SELECTION AND INITIATION OF CHILDREN IN THE PRACTICE OF GRECO-ROMAN WRESTLING

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Abstract
Today, the act of selection is not an isolated one and does not represent, in any case, an end in itself because, once completed, it initiates a training process that leads to another moment of selection. Therefore, selection is a process carried out up to the upper limit of performance. This is why the concepts of selection and training have been brought together in a phrase that suggests a complex, correlated process directed toward a specific specialization of the child and junior athlete. The characteristic feature of contemporary sports is the continuous improvement of athletic performance. This requires specialists to seek ways to enhance the efficiency of sports training. In this context, one of the factors determining the quality of the training process is sports selection. The purpose of the research is to apply the system of tests and control standards aimed at initial selection in wrestling, as well as the possibility of applying them throughout the training process towards high-level performance. The control tests designed and implemented in the selection process have proven to be accessible to children aged 7-11 years old, which supports part of the hypothesis. The introduced tests did not pose difficulties in adapting the subjects to the testing method, allowing, in our opinion, a true representation of the investigated traits. Among all the control tests we introduced, the one that brings the most relevant aspects seems to be the combined rugby game test, which simultaneously assesses courage and vigilance. The data from our research, while in the early stages, suggest that it is necessary to further develop the system of control tests, focusing more on the psychological behaviour required in competitive wrestling.

Introduction
The selection of children for performance sports is a continuous process that begins with identifying the child and continues throughout their training. The

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effectiveness of selection actions depends on the value of the effort's volume and intensity throughout the entire educational process [9,12].

Since the beginning the development of motor skills play a major role in achieving performance, and the morphological and functional maturation of children occur at different ages, the starting age for selection activities is determined according to the specific requirements of each sport discipline [1,8].

In wrestling, the following types of selection are encountered: initial, secondary, and final. Initial selection takes place around the age of 10. During this stage, the focus is on identifying children who demonstrate courage, boldness, perseverance, a desire for recognition, and a willingness to develop the motor skills prioritized in wrestling [4]. The second stage and occurs after 2-3 months of organized wrestling practice. During this time, the potential to achieve significant sports results is identified with greater certainty. A crucial role in both the initial and secondary selection is played by the team conducting these processes. In addition to coaches, the sports doctor plays a decisive role. Selection is also carried out by applying a system of tests and standards to evaluate motor capacity. The final and decisive selection occurs between the ages of 17-18, during the junior stage, when the athlete begins actual preparation for high-level performance [5-7].

During the process of preparation we must keep in mind that the children have also physical education classes weekly in their educational activity and possible other recreational activities where are used different methods and approach [2,3], but overall with benefits at physical and psychological level.

Material-method

The research starts from the premise that completing the existing system of control tests currently used in the initial selection of wrestlers may lead to the optimization of training for beginners by incorporating tests that provide insights into certain psychological traits such as perseverance, vigilance, and courage - essential qualities for competition in wrestling. Furthermore, we believe there is the possibility of selecting control tests that address perseverance, vigilance, and courage, which are accessible both to subjects aged 7-12 years and to the coaches performing the selection.

The purpose of the work is to apply the system of tests and control standards aimed at initial selection in wrestling, as well as the possibility of applying them throughout the training process towards high-level performance. Our research begins with the observation, which is evident today that the current control tests used do not assess all components of the wrestler's behavior. This results in it being too late to identify training deficiencies, which are actually due to the physical and psychological particularities of the subjects.

In the research were involved 50 subjects from MCM Dream Team Dumbrăveni (25) and Academia Sportivă Ghedeon Ipotești (25), with age between 7 and 12 years old.

The methods used in the research are: analysis of specialized literature / bibliographic documentation method, pedagogical observation method, static-mathematical methodology, graphical method [10,11].

To assess the evolution of the subjects we used following tests:

For courage

Test C1 – From standing (support on the wrestling mat), with the body tensed, perform a backward fall and land in this position on the mat. Knee flexion during the landing, sitting, or landing on palms (forearms) will result in a deduction. Any hesitation (such as direction changes, etc.) will also result in a deduction.

For C2 – From standing (support on the wrestling mat), with the body tensed, perform a backward fall. The landing should be on the palms (face down) with a 180° rotation in the direction of the fall. To score in this test, an angle will be drawn with the horizontal support line and the vertical line of the subject's body (initial position) [7].

Test C3 – Rugby game on the wrestling mat. Movement will be done on the knees, allowing tackles, but no strikes. The group will be divided into two teams, with each team trying to score by placing a ball in the opponent's designated area.

For perseverance

Test D1 – From the hanging position on a fixed bar, with the elbows extended and the palms facing towards the body of the performer, the duration of maintaining this position will be timed. The grip should not change.

Test D2 – From the facial support position, with palms and toes in contact with the ground, the body perfectly aligned, and the head in line with the trunk, the duration of maintaining this position will be timed. The stopwatch will stop when the initial position is deteriorated (lowering the pelvis, back extension, or decreasing the distance between the body and the ground) [5].

For vigilance

Test V1 – Rugby game on the wrestling mat. The group will be divided into two teams, with movement on the knees allowed, including tackles, but no strikes. Points will be scored by placing a medical ball in a designated area of the opponent's field. Two balls of equal size but different weights may be introduced.

Test V2 – "Slipper" movement game. The group will be divided into two equal teams, with members numbered from 1 to x, each having a partner in the opposing team carrying the same number. The teams will be placed symmetrically on either side of the mat, with the "slipper" placed in the center at equal distances from the two teams. The slipper is a lightweight object that is easy to lift and transport (e.g., a cap, tennis shoe, sponge, etc.). The coach will randomly call a number that exists in both teams, and at this moment, the members with that number from both

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teams will move to the center of the mat and attempt to lift and carry the "slipper" to their team's safety zone (about 1 meter from the team). Their opponent will try to reach this position, in which case they will score a point; otherwise, they will lose a point. Points can be scored both by carrying the "slipper" to the safety zone and by touching the partner who has just lifted the "slipper" [4].

Results

The results of the research were analyzed statistically, and the obtained information was organized in tables.

As a result of applying the experimental selection methodology during the aforementioned period, the two groups of children who participated in the experiment achieved the following results:

In the first courage test, the average score of the children from MCM Dream Team Dumbrăveni was 6.8 points, while the average score of the children from Academia Sportivă Ghedeon Ipotești, was 6.6 points, with a difference of 0.2 points.

In the second courage test, the average score of the children from MCM Dream Team Dumbrăveni was 5.96 points, while the average score of the children from Academia Sportivă Ghedeon Ipotești was 5.28 points, with a difference of 0.68 points.

In the third courage test, the average score of the children from MCM Dream Team Dumbrăveni was 5.8 points, while the average score of the children from Academia Sportivă Ghedeon Ipotești was 5.48 points, with a difference of 0.32 points.

In the first perseverance test, the children from MCM Dream Team Dumbrăveni achieved an average of 97 seconds, while the children from Academia Sportivă Ghedeon Ipotești achieved an average of 126 seconds. The children from MCM Dream Team Dumbrăveni had a better time by 29 seconds compared to the children from Academia Sportivă Ghedeon Ipotești.

In the second perseverance test, the children from MCM Dream Team Dumbrăveni achieved an average of 139 seconds, while the children from Academia Sportivă Ghedeon Ipotești achieved an average of 226 seconds minutes. The difference was 87 seconds, with the children from MCM Dream Team Dumbrăveni having a better time compared to the children from Academia Sportivă Ghedeon Ipotești.

While in the courage and perseverance tests, the children from MCM Dream Team Dumbrăveni scored and timed better than those from Academia Sportivă Ghedeon, Ipotești, the results for the vigilance test are as follows.

In the first vigilance test, the children from MCM Dream Team Dumbrăveni achieved 16% Very Good (FB) level, while the children from Academia Sportivă Ghedeon Ipotești achieved 12% Very Good (FB), with a difference of 4%. Good (B): 20% of the children from MCM Dream Team Dumbrăveni, and 28% of the children

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from Academia Sportivă Ghedeon Ipotești were more vigilant by 8%. Satisfactory (S): 28% of the children from MCM Dream Team Dumbrăveni, and 32% of the children from Academia Sportivă Ghedeon Ipotești with a difference of 4%. Unsatisfactory (US): 12% of the children from MCM Dream Team Dumbrăveni, and 16% of the children from Academia Sportivă Ghedeon Ipotești with a difference of 4%. Insufficient (I): 24% of the children from MCM Dream Team Dumbrăveni, and 12% of the children from Academia Sportivă Ghedeon Ipotești with a difference of 12%.

In the second vigilance test, the children from MCM Dream Team Dumbrăveni achieved 20% Very Good (FB), while the children from Academia Sportivă Ghedeon Ipotești achieved only 8%, with a difference of 12%. Good (B): 24% of the children from MCM Dream Team Dumbrăveni, and 28% of the children from Academia Sportivă Ghedeon Ipotești with a difference of 4%. Satisfactory (S): 28% of the children from MCM Dream Team Dumbrăveni, and 40% of the children from Academia Sportivă Ghedeon Ipotești with a difference of 12%. Unsatisfactory (US): 12% of the children from MCM Dream Team Dumbrăveni, and 16% of the children from Academia Sportivă Ghedeon Ipotești with a difference of 4%. Insufficient (I): 16% of the children from MCM Dream Team Dumbrăveni, and 8% of the children from Academia Sportivă Ghedeon Ipotești with a difference of 8%.

The distribution of the individual results for the two perseverance tests for the groups involved in the research are presented in table no. 1.

Table No. 1 The distribution of grades obtained in the vigilance tests

Grade	P 1 MCM	P 1 Ghedeon	P 2 MCM	P 2 Ghedeon
Very good	16 %	12 %	20 %	8 %
Good	20 %	28 %	24 %	28 %
Satisfactory	28 %	32 %	28 %	40 %
Unsatisfactory	12 %	16 %	12 %	16 %
Insufficient	24 %	12 %	16 %	8 %

Comparing the data from the courage, perseverance, and vigilance tests of the two groups in the study, it can be observed that there was an improvement in these areas throughout the experiment (tables no. 2 and 3).

Table No. 2 Results obtained in the control tests by the athletes from MCM Dream Team Dumbrăveni

Statistical parameters	Courage			Perseverance		Vigilance	
	Test 1 (point)	Test 2 (point)	Test 3 (point)	Test 1 (seconds)	Test 2 (seconds)	Test 1	Test 2
Average	6.8	5.96	5.8	97	139	insufficient	satisfactory

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Standard deviation	1.93	2.27	2.4	0.65	0.89		
CV%	0.29	0.38	0.4	0.48	0.40		

Table No. 3 Results obtained in the control tests by the athletes from Academia Sportivă Ghedeon Ipoteşti

Statistical parameters	Courage			Perseverance		Vigilance	
	Test 1 (point)	Test 2 (point)	Test 3 (point)	Test 1 (seconds)	Test 2 (seconds)	Test 1	Test 2
Average	6.6	5.28	5.48	112	122	satisfactory	satisfactory
Standard deviation	1.79	1.99	2.48	38	65		
CV%	27	37	45	0.20	0.32		

Discussions

The research starts from the premise that completing the existing system of control tests currently used in the initial selection of wrestlers may lead to the optimization of training for beginners by incorporating tests that provide insights into certain psychological traits such as perseverance, vigilance, and courage - essential qualities for competition in wrestling. Furthermore, we believe there is the possibility of selecting control tests that address perseverance, vigilance, and courage, which are accessible both to subjects aged 7-12 years and to the coaches performing the selection.

The results at the applied test are at a satisfactory level and the subjects could start wrestling trainings in order to improve and develop their fitness level and specific skills [4,5].

The main limitation of the study is the number of the subjects involved (50) and we canot generalize the results, but the most important think is the adherence to the physical activity, wrestling in our situation.

Conclusions

Selection in wrestling is a crucial process for achieving athletic performance, and as such, the content of the selection process must be continuously improved.

There is no doubt that the main area where actions should be taken to increase the efficiency of talent identification and guidance is the school, and the physical education teacher is well-equipped to carry out this task.

The control tests designed and implemented in the selection process have proven to be accessible to children aged 7-11 years old, which supports part of the hypothesis. The introduced tests did not pose difficulties in adapting the subjects to the testing method, allowing, in our opinion, a true representation of the investigated traits. Among all the control tests we introduced, the one that brings the most relevant aspects seems to be the combined rugby game test, which simultaneously assesses courage and vigilance.

The data from our research, while in the early stages, suggest that it is necessary to further develop the system of control tests, focusing more on the psychological behavior required in competitive wrestling.

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