



# **Commonwealth Games – 2010**

## **Para Athletics Camp Report**

**Camp Held on 1<sup>st</sup> February to 3<sup>rd</sup> March at  
Gandhinagar SAI**

**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](mailto: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):** - Very 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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  
3. SHOES SIZE: - UK-10**

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

**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 – 15<sup>th</sup> January, 2009  
Date of joining the present camp - 1<sup>st</sup> February, 2010  
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 : Preparatory Phase-I
- Technical output : 50% technical training
- Tactical Planning : 10% tactical planning
- Fitness of Players : concentrate on 80% fitness of Athletes
- Motivating players : Motivating to win medals in CWG-2010

**2. Interaction with other officials**

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

- Doctors : No
- Physiotherapists : No
- Sports Scientists : One Time / week
- 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 : No
- Swimming Pool : One Sessions / week
- Yoga : Two Sessions / week
- Other Methods : No

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

### Tests

- Skills : Once/week
- Physical fitness tests : Once
- Medical checkup : No
- Doping Control : No
- Sports Sciences tests : One Time / week

### 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 : Once/week

### 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](http://www.paralympic.org), [www.brianmac.co.uk](http://www.brianmac.co.uk), [www.iaaf.org](http://www.iaaf.org)
- Reading of Journals/Newsletters of International Sports Federations (Mention the name) : New study in Athletics

8. Proficiency in using Computer / Internet : Very Good

### C. FOREIGN EXPOSURE

1. Last Foreign exposure of the team : National Coaching Camp at LONDON, (UK)  
(1<sup>st</sup> October to 4<sup>th</sup> November 2009)

2. Whether accompanied the team : Yes

3. Lessons learned during the visit : Regular Training & Hard Work

#### 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: 05.03.2010

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](mailto: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, 6<sup>th</sup> 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

## **B. Association with present Coaching camp**

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

#### **Tests**

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- Reading of Journals/Newsletters of International Sports Federations (Mention the name) : New study in Athletics

**8. Proficiency in using Computer / Internet** : Poor

**D. FOREIGN EXPOSURE**

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**Date: 05.03.2010**

Signature: \_\_\_\_\_

**Name: Dronacharya R.D. Singh**



## Commonwealth Games-2010

### Para Athletics National Coaching Camp at Gandhinagar SAI (1<sup>st</sup> February to 3<sup>rd</sup> March 2010)

#### Facility Report

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

(Dr. Satyapal Singh)  
Coach

(Dronacharya R.D. Singh)  
Chief Coach