Academic Sports Scholars

"ANTHROPOMETRIC STUDY OF GOA U-19 STATE CRICKET TEAM"

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ABSTRACT

The main purpose of the study was to compare the Anthropometrical parameters of Goa U-19 Team who are actively participating state and national tournaments conducted by BCCI. The data for the present study was collected from Goa U-19 Cricket players who were preparing for the BCCI U-19 Cooch Behar and Vinno Mankad Trophy for the 2014-15 season, A total of 18 cricket players whose age is below 19 were examined. All the players had competed at least at the state and national level. Result showed the Cricket players having less body weight compare to their height. This might be because that they are in growing stage and it also shows that majority of the U-19 Goa team Cricketer's are seen to have linearity characteristics.

KEYWORDS :Anthropometry, Somato type, Cricket Players.

INTRODUCTION :

The popularity of cricket in Goa stands next to football (soccer). In Goan sports society, big extravaganza of sporting events like ISL Franchise based Football League, National football league, Goa football league and many other games do immediately rake up the emotions of sports lovers. Popularity of cricket world cup in recent years and success of some Goan players in Indian Premier League (IPL) has made this game more popular among Goans. Goan print media has played pivotal role in the development of this game. Local newspaper like Tarun Bharat, Gomantak, and Gomantak Times gives more publicity to the events of cricket. Success in sports is partly attributed to physique the psychological makeup and a many of other factors. While the knowledge of morphology of sportsmen belonging to various discipline is abundant, that of cricketers is very scantly this prompted the present investigation.

ANTHROPOMETRY IN CRICKET

Human beings differ in many ways in their external body form. The variations and the process of modification in physical out look of humans and the athletes engaged in different sports is an interesting aspect which has tempted the scientists to analyses and classify: them. Athletic populations are characterized by tremendous variability in their morphological and genetical make- up. To predict superior performance in any sports, a number of studies have been done in which performances from various sports have been compared with regard to some of these factors. Malina 1984 speculates that morphological traits during early childhood provide early competitive advantages in certain sports, thus motivating the child to train and compute in a specific sport. The identification of particular morphological profile by the coach may facilitate the process of accomplishment. Children who possess such profiles do not have to wait to explore themselves of which they are capable such identification of morphological characteristics also enables the coaches to recruit children with the right type of morphological configuration. Malina also states that knowledge of basic anthropometric parameters, including body proportion; make it possible to predict an individual's success. Therefore, if success in sports depends in part upon morphological characteristics, it is logical to expect that junior athletes should exbit morphological characteristics that are similar to those of senior athletes.

PURPOSE OF THE STUDY

The main purpose of the study was to compare the Anthropometrical parameters of Goa U-19 Team who are actively participating state and national tournaments conducted by BCCI.

SIGNIFICANCE OF THE STUDY

It is hoped that the data generated and interpreted in this study will one day help the Goan cricket. The information collected can be used for monitoring the training programme as well as counseling, providing information about the choice between spin bowler, fast bowler, batsman and wicket keeper. The author also assumes that this study will help the Goan cricket to improve the standard of cricket in the state.

METHODOLOGY

The data for the present study was collected from Goa U-19 Cricket players who were preparing for the BCCI U-19 Cooch Behar and Vinno Mankad Trophy, a total of 18 cricket players whose age is below 19 were examined. All the players had competed at least at the state and national level.

Data Collection, Data Transformation and Statistical Technique

All the Anthropometric measurements were obtained and recorded under the investigator supervision. The tests were generally conducted between 6:00 am to 8.30 am at BITS Pilani University Gym

The Somato types were tested by independent analysis variance (ANOVA). For the purpose of analysis grouping variables descriptive analyses was done. Each of the Somatotype components namely Endomorphy, Mesomorphy and Ectomorphy were entered as dependent variables. The SPSS XIIth version American Computer Software was used for the statistical computation.

Results and Discussion: Results are furnished in the table 1 are the mean and standard deviation of average age and height of the Goa U-19 Team.

Sr no	Name of the Player	Age (in years)	Height (in CM)	Weight (in KG)
01	LakshayGarg	18.26	173.0	65.35
02	AmulyaPandrekar	18.01	166.0	65.70
03	Vijesh Prabhudesai	16.84	176.0	62.65
04	IshanGadekar	17.84	172.3	72.65
05	KashyapBakhle	17.75	163.4	59.40
06	SnehalKauthankar	16.99	179.5	61.15
07	Subham Desai	18.18	180.7	77.25
08	Samar Dubhashi	18.08	169.1	53.95
09	Vedant Naik	18.73	164.6	52.95
10	SubhamKesarkar	18.08	161.5	61.25
11	AchitSingwan	17.65	172.0	64.60
12	Ajay Kewat	17.57	169.7	52.75
13	Suyesh Prabhudesai	18.19	180.0	62.85
14	ShivsagarKashap	18.06	180.0	57.85
15	ManjunathVantamuri	16.56	185.0	64.05
16	Maruti Huggi	18.02	179.5	65.20
17	Deepraj Gaonkar	17.92	168.0	70.35
18	SourabShetgaonakar	16.22	167.5	58.55
	Mean	17.72	172.69	62.69
	SD	0.6	6.9	6.5

Since the team is of U-19 players, the average decimal age is 17.72 years (± 0.6) this means the members of the team are very young. The Goa team started playing the age category form early 80s; BCCI should appreciate the achievements made by Goa in age level competitions. The average height of the Goa U-19 Players is 172.69 C.M. tall (±6.9). The average body mass is 62.69 (±6.9) this shows that they are having less body weight in compare to their heights. This might be because that they are in a growing stage.

Results are furnished in the table- 2 are mean and standard deviation the Somato type of Goa U-19 team.

Sr no	Name of the Player	Endomorph	Mesomorph	Ectomorph	SomatoType Category
01	LakshayGarg	2.0	4.6	3.0	Ecto - Meso
02	AmulyaPandrekar	3.4	5.5	1.6	Endo - Meso
03	Vijesh Prabhudesai	1.7	2.4	3.9	Meso - Ecto
04	IshanGadekar	4.0	4.6	1.6	Meso - Ecto
05	KashyapBakhle	1.7	5.4	2.2	Balanced- Meso
06	SnehalKauthankar	1.6	2.4	4.8	Meso - Ecto
07	Subham Desai	1.9	4.8	3.2	Ecto - Meso
08	Samar Dubhashi	1.4	3.3	4.2	Meso - Ecto
09	Vedant Naik	2.4	3.8	3.5	Meso - Ecto
10	SubhamKesarkar	2.9	4.6	1.4	Endo - Meso
11	AchitSingwan	2.5	3.8	2.8	Balanced- Meso
12	Ajay Kewat	1.4	2.3	4.5	Meso - Ecto
13	Suyesh Prabhudesai	2.2	2.8	4.6	Meso - Ecto
14	ShivsagarKashap	1.9	1.6	5.5	Balanced - Ecto
15	ManjunathVantamuri	1.4	2.0	5.3	Meso - Ecto
16	Maruti Huggi	3.4	2.6	4.1	Endo - Ecto
17	Deepraj Gaonkar	4.2	5.6	1.2	Endo - Meso
18	SourabShetgaonakar	2.3	3.9	3.0	Ecto - Meso
	Mean	2.37	3.67	3.36	
	SD	0.94	1.29	1.36	

The above table shows the picture of Goa team, on endomorphic component average lies in the low level of development with 3.67 rating (± 1.6). In the same way it has been relatively linearity of the body falling in to moderate level with Ectomorphy rating of 3.36 (SD 1.66). Since they are in growing stages, there exists a room for the development of muscularity.

While coming to the category of Somato type, there are 8 cricketers falling in to Mesomorphic-Ectomorph, 4 cricketers with Endomorphic – Mesomorphic, 3 with Ectomorphic – Mesomorph, 2 with balanced Mesomorph and 1 balanced Ectomorph. This result shows that majority of these cricketers are seen to have linearity characteristics.

CONCLUSION

The average decimal age is 17.72 years (±0.6). Average height of Goa U-19 team is 172.69 CM tall (±6.9). The average body mass is 62.69(±6.5) this shows that they are having less body weight compare to their height. This might be because that they are in growing stage.

On Endomorph component average lies in the low level of development, that their rating is 2.37 (±0.94), Mesomorphically they fall on the moderate level of development with 3.67rating (± 1.6). In the same way they are seen to be relatively linearity of the body falling in to moderate level with Ectomorph rating of 3.36 (SD 1.66). Since they are in growing stage, there is an existence for a room for the development of muscularity. The result shows that majority of the U-19 Goa team Cricketer's are seen to have linearity characteristics.

RECOMMENDATIONS

It is recommended that either training regime be made demanding or select candidates with suitable body types. Based on the research findings involving young children in sports, identify talented cricketers at early age and coach them right. It is recommended that coaches based on their knowledge of morphological and physiological profile required for various departments of the game of cricket.

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