program

SPORTS
HIGH PERFORMANCE
IN CATALONIA

ARC

Joan Anton Camuñas
Secretary General of Sports of the Government of Catalonia
President of the Catalan Council of Sports
sports high performance in Catalonia

1. Introduction
2. Precedents
3. ARC Program
4. Future Vision
Catalonia, a nation of Europe

The parliament of Catalonia, one of the oldest in Europe

6,000,000 inhabitants
Sport is an old tradition in Catalonia
Lucius Minicius Natalis, the first Catalan olympic medalist (129 B.C.)

In 1876 the first Catalan club was founded: l'Associació Catalanista d'Excursions Científiques

Sport a universal social phenomenon: a tool for development and social integration

The Spanish Olympic Committee was founded in 1924 under the presidency of a Catalan. Later five more Catalans have been its President

Mr. Joan Antoni Samaranch i Torelló, a Catalan also, has been the President of the IOC for the last 20 years
63% of the population declares some sports activity, 32.1% of which is regular.
19.6% of the population are members of a sports club
Sports associations: 11,705
Clubs under federations: 9,306
Catalan Sports federations: 64 (28 in Olympic Sports, and 5 in Paraolympics)
Clubs Membership

609,730 sports licenses

- 62% Olimpics
- 37% Paraolímpics
- 1% No Olímpics
REGIONAL DISTRIBUTION OF SPORTS LICENSES

- CATALUNYA: 20%
- ANDALUCÍA: 15%
- MADRID: 11%
- GALICIA: 6%
- C. LLEÓ: 5%
- PAÍS VASC: 5%

Ref. Unitat d’Informàtica CSD (març 2001)
Catalonia, 16% of the total Spanish population

Spain
39,628,000 inhabitants

Catalonia
6,209,000 inhabitants
2 PRECEDENTS
Today the Government of Catalonia has exclusive sports attributions

Facts and legal references behind the creation of ARC Program

In Catalonia

In Spain
In 1980 sports attributions were transferred from the Spanish State to the Catalan Government.

1982

The old "Centros de Iniciación Técnico Deportiva" were also transferred.

This allowed the start of CITE (Centre d'Iniciació Tècnic Esportiva).
A new orientation:

- Federations become directly responsible of the program
- Wider scope: more people and more sports
- Specialized training in a single sport
- CITE technicians perform follow-up tasks
- Medical assistance to sportists through the old centers

Start of “Plà de Tecnificació a Catalunya”

1985
## TECHNICAL GUIDELINES OF THE TECHNIFIGICATION PLAN

### 3 phases:

<table>
<thead>
<tr>
<th>Fase</th>
<th>Centre</th>
<th>Edats</th>
<th>Formació</th>
<th>Dependència</th>
</tr>
</thead>
</table>
| Iniciació     | Centres d'Ensenyament Esportiu | de 8 fins a 12 anys | Polisportiva   | Centres escolars / Clubs ...
| Tecnificació  | Centres de Tecnificació     | Depèn de l’esport | Especialitzada   | Federacions             |
| Alt Rendiment | Centre d’Alt Rendiment     | Depèn de l’esport | Especilitzada   | Federacions             |
In 1996 Barcelona is awarded the XXV summer Olympic Games.

In 1986:
- In Catalonia: The First Sports Law in Catalonia.
- In Spain: Relevant Facts.

1988:
- The First Sports Law in Catalonia.

1990:
- A Modification of the Sports Law in Spain.
  Assures a collaboration between the Spanish State and the Regional Governments.
2 PRECEDENTS

Relevant Facts

In Catalonia

1997

High Level Sports regulation in Spain

In Spain

1999

A new legal frame for the Catalan Technical Sports Program
**EVOLUTION OF SPORTS PLANS**

<table>
<thead>
<tr>
<th>Anys</th>
<th>Institució</th>
<th>Programa</th>
<th>Formació</th>
<th>Nº Centres</th>
<th>Nº Esportistes</th>
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</thead>
<tbody>
<tr>
<td>1980</td>
<td>CSD</td>
<td>CITD</td>
<td>Polisportiva</td>
<td>4</td>
<td>400</td>
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<tr>
<td>1982</td>
<td>DGE</td>
<td>CITE</td>
<td>Polisportiva</td>
<td>4</td>
<td>435</td>
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<tr>
<td>1985</td>
<td>DGE</td>
<td>PTEC</td>
<td>Esport únic</td>
<td>13</td>
<td>893</td>
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<tr>
<td>1990</td>
<td>DGE</td>
<td>PTEC</td>
<td>Esport únic</td>
<td>107</td>
<td>2210</td>
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<tr>
<td>1995</td>
<td>DGE</td>
<td>PTEC</td>
<td>Esport únic</td>
<td>107</td>
<td>2376</td>
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<tr>
<td>2000</td>
<td>CCE</td>
<td>PTEC</td>
<td>Esport únic</td>
<td>94</td>
<td>1773</td>
</tr>
</tbody>
</table>

More selection of participants
Participants
Distribution by Sports (1999/00)

Total: 1773 sportsmen
Sports achievements
Sportsmen distribution

Main Area of Concentration

- de 1 a 20 esportistes
- de 21 a 50 esportistes
- de 51 a 100 esportistes
- major de 100 esportistes
Results assessment in the Olympic Games

Factors of analysis
Number of Participants
Potentially successful sports
Demographic Reference
Scores in the Olympic Games

Summer Olympic games
Catalan participation in the Spanish delegation

<table>
<thead>
<tr>
<th>Year</th>
<th>Resta delegació</th>
<th>Catalunya</th>
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</thead>
<tbody>
<tr>
<td>1900</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>1920</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>1924</td>
<td>47</td>
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<tr>
<td>1928</td>
<td>27</td>
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</tr>
<tr>
<td>1932</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>1948</td>
<td>3</td>
<td></td>
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<td>1964</td>
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<tr>
<td>1968</td>
<td>51</td>
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</tr>
<tr>
<td>1972</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>1976</td>
<td>64</td>
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<tr>
<td>1980</td>
<td>66</td>
<td></td>
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<tr>
<td>1984</td>
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<td>1988</td>
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<tr>
<td>1992</td>
<td>87</td>
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<tr>
<td>1996</td>
<td>118</td>
<td></td>
</tr>
<tr>
<td>2000</td>
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</table>
Scores in the Olympic Games

Catalan participation in Summer Olympic Games

<table>
<thead>
<tr>
<th>Year</th>
<th>Resta delegació</th>
<th>Catalunya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980 Moscou</td>
<td>41%</td>
<td></td>
</tr>
<tr>
<td>1984 Los Ángeles</td>
<td>38%</td>
<td></td>
</tr>
<tr>
<td>1988 Seúl</td>
<td>39%</td>
<td></td>
</tr>
<tr>
<td>1992 Barcelona</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>1996 Atlanta</td>
<td>28%</td>
<td></td>
</tr>
<tr>
<td>2000 Sydney</td>
<td>26%</td>
<td></td>
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</table>

PRECEDEMTS
Scores in the Olympic Games

Best results with Catalan participation

<table>
<thead>
<tr>
<th></th>
<th>medalles</th>
<th>diplomes</th>
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<tbody>
<tr>
<td>Seul</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Barce</td>
<td>11</td>
<td>11</td>
</tr>
<tr>
<td>Atla</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>Syde</td>
<td>7</td>
<td>17</td>
</tr>
</tbody>
</table>
## Medals Ranking

<table>
<thead>
<tr>
<th>Nº</th>
<th>País</th>
<th>Nº medalles Sydney 00</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>EEUU</td>
<td>97</td>
</tr>
<tr>
<td>2</td>
<td>RUSSIA-CEI</td>
<td>88</td>
</tr>
<tr>
<td>3</td>
<td>XINA</td>
<td>59</td>
</tr>
<tr>
<td>4</td>
<td>AÚSTRÀLIA</td>
<td>58</td>
</tr>
<tr>
<td>5</td>
<td>ALEMÀNYA</td>
<td>57</td>
</tr>
<tr>
<td>6</td>
<td>FRANÇA</td>
<td>38</td>
</tr>
<tr>
<td>7</td>
<td>ITÀLIA</td>
<td>34</td>
</tr>
<tr>
<td>8</td>
<td>CUBA</td>
<td>29</td>
</tr>
<tr>
<td>9</td>
<td>COREA SUD</td>
<td>28</td>
</tr>
<tr>
<td>10</td>
<td>G.BRETAGNA</td>
<td>28</td>
</tr>
<tr>
<td>11</td>
<td>ROMÀNIA</td>
<td>26</td>
</tr>
<tr>
<td>12</td>
<td>HOLANDA</td>
<td>25</td>
</tr>
<tr>
<td>13</td>
<td>JÀPO</td>
<td>18</td>
</tr>
<tr>
<td>14</td>
<td>HONGRIA</td>
<td>17</td>
</tr>
<tr>
<td>15</td>
<td>CANADÀ</td>
<td>14</td>
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<tr>
<td>16</td>
<td>POLÒNIA</td>
<td>14</td>
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<td>17</td>
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<td>13</td>
</tr>
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<td>SUÈCIA</td>
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<td>20</td>
<td>Espanya</td>
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<td>21</td>
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<td>8</td>
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<tr>
<td></td>
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</tr>
<tr>
<td></td>
<td>CATALUNYA</td>
<td>7</td>
</tr>
</tbody>
</table>
Scores in the Olympic Games

Medal evolution with Catalan participation
# Scores in the Olympic Games

## Medals/Population Ranking

<table>
<thead>
<tr>
<th>Nº</th>
<th>País</th>
<th>Medalles/Habitants</th>
<th>Població a. 1998</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>CUBA</td>
<td>392.329</td>
<td>11.116.000</td>
</tr>
<tr>
<td>2</td>
<td>AUSTÀLIA</td>
<td>444.480</td>
<td>18.520.000</td>
</tr>
<tr>
<td>3</td>
<td>HONGRIA</td>
<td>446.294</td>
<td>10.116.000</td>
</tr>
<tr>
<td>4</td>
<td>NORUEGA</td>
<td>552.375</td>
<td>4.419.000</td>
</tr>
<tr>
<td>5</td>
<td>BULGÀRIA</td>
<td>568.364</td>
<td>8.336.000</td>
</tr>
<tr>
<td>6</td>
<td>CATALUNYA</td>
<td>745.080</td>
<td>6.209.000</td>
</tr>
<tr>
<td>7</td>
<td>HOLANDA</td>
<td>797.186</td>
<td>15.678.000</td>
</tr>
<tr>
<td>8</td>
<td>SUÈCIA</td>
<td>832.031</td>
<td>8.875.000</td>
</tr>
<tr>
<td>9</td>
<td>COREA SUD</td>
<td>833.857</td>
<td>23.348.000</td>
</tr>
<tr>
<td>10</td>
<td>ROMANIA</td>
<td>1.123.700</td>
<td>22.474.000</td>
</tr>
<tr>
<td>11</td>
<td>ALEMÀNYA</td>
<td>1.207.838</td>
<td>82.133.000</td>
</tr>
<tr>
<td>12</td>
<td>GRÈCIA</td>
<td>1.304.348</td>
<td>10.000.000</td>
</tr>
<tr>
<td>13</td>
<td>RUSSÍA-CEI</td>
<td>1.681.757</td>
<td>147.434.000</td>
</tr>
<tr>
<td>14</td>
<td>FRANÇA</td>
<td>1.692.779</td>
<td>58.683.000</td>
</tr>
<tr>
<td>15</td>
<td>CANADÀ</td>
<td>1.703.500</td>
<td>30.663.000</td>
</tr>
<tr>
<td>16</td>
<td>ITÀLIA</td>
<td>1.955.761</td>
<td>57.369.000</td>
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<tr>
<td>17</td>
<td>POLÒNIA</td>
<td>2.323.080</td>
<td>38.718.000</td>
</tr>
<tr>
<td>18</td>
<td>ESPANYA</td>
<td>2.377.680</td>
<td>39.628.000</td>
</tr>
<tr>
<td>19</td>
<td>EEUU</td>
<td>2.686.549</td>
<td>274.028.000</td>
</tr>
</tbody>
</table>
Scores in the Olympic Games
Catalan participation in Spanish national teams (Summer Games)

Team sports
Scores in the Olympic Games

Catalan participation in Spanish national teams (Summer Games)

Team sports

Barcelona
Atlanta
Sydney
Scores in the Olympic Games
Catalan participation in Spanish national teams (Summer Games)

Individual sports
Scores in the Olympic Games
Catalan participation in Spanish national teams (Summer Games)
Scores in the Olympic Games

Catalan participation in Spanish national teams (Winter Games)
Catalan participation in Spanish national teams (Winter Games)

Scores in the Olympic Games
3 ARC PROGRAM
Reasons behind the ARC Program

Until 2000 independent High Performance Programs did not assure that young groups would go from the Technification Plan to High Performance Centers
Technification Plan Results

Valentí Massana (Atletisme)
1r Campionat del Món 1993 (20 km marxa)
3r JJ. OO. Atlanta 1996 (50 km marxa)

Gervasio Deferr (Gimnàstica)
2n Campionat del Món 1999 (terra)
1r JJ. OO. Sydney 2000 (exercici de salt de poltre)

Reyes Estévez (Atletisme)
3r Campionat del Món 1997-99 (1500 m)
1r Campionat d'Europa 1998 (1500 m)

Neus Garriga (Vela)
3r Campionat d'Europa 1997 (Europe juvenil)
4t JJ. OO. Sydney 2000 (Europe)
Technification Plan Results

Gemma Mengual (Natació Sincronitzada)
8a JJ. OO. Sydney 2000 (Duo)
5è Campionat del Mòn Fukuoka (Duo)

Natalia Rodríguez (Atletisme)
6a Campionat del Mòn 2001 de 1.500m
Recordwoman d’Europa Sub’23 de 1.500m

Tommy Robredo (Tennis)
1r Torneig de Sopot 2001 (POL) puntuable ATP
31è class. ATP
Sports High Performance:
We call the *evolutive process* that includes sportsmen that *have achieved* or are *aiming to achieve* the highest competitive level *High Level Sport*.

*High Level Sport* is reached from technical and sports improvement in an *initial phase of technification*, to which they have been *previously selected* on the basis of performance and physical conditions.
Objectives

A) Organization of a sports structure

B) Establishment of detection and selection systems

C) Integral Training assurance

D) Increase the number of Catalan participants in the highest international level
Target of Participants

Sportsmen who participate or have options to participate in the highest level competitions

The rank of participants is defined by:

1st Group: Official competitions
- Jocs Olímpics i Campionats del Món
- Campionats d’Europa
- Campionats Internacionals
- Campionats d’Espanya
- Campionats de Catalunya

2nd Group: Competition age groups
- Absolut (23 anys o més)
- De 18 a 22 anys.
- Menors de 18 anys.
Sports in ARC Program

SPORTS:
Olympic Sports
Paraolympic Sports
Internationally Relevant Sports

2 variables:

**Opportunity**: to achieve good results.

**Resources**
Target of Participants

Investment analysis

Opportunity

MEN

High effectivity

Border level

Low Effectivity

Resources
Target of Participants

Investment analysis

Opportunity

High effectivity

DONES

Border level

Low Effectivity

Resources
**Goals**

a) Support and consulting to Catalan Sports Federations

b) Facilitate the necessary services to sports performers

c) Plan, follow-up and manage integral training and continued improvement of sports performance

d) Economic aid for sportsmen

e) Elaborate and execute programs

f) Establish collaboration agreements with Catalan Federations and other institutions
Performances to achieve the Goals

a) Support and consulting to Catalan Sports Federation

1. Objectives and criteria
2. Global Sports programming
3. A Motivated and qualified coach
4. Quality sportmen groups
5. Requirement of the Technification Plan
6. Detection of talented sportsmen plan
7. Foresee the necessary resources
8. Foresee scientific support services
9. No doping
10. Nominate a single responsible

NECESSARY REQUIREMENTS
b) Facilitate the necessary services to sports performers

- Equip tècnic
- Suport en el moment de retirar-se
- Formació integral
- Serveis de suport
- Beques esportistes
- Material
- Concentracions
- Desplaçaments
- PROGRAMACIÓ

Performances to achieve the Goals
Performances to achieve the Goals

Support Services

Medical assistance
- Medicina de l’esport
- d’Optometria
- Podologia
- Fisioterapia

Scientific and technical support
- Fisiològia de l’esforç
- Biomecànica
- Psicologia
- Nutrició
**Performances to achieve the Goals**

**d) Economic aid for sportsmen**

* To sports performers
  * Ajuts econòmics
  * Premis econòmics

* To Federations.
Els ajuts són per:
  * Donar suport a les Federacions
  * Afavorir l'organització de l’activitat pròpia de la Federació
  * Augmentar la participació de Seleccions Catalanes
  * Desenvolupament del programa ARC per cadascuna de les disciplines esportives que compleixin els requisits establerts.
Follow-up and evaluation bodies

Responsability of the Catalan Government

- Evaluation Commission
- Follow-up Technical Commission
General Criteria:

- Evaluation chart
- Establish relationships between team and individual sports

Evaluation of the Sports Results
ARC is a tool that should allow:

- Unify criteria toward Federations
- Achieve a better follow-up
- Establish performance objectives
- Maximize efforts
6 critical success factors

- A Clear long-term vision
- Thinking globally
- Sharing and Cooperation for competing
- A Clear strategy: resources and opportunities
- A clear role for the Administrations
- Ethics in Sports
Thank you very much for your attention