

Date: 04.12.2009

Signature: _____

Name : Dr. Satyapal Singh



Commonwealth Games-2010
Training of National Teams
Performance of Coaches – Self Assessment & Coaches Monitoring Profile

A. Personal Data: -

NAME: - *Dronacharya R.D. SINGH*

FATHER'S NAME: - Mr. Jarnail Singh

SPORTS: - Para Athletics **SEX:** - Male **DATE OF BIRTH:** - 07/06/1954

ADDRESS: - House No.-74, Sector:-3, Tibbi Road, Hanumangarh Town

DISTRICT: - Hanumangarh **STATE:** - Rajasthan **PIN CODE:** - 335513

MOBILE: - 09414095206 **E-MAIL:** - dronacharya.rdsingh@gmail.com

EDUCATION QUALIFICATION: - 1. M.A. (History & Political Science & Sociology)
2. B. P. Ed.
3. M. P. Ed.
4. Diploma in Sports Coaching (NIS)

HEALTH STATUS (Chronic/Major illness, if any): - **Good & Fit**

COACHING EXPERIENCE: - **Dronacharya Awarded**

Produced many State level, National level & International Level para-athletes in last five years.

1. Mr.Devendra Kumar Jhajharia (Trained by me), Paralympics Champion 2004, World Record Holder.
2. Mr. Jagseer Singh (Trained by me), First place in World Para-Athletics Championship, 6th Place in Paralympics Games Beijing 2008
3. Mr. Sandeep Singh (Trained by me), Junior Para-National Athletics Champion.

SPORTS KIT SIZES: - 1.**TRACK SUIT SIZE:** - 46, XXXL 2.**T-SHIRT SIZE:** - 44, XXL

3. **SHOES SIZE:** - UK-10

PASSPORTS DETAIL: - 1. **PASSPORT NO.:** - F-7693753

2. **PLACE OF BIRTH:** - Ganga Nagar

3. PLACE OF ISSUE: - Jaipur

4. DATE OF ISSUE: - 28.06.2006

5. DATE OF EXPIRY: -27.06.2016

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Date : 04.12.2009

Signature: _____

Name: Dronacharya R.D. Singh



Commonwealth Games-2010

Para Athletics National Coaching Camp at LONDON, (UK) (1st October to 4th November 2009)

Facility Report

Sr. No.	Particular	Conditions
1	Travel	Good (By Air)
2	Climate	Cold
3	Accommodation	Very Good
4	Food	Very Good
5	Ground	Very Good
6	Equipment	Very Good
7	Recovery Method (Massage, Sauna, Swimming Pool)	Good
8	Medical Checkup Facility	Not Available
9	Physiotherapists	Not Available
10	Sports Scientists	Not Available
11	Sports Psychologist	Not Available
12	Gymnasium	Very Good
13	Recreational Facility	Good

(Dr. Satyapal Singh)
Coach

(Dronacharya R.D. Singh)
Chief Coach



Commonwealth Games-2010

Para Athletics National Coaching Camp at LONDON, (UK)
(1st October to 4th November 2009)

Performance Report

14.10.2009 Wednesday Evening at 5:30pm

Sr. No.	Athlete's Name	100m Time
1	JAGSEER SINGH	11.41 Sec.
2	MARKANDA REDDY	11.49 Sec.
3	SANDEEP SINGH	11.58 Sec.
4	GIRIRAJ	11.59 Sec.
5	MAHABIR SINGH	11.75 Sec.
6	BASAVARAJ HORADDI	11.80 Sec.
7	BHARAT KUMAR	Injured

(Dr. Satyapal Singh)
Coach

(Dronacharya R.D. Singh)
Chief Coach



Commonwealth Games-2010

Participation of National Teams in International Competition

Report of Chief Coach

1. Tournament Details: -

Discipline	Name of the Competition	Venue	Date	Number of Teams Participating
Athletics	IWAS World Games 2009	Bangalore (India)	24.11.200 to 01.12.2009	60 Teams

2. Teams officials & Support Staff: -

S. No.	Name	Designation	Number of days spend in the camp prior to participation	Remarks
1	R D Singh	Chief Coach	35 Days	
2	Dr. Satyapal Singh	Coach	35 Days	
3	K. Raghvender Singh	Measures	35 Days	
4	Mr. Govinda	Escort	35 Days	

3. Teams participating in the Tournament: -

S. No.	Name of Country	S. No.	Name of Country	S. No.	Name of Country
1	Algeria	15	India	29	Poland
2	Austria	16	Iran (IRI)	30	Portugal
3	Azerbaijan	17	Iraq	31	Qatar
4	Brazil	18	Italy	32	Reunion (France)
5	Bulgaria	19	Japan	33	Russia
6	Canada	20	Kenya	34	Serbia
7	China	21	Korea	35	Singapore
8	Croatia	22	Kuwait	36	Slovak Republic
9	Cyprus	23	Latvia	37	South Africa
10	Czech Republic	24	Lithuania	38	Sweden
11	Finland	25	Malaysia	39	Taipei (China)
12	France	26	Mexico	40	Thailand
13	Germany	27	New Zealand	41	UAE
14	Great Britain	28	Norway		

4. Travel: - Onward Journey – Hours of travel: - 5 Hours

Return Journey – Hours of travel: - 5 Hours

Time gap between arrival at the venue and Participation: - 72Hours

5. Climate: - Cold
Comfortable

6. Accommodation: - a) Hotel
b) Good

7. Food: -

Quantity	Quality	Variety	Palatability	Drinking Water	Remark
Satisfactory	Satisfactory	Satisfactory	Satisfactory	Poor	

Number of Vegetarians in the Teams: - 2

8. Local Transport arrangements: - Satisfactory

9. Medical arrangements at the Tournament: - Satisfactory

10. Medical Incidence: - No

11. Ground Conditions: - Satisfactory

12. Officiating (Umpires): - Poor

13. Crowd support: - Satisfactory

14. Local Indian Embassy Support: - No Need

15. Players evaluation form completed: - No

16. Whether participation in the tournament was useful: - Yes
Reasons: -

17. General remarks: -

Date: - 10.12.2009

Signature _____

Name: - R D Singh



Commonwealth Games-2010

Participation of National Teams in International Competition

Performance in IWAS World Games 2009

S. No.	Athlete's Name	Events	Performance	Rank
1	MARKANDA REDDY	100M	12.00Sec.	10
		200M	24.02Sec.	9
		4x100M Relay	48.58Sec.	2
2	JAGSEER SINGH	Long Jump	6.70Mets.	1
		Triple Jump	12.59Mets.	2
		4x100M Relay	48.58Sec.	2
3	SANDEEP SINGH	200M	24.12Sec.	10
		400M	52.59Sec.	7
		4x400M Relay	3:51.00Sec.	1
4	GIRIRAJ	100M	12.20Sec.	15
		200M	Did Not Participate	No
5	BASAVARAJ HORADDI	100M	12.10Sec.	11
		400M	55.45Sec.	10
		4x100M Relay	48.58Sec.	2
		4x400M Relay	3:51.00Sec.	1
6	MAHABIR SINGH	Long Jump	6.70Mets.	5
		Triple Jump	12.49Mets.	3
7	BHARAT KUMAR	400M	56.42Sec.	12
		4x400M Relay	3:51.00Sec.	1

(Dr. Satyapal Singh)
Coach

(Dronacharya R.D. Singh)
Chief Coach