



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved | Electronic City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Title	Sports Team Selection
Date of Event(s)	07/11/2022 to 10/11/2022
Department /Association	Department of Physical Education
Venue	SFS College
Number of Participants	150 students

The Department of Physical education of St. Francis de Sales College

COLLEGE SPORTS TEAM SELECTION - 16th TO 20th OCTOBER 2023

The Department of Physical Education of St. Francis de Sales College conducted College Sports Teams Selection for participating in the Intercollegiate Tournaments on 16th to 20th October 2023. Those students who were shortlisted for the various events were eligible to take part in the Bangalore University selections which will be held in the month of December 2023.

The entire selection process was organized under the guidance of Mr. Venkatramaiah D – the Physical Education Director with the assistance from the department members - Ms. Christina Mary – Asst. P E Director, Mr. Anand N- Asst. P E Professor and Mr. Radhaswamy- Asst. P E Professor.

PLAYER SELECTION PROCESS

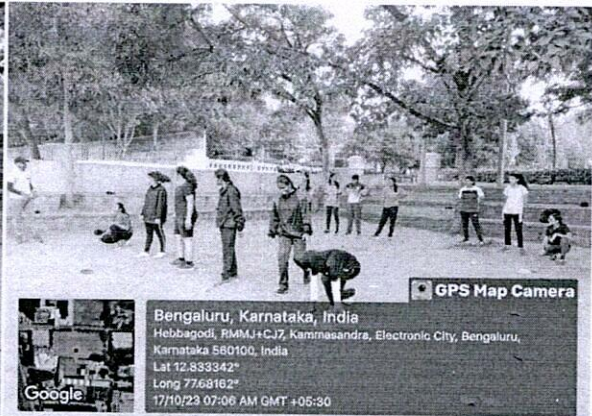
The process for the selection of players for the college teams is as follows. A coach selects a group of students after analyzing their capabilities by means of physical fitness and skills required for the particular game. Then the best students are shortlisted for the respective games and are officially initiated as the players for the College Teams.

Selection Guidelines for the College Team:

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Tel: 080-27836065 / 27834611, Fax: 080-27832299 Email: principal@sfscollege.in
www.sfscollege.in

1. **CONSENT OF THE PARENT/GUARDIAN:** The department must ensure that the student selected for an event must obtain the written consent of his/her parent/guardians.
2. **INTENSITY OF URGE TO BE THE BEST PLAYER:** -She/he must have to be the skilled player. Ordinarily, a player after selections starts taking it easy. However, a dedicated player always has the urge to be the best and doesn't give up and continues to work further towards improving his/her game.
3. **PHYSICAL FACTORS:-**
 - ❖ **HEIGHT:** - Height of a player is an added advantage. The coach while selecting the team for basketball, volleyball and other games must consider this factor.
 - ❖ **WEIGHT:** - Events such as Wrestling, Weight lifting, Judo, etc. are played according to the bodyweight of the players.
 - ❖ **SPEED:** - Speed is essential in each game. A player having inbuilt speed movements shall be considered as that will attain better results as compared to those with slow reflexes. A player with speed and fast reflex movements paves way for fast improvement in the game and learns new techniques quickly. Such players therefore, must be preferred while making a selection
4. **TECHNIQUES:** - most of the players learn various techniques of the game during the course of their training. Very few however acquire expertise and they learn how and when to use it to gain maximum advantage during the game.

Players' strength is also a factor to distinguish between selected and non-selected players. A lot of effort, uphill struggle and dedication were put into the practice sessions by the students as well as the coaches and the end results were worth mentioning. The students who were not selected during the Academic Year 2023 will be allowed to participate in selection process in the next year. All the students were given suggestions based on their performance and their talents were recognized.





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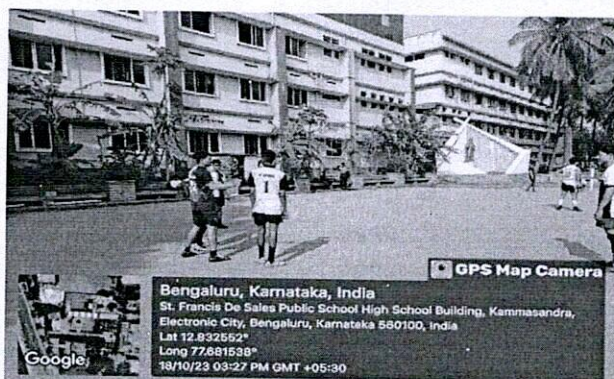
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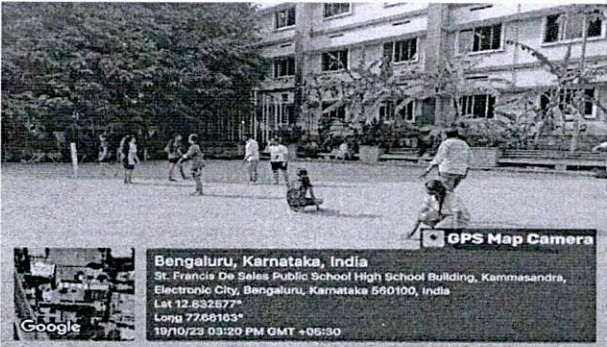
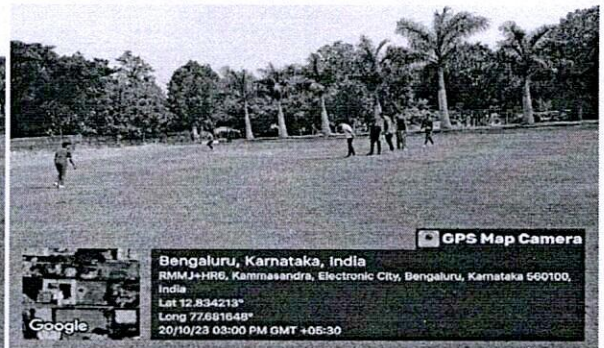
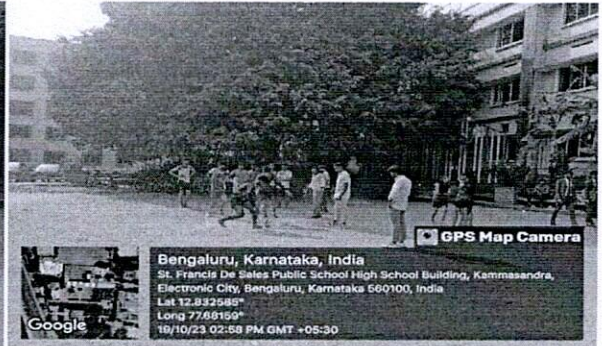


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Event Coordinator:

MR. VENKATRAMAIAH D

(PHYSICAL EDUCATION DIRECTOR)

Prepared by:

Mrs. CHRISTINA MARY

(ASST. PHYSICAL EDUCATION DIRECTOR)



COORDINATOR
Sports Committee
St. Francis de Sales College
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