

Ladies and gentlemen,

The UMB Committee, during its meeting in Viersen, approved the development of the presented activity, following the conclusions of the UMB Congress in Madrid that took place on October 2010. According to this decision we present a complete and detailed proposal for the organization of the training courses that will initiate a first phase of a training structure for high level sports trainers.

“OFFICIAL UMB 3-CUSHION SPORTS TRAINERS”

Project Characteristics.

Following the conclusion of the UMB Congress “Horizontes del Billar” in Madrid, an intervention to support the young players must be promoted and implemented by the UMB. The concrete recommendations of the Congress was to propose of set of activities with the objective to rejuvenate the basis of our sports, the activities conducted in this subject by the national federations and to support a better sportive development of young talents and facilitate its sports career into a higher level. The intervention of the UMB is possible in this last mentioned issue.

In this context and for the study of a possible increase of the number of participants to the Junior World Championships to 24 players justify this project.

Our sports suffers an important weakness with regard to the training structure of sport trainers (“train the trainer”) and their general assignment that, due to its influence in the development of future champions, is specially interpreted as an obstacle. This project has the pretention to succeed into the development of a group of trainers with world references, geographically distributed in the different regions in the world, that will generate a positive wave in this field, stimulating the dedication of players and ex-players towards this professional field as well as generating an issue that could be followed at different national and regional levels.

This way, promoting the implication of the sportsmen into their participation in training systems that involves the different aspects that are of major influence in the practice of our sport.

Therefore, the training program and the requirements to the candidates to obtain the title of official UMB trainer must be complete, exigent and, as a consequence, necessarily restricted.

TRAINING COURSE FOR OFFICIAL 3-CUSHION UMB TRAINERS

The UMB introduces training program for up to 10 international high level 3-Cushion sports trainers with top junior in the categories Juniors and Seniors.

The degree of the students will carry the title OFFICIAL 3-CUSHION UMB TRAINERS.

The candidate students will be assigned as the follows:

North America.

Center and South America (2)

Africa.

Europe (3)

Asia (3)

The licensees will mainly be involved in the development of sports training programs in their geographical area in their actual training centers, or in the near future to be established by the national federations or the confederations to be able to train the sportsmen selected by their high level sportive profiles in the domestic or international competitions.

The licensees could then accomplish their job from the directives given by the technical committee of the UMB, their national federations and at the basis from their own sport programs, with the objective of the UMB directives to promote the creation of great national and regional training schools to stimulate the formation and training in the billiard sport.

The system used in this program will be based upon the overall training of the sportsmen on scientifically and sportive based programs with evaluation capabilities on the fields of:

Technic
Tactic
Strategy
Mental preparation
Physical preparation,

as well as additional training in the fields of Sports management, rules and structures.

All activities ordered by use and common to the development of the training program on an individual as well as a team basis.

CANDIDATES.

To apply for this education, the candidates must be players or trainers with a confirmed interest and talent for the education and training of young students and the capacity and necessary human skills to organize the tasks involved and the human skills necessary to realize the selections of sportsmen with specific objectives, training experience and a personal general 3-Cushion average above 1,000.

To be able to evaluate their actual training level, the candidates to the assigned places must provide, together with their application for inscription, a technical project description for high level sportive development in a sportive session, taking the applied terms and conditions of selection till the programming in the foreseen sports competitions into consideration.

An evaluation will take place of the capacity of the licensees, after completion of their study, of development of a school with a permanent location as well as the institutional and financial support that in this matter will be presented.

The candidate will also present, together with his application to the training, his academic or school education level, his profession, actual occupation and his sportive references as player and/or trainer.

At the same time the candidate will present any certificates of his studies, titles and any information from his national federation, clubs or institution that he considers as a reference and for which he deployed educational and training activities. In this case the names of the players he trained with all relevant data and achieved results.

Some of the geographically assigned places may remain unfilled if the profiles received do not match the level of capacity established by the selection committee that will be composed of the teaching staff.

TRAINING PROGRAM.

The “train the trainer” program includes the basic sports training factors that applied to the Billiard sport will be conducted as follows:

PLAYING TECHNIQUES: analysis of the mechanism and specific practices.

TACTIC: Development of the playing patterns and planning of the different points position families that occurs during a match, the backbone of the 3-Cushion discipline.

STRATEGY position analysis, in depth training or endurance, job tasks, rolling of the ball and practice, study of reference systems more common to the real positions during a match.

MENTAL PREPARATION: Workshop of sports psychology for the apprenticeship of the technics of focusing, concentration, visualization and mental awareness and relaxation.

PHYSICAL PREPARATION: realization of the specific player’s practicing programs by the physical trainer.

GENERAL ISSUES: Rules and competition organization systems, sport structure.

TEACHING STAFF

COORDINATOR: Mr. Fernando Requena.

UMB Vice President, President of the RFEB and member of the executive committee of the Spanish national Olympic Committee.

PROGRAM DIRECTOR: Mr. José Maria Quetglas.

Technical Director of the RFEB, Master of high level sportive performance by the University of Madrid en by the Technical level II by the Spanish National Olympic Committee and the Spanish Ministry of Science and Education.

NORMS AND RULES: Mr. Farouk El Barki

UMB Sports Director and Member of the UMB and WCBS Committees.

PHYSICAL PREPARATION. Mr. Javier Navarro.

Licensed in sports sciences and trainer of the referees of the Spanish Football federation.

MENTAL PREPARATION: Mr. Enrique Garcés.

Doctor in psychology, specialized in the sport sector, professor at the Universities of Murcia and San Carlos de Madrid.

GENERAL AND COMPLEMENTARY INFORMATION. SPORTS STRUCTURES. Mr. Fernando Requena.

UMB VICE President.

TRAINING STRUCTURE.

The training will take place in the “TECHNICAL SPORTS CENTER INFANTA CRISTINA” in the town Los Narejos near Murcia (Spain). www.carmurcia.es

The training will be structured in two periods of 15 days of duration. The first period to be held in the months July/August and the second period in November/December.

In the gap between both periods the training will be held on a remote basis with the availability of the Teaching Staff.

In the active periods the hours of training will be from 10:00 to 14:00 and from 17:00 to 20:00, from Monday to Saturday. Sunday is a rest day.

LICENSE.

The training license will cost € 2.700,00

The accommodation costs including full pension amounts at € 50,00 per day.

The travelling and transfer costs are for the account of the student.

The organization will take care of the documentation, notes, necessary material, use of the sports installations, gymnasium, swimming pool, athletics courts, billiard room.

Touristic excursions will also be organized free of charge during the rest days.

The official convocation and the delay for inscriptions will be open on January, 1st, 2012. The applications must be directed to the UMB Vice-President before March 15th, 2012.

The evaluation Committee will communicate their participation to the selected students, before March, April 15th, 2012.

The license must be paid before April 30th, 2012.

Fernando Requena.
General Coordinator.

Jean-Claude Dupont
President