



IX FORUM ON ELITE SPORT
FORO INTERNACIONAL
DE ALTORENDIMIENTO
24-30 de agosto 2015 San Juan, Puerto Rico



OLYMPIC
SOLIDARITY

Agosto 27-29
2015



ATHLETIC PERFORMANCE ENHANCEMENT
TRAINING PROGRAM

Presenter:

- Mr. Jim Saret
- M.S. Athletic Training, Brigham Young University, USA
- Director of Athletic Performance Enhancement Training
- Philippine Olympic Committee

Center Name:

Philippine Olympic Committee - Philippine Sports Commission Athletic Performance Enhancement Training Center

Initiated in 2012 by:

NOC President, Mr. Jose Cojuangco Jr

Joint Project by the POC and the PSC (government sports agency)

Brief Background:

- For the past years, the Philippines has always had sports training venues but never a National Sports Training Center
- In 2012, NOC President Jose Cojuangco Jr, initiated a High Performance Training Program to help train our elite athletes for the South East Asian Games, the Asian Games and eventually the Olympics
- Due to budgetary constraints and difficulty finding an ideal venue then, we were able to create a sports training center by converting an existing basketball gym into a Sports Performance Training area located at the Philsports Complex near the NOC Headquarters
- The Core Programs being offered are: Athletic Performance Enhancement (strength, speed, power, agility, etc); Movement Screening; Injury prevention; Injury Rehabilitation; Sports Nutrition, Sports Vision, Sports Psychology; Continuing Education and Paralympic Athlete Support

Core Areas: Performance Enhancement Training



Core Areas: Sports Vision



Core Areas: Sports Nutrition



Core Areas: Sports Medicine



Core Areas: Coaching the Coaches thru Sports Science Seminars



Core Areas: Assisting the Paralympians



Strength:

- Despite having a limited size, the center has been able to serve its purpose of elevating the training level of our elite athletes
- Significant results were seen immediately for the first batch of trainees under the program.
- In our 3rd year of the program, we have acquired respectable results from our athletes based in their participation in the Asian games, SEA Games, Youth Olympic Games and other International competitions.
- In the recent 2015 SEA Games in Singapore, of the 200+ athletes that were part of the training program, 90% of them garnered medals for the country.



Areas to Improve On:

- Despite the success we have had, so much more still has to be aspired.
- Due to financial limitations, the program can only serve from 150-200 athletes. For the 200 athletes that trained for a period of 4-6 months, the operational cost was around PHP 7 Million or around USD160,000.00.
- To be of better service to the athletes, we also need to continually equip them with the proper skills, training equipments, knowledge, right tools, certified coaches, sports administrations and sports managers.
- A continuous learning in sports performance and sports management will definitely elevate the total output of our high performance training center



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We may not have the sophisticated tools to measure, test and train their abilities to the fullest, but we carry the passion to excel at our utmost high!

GENERAL INFORMATION

NOC: Philippine Olympic Committee

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