

Research on the Development Status and Countermeasures of High-level Swimming Teams in Chinese Universities

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Abstract

Through researching literature and conducting expert interviews, we have conducted in-depth research on the problems in the development of High-level swimming teams in China's colleges and universities, and reached the following conclusions: the construction of High-level swimming in colleges and universities lacks a real independent training model for colleges and universities; There is a huge gap between the state of building a level swimming team and the ideal goal; at this stage, the development of college swimming teams lacks policy support, and the team needs to be further optimized; at this stage, the competition management of High-level swimming teams in colleges and universities still needs to be improved, and athletes lack creativity. The motivation for excellent results.

Keywords

High-level Swimming Teams; Chinese Universities.

1. Introduction

As a super sports event in the Olympic Games, swimming has a great influence on the ranking of the Olympic gold medals and medals. The reason why the United States has always been the most powerful competitor in the Olympics is that swimming has taken the most credit. American universities have trained many great athletes for it. The Chinese swimming team is a strong team in the world swimming, but the athletes who compete for gold and silver in the international arena are basically from the national team. Chinese universities rarely independently train the Chinese national swimming team to participate in the world's top competitions. In terms of transportation mode, our country is the national team and local provincial and municipal teams supplying talents to college swimming teams, while in European and American countries, college swimming teams supplying talents to the country. How to reverse this situation and enable universities in our country to truly contribute to Chinese swimming requires us to find out the existing problems in the construction of High-level swimming teams in Chinese universities and find corresponding solutions so that universities can make full use of The various resources of the school will further train the athletes who enter colleges and universities in all aspects, so that the athletes can constantly surpass themselves and achieve brilliant results in a good humanistic and training environment.

2. Research Methods

2.1. Documentary Data Method

By looking up relevant journal articles, doctoral, master's theses, newspaper full texts and news materials related to this research in CNKI and sports journals, and looking up materials related to High-level sports team construction, we can understand the current status and content of relevant research , To provide theoretical support for the research of this article.

2.2. Expert Interview Method

Interviews were conducted with some leaders of the China Swimming Management Center, the leaders of the Swimming Branch of the University Sports Association, and the leaders and coaches of High-level swimming teams in various universities. The content of the interview included the current status of swimming development in Chinese colleges and universities, relevant policies for the operation of High-level swimming teams in colleges and universities, and plans for the future development of college swimming teams.

3. Results and Analysis

3.1. The Current Status of the Operation of High-level Sports Teams in Existing Colleges and Universities

3.1.1. The Goal of Building a High-level Swimming Team and the Universities to be Opened

Regarding the goal positioning of building High-level sports teams in colleges and universities, the national education department and sports administrative department have clear regulations. In April 2005, the Ministry of Education and the State Sports General Administration clearly stated in the "Opinions on Further Strengthening the Construction of High-level Sports Teams in Regular Colleges and Universities" (Education, Sports, Arts [2005] No. 3), "The construction of High-level sports teams in regular colleges The goal is to train High-level sports talents for the country's comprehensive development. The goal is to complete the World University Games and major international and domestic sports competitions, and contribute to the national Olympic glory plan and the sustainable development of competitive sports." Through investigations, few people trained independently by universities can participate in the highest level events such as the Olympics and World Championships.

High-level swimming in colleges and universities has gradually developed under this background. Colleges and universities across the country are building High-level swimming teams, including many famous colleges and universities such as "985" and "211".

Table 1. The construction of swimming teams in different types of universities

Institution Type Institution Name	School name
General colleges	Peking University, Tianjin University, Tianjin Polytechnic University, Tianjin Medical University, Harbin Institute of Technology, Southeast University, Shanghai University of Finance and Economics, Shanghai Maritime University, Southeast University, etc.
Physical Education University	Beijing Sport University, Shanghai Sport University, Wuhan Sport University, Capital Sport University, Harbin Sport University, etc.

3.1.2. Elements in the Construction of High-level Swimming Teams in Universities

In High-level swimming teams in colleges and universities, it mainly contains three main elements: coaches, athletes and managers. (1) Coaches lead athletes in training under the support of school policies. They are the leading swim team of colleges and universities. According to the survey, most college coaches are retired swimmers, and they have basically received systematic training. This group not only have high athletic ability but also have deep theoretical foundation knowledge. (2) The swimming team mainly consists of athletes in two groups, Group A and Group B. Among them, the athletes in Group A are generally non-professional high school athletes. Group B mainly comes from active national teams and swimming teams of various provinces and cities, including athletes who are in service or have

retired and entered colleges and universities to study. All colleges and universities implement a credit system in learning, and require athletes to complete relevant courses and complete enough credits to meet the requirements of normal graduation. Because most of the athletes have a weak learning foundation, the school has given more care to the athletes in study and examinations. For example, participating in competitions can add points to the examination results of cultural classes based on the results of the competition. . In terms of training, most colleges and universities maintain four to six weekly trainings per week, and the weekly training volume is about 20,000 to 30,000 meters, and most of the winter and summer vacations are not focused on training. Most schools arrange for athletes to train themselves. In terms of competition participation, swimmers in Chinese universities mainly participate in the following competitions: as shown in Table 2. (3) The management personnel are mainly composed of the student management, teaching, logistics, and sports personnel under the leadership of the vice-principal in charge of sports to participate in the formation of the corresponding leadership agency, and a series of rules and regulations have been established.

3.1.3. The Process of Recruiting High-level Swimmers in General Colleges and Universities

The process of recruiting High-level athletes in ordinary colleges and universities is mainly as follows: 1. Colleges and universities issue enrollment guidelines and enrollment plans, and athletes should register under certain conditions; 2. Admissions colleges and universities will publish according to their High-level sports team project construction needs For swimming special test standards and selection methods, relevant sports departments will uniformly arrange tests. 3. Candidates who have passed the special test of physical education must take the unified national examination for general college admissions in their place of residence, and then those who pass the test will be selected according to national regulations. Among them, candidates who have won one of the titles of first-level athletes, and international masters can apply to participate in the individual cultural courses organized by the admissions colleges, or they can choose to participate in the unified national admissions examination.

3.1.4. Situation of Competitions Participated by College Swimmers

Among the existing High-level swimmers in colleges and universities, they mainly participate in the following types of competitions: International competitions organized by the FINA, because participating in international competitions not only meet the standards of international competitions, but also participate in the selection of domestic competitions. The athletes who can successfully pass the selection are all active athletes of the national team; the other type is the national competitions organized by the China Swimming Association. Athletes participating in this type of competition generally need to be officially registered in various local provinces and cities. Athletes who can participate in these two types of competitions will automatically be classified into Group B to participate in the national swimming competitions for college students after entering the university. In addition to participating in the above-mentioned first-level competitions, the competitions that all college swimmers can participate in are mainly the National University Sports Games held every four years by the University Sports Association and the National University Swimming Championships held every year. And the local college swimming championships held by provinces and cities.

Table 2. The situation of competitions participated by college swimmers

Group	Competition organizer	Game name
Group B	FIN, Chinese Swimming Association	International competitions (Olympics, World Championships, Asian Games, short pool series, etc.), competitions in China's first division (national championships, national championships, national youth championships, etc.)
Group A	College Swimming Association	National University Games, University Swimming Championships, University Swimming Championships in various provinces and cities

3.2. Problems in the Development of High-level Swimming Teams in Chinese Colleges and Universities

In the process of the existing High-level swimming teams in colleges and universities, all colleges and universities are vigorously enrolling students. According to statistics, the current swimming athletes of the national team and athletes from local provinces and cities are basically of the legal age of attending colleges. They walked into the gate of the university. In fact, only this part of athletes can be regarded as excellent athletes. However, according to the current training system of High-level athletes in colleges and universities, this part of athletes are still trained in the national team and local provincial and municipal sports teams, and basically did not enter the university swimming pool. This part of the athletes in the cultural classes they participate in, the school has lowered a lot of requirements for these athletes. The athletes who really enter the college training and learning are mainly retired professional athletes and ordinary high school amateur swimmers. Therefore, in order for High-level sports teams in colleges and universities to truly improve and make breakthroughs in sports performance and reach the level of swimming development in American colleges and universities, we need to change our thinking and truly focus on independent training. However, there are still many problems in training truly High-level athletes independently:

3.2.1. Policy Needs More Support

The establishment of High-level swimming teams in universities has received strong support from the state. Many universities have established High-level swimming teams and have the opportunity to participate in national competitions. The construction of High-level swimming teams in colleges and universities is also booming. But looking at many colleges and universities, there are very few colleges and universities taking the road of independent training. Basically, they cooperate with provincial and municipal swimming teams. The country has not issued a specific incentive policy for independent training. However, colleges and universities also lack the construction of their own echelon, and are greatly limited in the selection of athletes. There is no basis for an athlete to truly maintain and improve athletic performance in colleges.

3.2.2. The Team of High-level Swimming Teams Needs Further Optimization

First of all, because college coaches have been separated from High-level training for too long, there is still a big gap between the training concept and the training methods and distribution of the world's top coaches. Secondly, swimmers who really enter colleges and universities for learning, on the one hand, are basically out of professional training due to their own competitive state and level. On the other hand, swimmers entering colleges and universities have to bear the pressure of academic work and it is difficult to have time for professional training. According to the survey, some domestic colleges and universities are also conducting professional training in colleges and universities, and have achieved good results. Finally, the protection of swimmers in colleges and universities is mainly managed by the athletes themselves. It is difficult to have a team with all-round protection like a professional team.

3.2.3. Athletes Participate in Competitions Less Frequently and at Lower Levels

In the process of making training plans, coaches usually make plans during the cycle of athletes' competitions. Among the competitions currently attended by college swimmers, the relatively high level of competition is the National University Games, and then there are National University Swimming Championships, as well as college swimming championships in local provinces and cities. Throughout these competitions, in addition to the relatively high level of swimming in the National University Games, the remaining competition levels are relatively low. On the one hand, due to the low level of college swimmers, it is difficult to meet the national level A competition standards. On the other hand, the original intention of colleges and universities in training High-level athletes is not to cultivate truly outstanding swimmers who can truly represent China in international competitions.

3.3. The Future Development Direction of High-level Sports Teams in Colleges and Universities

3.3.1. Actively Adjust Policies

If we want to truly cultivate truly outstanding swimmers like American colleges and universities, we must change our thinking and shift from the current road of competing for outstanding athletes to independent training, the Ministry of Education and the Chinese University Sports Association, and all colleges. The leadership of the company has formulated practical policies to support the construction and development of High-level sports teams in colleges and universities. Each school provides a set of feasible methods for the protection of learning, training, scientific research and logistics.

3.3.2. Optimize Team Building

First of all, it is very necessary to strengthen the learning of coaches. Only with advanced training concepts and methods can we get twice the result with half the effort. Therefore, the training system for college coaches should be further improved. Secondly, further develop echelon construction, so that the swimmers in elementary, middle and high schools will be exposed to formal training, which will lay a solid foundation for training after entering colleges. Only with a solid foundation can it be possible to reach the top. Universities should find ways to conduct professional training, make training more professional, and make it a truly High-level team. Finally, when swimmers enter colleges and universities to study, they must balance the relationship between learning and training, and strive to have strict requirements on both aspects, so as to be like American college swimmers, not only have excellent swimming performance, but also excel in cultural studies.

3.3.3. Further Optimize the Number and Level of Participation in the Competition

Limited by the level of college swimmers, it is difficult to participate in top international and domestic competitions except for the national and provincial teams in service. To truly train High-level athletes, one needs to have Good High-level coaches and potential athletes. On the other hand, athletes are also required to participate in some High-level competitions for exercise. Through investigations, most college coaches believe that college swimming teams now have fewer opportunities to participate, so holding more competitions will also promote the development of the entire college swimming.

4. Conclusions and Recommendations

The construction of High-level swimming in colleges and universities is booming under the support of national policies. However, it lacks top-level design and does not have project of college swimming to enter the Olympic plan. However, the level of each college swimming team is limited, and there is no real college independent training of top athletes.

At this stage, in addition to the competitiveness of active professional athletes in college swimming teams, ordinary student athletes do not have the level to play High-level competitions.

The construction of High-level swimming teams in colleges and universities is basically taking the road of amateur training, without professional training, so the outstanding athletes independently cultivated by colleges and universities are rare.

Based on the above, the following suggestions are put forward: 1. Improve the top-level design so that college swimming teams can truly enter the Olympic training plan. Build and improve the model of autonomous training of outstanding athletes in universities and provide policy support and encouragement. 2. Conduct professional training with retired and ordinary high school swimmers as the core, and vigorously train and improve the coaching level of coaches. Appropriately increase competitions between colleges and universities, and increase the chances of some relatively outstanding athletes to participate in domestic first-class competitions.

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