

Youth Athletics Sport Training Projects' of the Southern Region, Ethiopia: Perceived Deterrent Factors that Need Scaling up

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Abstract: The present study attempted to discover the deterrent factors that prevailed on the youth athletics sport-training projects of the Southern Nations, Nationalities, and People's Regional State, Ethiopia. The study was delimited to six youth athletics sport training projects of the southern regional state, namely Hagere-Selam, Moroch, Arbegonna, Mesha, Sore, and, Yem. To achieve the stated purpose, the researchers mainly used qualitative case study methods, as the topic under the study focused on athletics sport training projects which were earlier identified by the regional state youth and sports bureau, and incorporated limited numbers of research participants. Among the trainee-athletes dispersed throughout six projects, seventeen trainee-athletes (Male 9; Female 8) were purposefully selected by considering major attributes such as training age, athletics sub-disciplines, academic background, information-rich cases, gender representation, and agreement of participants, as 3 male coaches took part in the study on the availability basis. Thus, data were collected from a total of (N=20) informants through interview and observation in the training year 2015/16. The result of the study, therefore, reveals the following major limitations as deterrent factors: dearth of coaching expertise at the grassroots level, dearth of access to basic athletics equipment and training manual, dearth of follow-up and support system from concerned bodies, dearth of inclusive competition opportunities within the region, socio-cultural barriers, and dearth of scientific talent identification programs. Finally, the sport organizational structures from the bottom kebele to the top regional level need to be promptly proactive in filling the gaps identified. Likewise, to capitalize and keeping an eye on the good practices can assist in maintaining the projects' strength as well as the experience gained out of this would foster a great deal, if shared among projects, in developing youth athletics in the region and sustain the country's athletics sports successes.

Keyterms: Athletics Sport, Trainee-athletes, Sport Training Project

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I. Introduction

A modern sport has a history of over half a century in Ethiopia and within this period, many types of sports have been introduced. Despite the development of modern sport is still at the infancy Stage (Ethiopian National sports Policy [ENSP], 2004). Athletic sports, different from other sports, has been playing a crucial role in introducing the country to the outside world. Athletics, in particular, long distance running has not only brought joy for Ethiopians, but also inspiration and courage to overcome the challenges of poverty (Juda, 2008). Albeit, the achievement gained so far switches only back and forth between middle and long distance running, and particular places of Ethiopia (Assefa, 2013). In conformity with this, Juda (2008) asserted the country's sports achievement as follows:

African athletics was announced to the world in the 1960 Olympic as barefooted Ethiopian Abebe Bikila took the gold medal in the marathon, and repeated in 1964. Ever since the floodgate was opened, Ethiopia has captured 45 Olympic medals, all of them in long distance running through 2012, despite participating in three Olympic boycotts

Yet as this intent on gaining victory lacks a broad base and replenish capable athletes in more diverse athletics sub-disciplines; organizing youth athletic sports training projects in selected talented areas of the country remains the only alternative. For the same reason, after conducting talent identification program, the National Athletics Federation, had announced that the Southern Nations, Nationalities, and Peoples' Region State (SNNPR), was the hub of short distance and field event athletic sports, in which the county has not been successful. Following this, the SNNPR State Youth and Sports Bureau have been running athletics sports training since 2011 for selected talented athletes of age 15-17, in close consideration of athletic sports sub-disciplines that the county has not been successful.

As a result, realizing the imminent role of these athletics sport-training projects in producing high performing athletes in near future, which are capable of registering outshining achievement in both domestic and international competitions has become essential for the sports sector of the country in general and that of the

southern region in particular. To this end, identifying the hitherto shortcomings of these youth athletic sports projects' are among the tools that regional sports bureau can make use of, in order to monitor the effectiveness of the projects, and if any gaps, help in devising ways for improvement. More emphatically, to maximize ways to expand athletics sports projects into other inaccessible areas of the southern region. It is therefore with this understanding that the researchers have taken the initiative to conduct this study. The reasons here under further justify the needs of the study:

- To date, there is a paucity of research on Ethiopian athletic sports in general, and there is no single study on athletic sports projects in particular, as there are no documented reports aimed at the aforementioned topic. Thereby, this research may throw up many questions that need further investigation about the region's athletic sports training, progress, and achievement. Moreover, it assists to adopt appropriate measures in order to bring about a holistic development of athletics sport throughout the southern region of Ethiopia.

II. Objectives Of The Study

This study is meant to get reliable and valid information that can aid for the improvement of SNNPR state athletics sport projects' program. More specifically, the study aims:

1. To find out the deterrent factors, if any, in youth athletic sports training projects' of SNNPR state, Ethiopia
2. To provide possible suggestions for the improvement of youth athletic sports training projects' of SNNPR State, Ethiopia

RESEARCH DESIGN

Qualitative case study research design was employed in order to discover the deterrent factors, which prevailed on the athletics sport-training projects of the SNNPR state, Ethiopia. As noted by Marriam (1998), case study design is effective when the research describes and analyzes of phenomena or social units such as an individual, program, events, processes, institutions, and groups. Given this evidence, as viable design, a qualitative case study can have a great contribution in elucidating the phenomenon under the study.

STUDY AREA AND PERIOD

The Southern Nation Nationality and Peoples' Regional State [SNNPR] is one of the nine decentralized regional states that constitute the Federal Government of Ethiopia. The SNNPR state is, in fact, an extremely ethnically diverse region of Ethiopia, inhabited by more than 80 ethnic groups, of which over 45 (or 56 percent) are indigenous in the region (The Central Statistical Agency, 1996). In addition to this, it is one of the largest regions in Ethiopia, accounting for more than 10 percent of the country's land area. Based on the Census conducted by the Central Statistical Agency of Ethiopia (2007), the region has an estimated total population of 14,929,548, of whom 7,425,918 were men and 7,503,630 were women (UNOCHA-Ethiopia). The data collection was conducted throughout regionally organized athletics sport-training projects' vicinities from February to April 2016, and the following six athletics sports projects in SNNPR state were included: Hagere-selam; Arebegona; Moroch; Mesha; Sori, and Yem.

TARGET POPULATION

The target populations for this case study were 8 male and 9 female trainee-athletes ($n=17$). Three male coaches in the aforementioned six athletics sport-training projects' of SNNPR state, Ethiopia, were also included.

SAMPLE SELECTION

Projects were identified, bearing in mind resources, and the endorsed projects list of the regional sports bureau. Above all, due to the need to make the sample more diverse by including informants from different projects, athletics sports sub-disciplines, and areas of SNNPR state. Once the projects were identified and access was obtained, purposive - a non-probability sampling method was utilized to draw up the informants. In conformity with this, Patton (1990:169) highlighted that purposive sampling is one of the most common sampling strategies; informants participate according to preselected criteria relevant to a particular research question.

Accordingly, the researchers tried to put together informants from the diverse background based on the following major attributes: training age; gender representation; academic background; representation from various athletics sub-disciplines; information-rich cases, such as representatives, group leaders, and sub-discipline captains. In the training year 2015 /2016, therefore, the total number of seventeen trainee-athletes (9 males and 8 females), were selected purposefully from six athletics sport training projects' of SNNPR state, i.e., Hagere-Selam, Moroch, Arbegonna, Mesha, Sore, and, Yem. In like manner, to consolidate the result obtained, three accessible male coaches' one from each Morcho, Mesha, and Arebegona athletics sport training projects have taken part in the face-to-face interview as well.

Table1: Characteristics of the Trainee-athletes involved in the Interview

*Participants	Sex	Age	Edu. Level	Athletics discipline	Training project
Pa-1	Male	15	9th	Short Distance	Hagre-selam
Pa-2	Male	17	8th	Middle Distance	Hagre-selam
Pa-3	Female	16	7th	Jumping/ Short Distance	Hagre-selam
Pa-4	Female	14	7th	Short Distance	Morocho
Pa-5	Female	17	9th	Middle Distance	Morocho
Pa-6	Male	16	10th	Shot put/Discus	Morocho
Pa-7	Male	14	8th	Hurdle	Morocho
Pa-8	Female	17	7th	Long Distance	Arebegona
Pa-9	Female	15	9th	Short Distance	Arebegona
Pa-10	Male	16	9th	Javelin Thrower	Arebegona
Pa-11	Male	17	9th	Short distance	Arebegona
Pa-12	Female	16	10th	Short Distance	Mesha
Pa-13	Male	18	10th	Long Jump	Mesha
Pa-14	Female	14	7th	Middle Distance	Sori
Pa-15	Male	15	9th	Middle Distance	Sori
Pa-16	Female	14	8th	Short Distance	Yem
Pa-17	Male	16	9th	Middle Distance	Yem

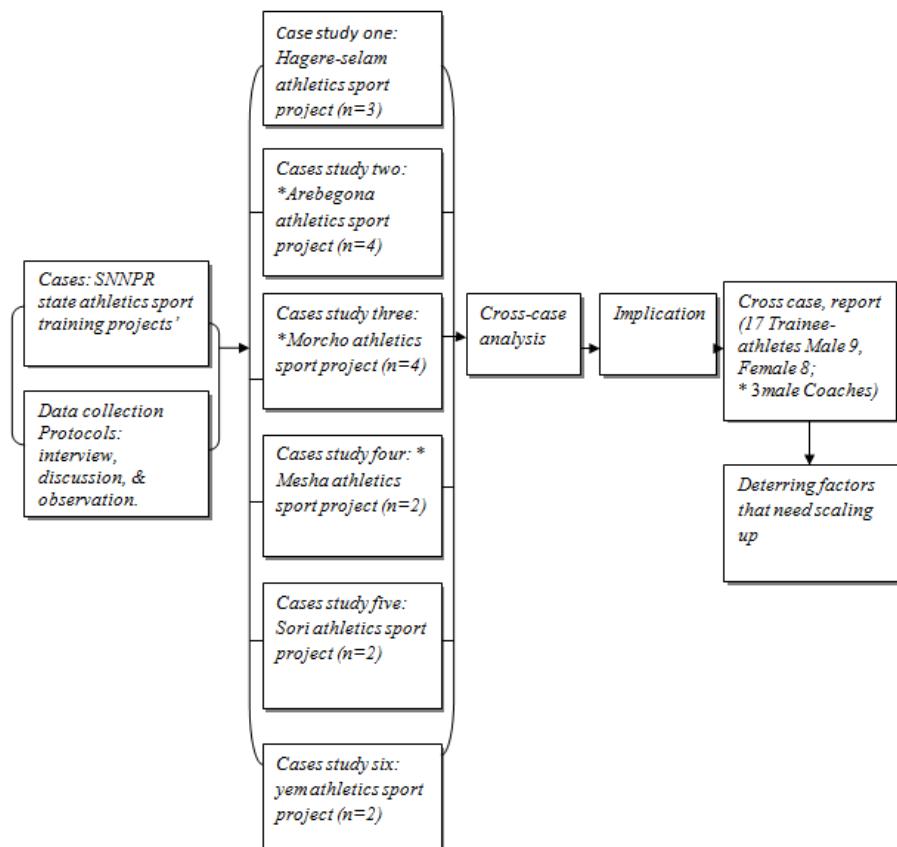
* In order to maintain anonymity for ethical consideration, the researcher used "Pa", which stands for participant with consecutive number. A total (n=17) trainee-athletes that is nine male and eight female, participated in the interview.

Table2: Characteristics of coaches participated in the interview

Participants	Sex	project	Full time Job
Pa-18	Male	Morocho	Warda sport bureau officer
Pa-19	Male	Mesho Morisito	Mesho finance tax office
Pa-20	Male	Arebegona	physical Education teacher

* Three male coaches one from each Morcho, Mesho, and Arebegona athletics sport training projects have participated in the face-to-face interview.

Figure 1 below depicts the overall scheme of the research



(Adapted from Yin, 2003:50).

*Besides the trainee-athletes indicated above, three male coaches one from each Arebegona, Moroch and Mesho athletics sport projects, have taken part in the study.

INSTRUMENTS

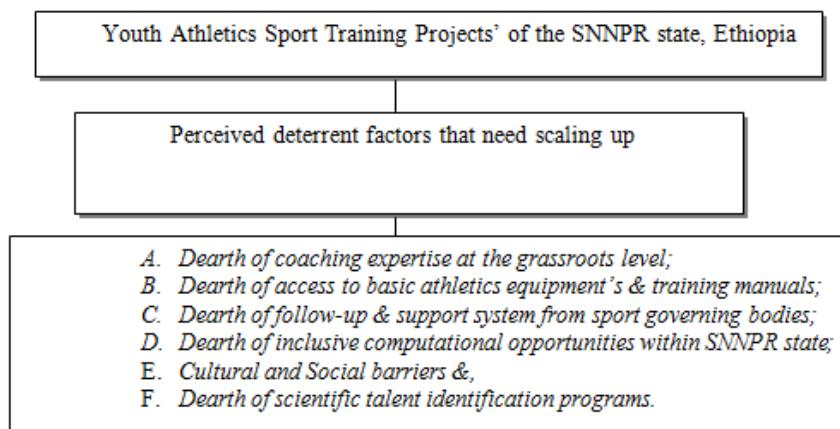
Semi-structured, in- depth interview was employed to describe the athletics sport-training projects detailed phenomenon from deterring-factors perspectives. After acquiring each interviewee's permission, every effort was made to create a friendly atmosphere of trust and confidence in order to make informants feel at ease while talking to and discussing with the interviewer. Each interview approximately lasted between 15-25 minutes, and carried out in the respective athletics sports projects taking into consideration the interest of the informants. Besides, the interview was conducted in Amharic or local language, being accompanied by the interpreter for ease of communication and clarity of ideas. The topics raised during the interview went along with the leading research questions. Accordingly, information from the semi-structured interview was transcribed, and then key quotes were highlighted, coded, and sorted out into deterrent factors themes (*See figure one*).

ETHICAL CONSIDERATIONS

The research was undertaken after clearance had been obtained from both regional youth and sports bureau, and Hawassa University- sports science department. Verbal consent to participate in the study was sought from each study participant before the interview was undertaken. Besides, the researchers guaranteed the participants that the information obtained is utilized for nothing other than for understanding the research issue. Names of the respondents were not recorded during the interview to ensure the confidentiality and anonymity of the informant.

III. Result

The finding of the study was thematically subsumed, after cross- case analysis, and reported as follows:



IV. Discussion

Deterring Factors that Need Scaling Up

A. Dearth of coaching expertise at the grassroots level

Substantial numbers of research informants have explained that the training schemes have been largely affected by the absence of coaches in either quality and quantity or athletics sports sub-specialization. For example, Salam [pa-5], a 17 year old trainee-athlete from Morocho athletics sports training project whose name has been changed for anonymity, described the dearth of coaches as follows:

...a shift system of schooling, when there is a school in the morning, the sports training will be in the afternoon, when there is a school in the afternoon shift; the training program will be early in the morning. This actually goes for three days within a week- on Tuesday, Thursday, and Saturday and so the presence of the coach is necessary within the first and second training days in both morning and afternoon training sessions. When there is no school on Saturday, large numbers of athletes gathered from both shifts- probably estimated from 55-65, in the morning session, to work with the only coach who is nearby (Feb 2016).

A male coach from Mesha [pa-19] athletics sport project also further consolidated the above idea as follows: *every time the numbers of trainee-athletes are getting bigger, but there are no adequate resources as well as coaches, which accommodate the growing number. In fact, only 30 trainee-athletes are eligible to get sports wears in this project, yet trainee-athletes those who are interested and do regular training exceed the described number into two folds (March 2016).*

As one looks at the above statement in-depth, it is not hard to understand that working with large number of trainee-athletes, coming with different skills and various athletics sub-disciplines, in the area where

there are no adequate resources, and when this is coupled again with other responsibilities, this may let the coach to fall into considerable stress. One of research informant coach, pseudonym Molla [pa- 18], also echoed the same view, as follows:

the most difficult stuff, which too often become stumbling blocks for effective athletics training programs were the elevated number of trainee-athletes coming into the training and the mixed nature of the athletics sport itself, on the site where there is one coach and it is hardly possible to get adequate athletics equipment (Feb 2016).

To this end, it is worth quoting the International Olympic Committee [IOC], (2015) concise statement, which reads as, "It takes a minimum of 10 years and 10,000 hours of training for the talented athlete to reach the elite level. This translates into a little more than three hours of training or competition a day for ten years". One can deduce, from this, there is no short cut in the stages of athletes' training development and is a long-term process that demands full time, well-trained, properly supported coaches, working with a small number of athletes, and equipped with adequate program resource that provides a real opportunity to maximize athlete's potential.

B. Dearth of access to basic athletic sport equipment and training manual

Many informants expressed during the interview that basic athletics sports equipment and training manual have debilitated the training schemes largely. Emphasizing on the same issue, factiously named Kebede [pa-10], a 9th grade student, and thrower from Arebegona athletics project has to say this:

Track event athletics in general, does not require many facilities and if there is a need, performed with improvised equipment's, for example; huddlers use wooden made hurdles in their training program. Unlikely, throwers require basic equipment's such as javelin, shot put, discus, and hammer. In this project, in this year, could not get and see any of these. In fact, there is only one broken Javelin, which is mended often by the coach (March 2016).

On the same issue, similar responses were repeatedly given and one informant from Morocho project, under the cover name Tolcha- a 16 years of age [pa- 6], is worth mentioning. He rightly put it:

Several trainee-athletes are interested in running event, and a coach works closely with these athletes, too. As the discipline, it consists of good role models in the world and Olympic championships, even from this particular place - Diramo afarrara like the best-known name in the Marathon Belayneh Densamo. The setting of the area is also conducive and a coach is familiar with running events, in particularly middle and long distances. Where the problem lays is that different age groups, experienced and novice come together in large number, regardless of the distance compete. Besides, there are field events trainee-athletes, in the site where there is hardly any basic field event equipment (Feb 2016).

Respondents' descriptions in both cases vividly exhibited the dearth of basic equipment and coaching manuals in the athletics projects. This is also fortified in the same voice during different informant's interviews were held separately. In this regard, Omoeuan (1996) posited that facilities and equipment are the important among all factors that affect the growth of the sports. He further goes to add that it would not be important to achieve a satisfactory result from athletes, whose training facilities are inadequate or substandard. Yet another idea by Aluko (1999) is that, good sport programs can function at full effectiveness only, when it is supported with effective equipment in good conditions. For the same reason, provision of adequate facilities and equipment is as important as providing adequate incentive for the athlete, as indicated by Awoma (2005).

C. Dearth of follow-up and support system from sport governing bodies and others

The other main factor that has got the informants due consideration was a dearth of follow-up and support system anticipated from those affiliated bodies. Such support system is sought primarily from the regional top-level sports officers to the lower ones. In this regard, one informant from Arebegona athletics sport project under the cover name Berhaney [pa-11] briefly expressed , "Woreda [lower level] sport bureau is the closest of all as far as this athletics project is concerned, but they don't appear in the training field as usual as expected". Another male 16 years of age informant, from Mesha morisito athletics sport project anonymously named-kebede (pa-13), in the same vein, is quoted to have said:

Not only the reinforcement package given to 30 trainee-athletes, but also comes after the training calendar has completed. Had there been a proper follow-up from the concerned sectors, it would not come late. If they, sport governing bodies at the grass root level come on the spot at least ones in a month, they could come to know the very shortcomings and strengths of the project and then they could be our voices (April 2016).

On the same issue, one informant of 17 years of age from Hagere-selam athletics sport project under the cover name Bekele [pa-2] forwarded his opinion a bit in different ways as follows:

No one is here to train us. We often being in four or five bundles based on the athletics sub-disciplines' closeness performs the training. Officials often come at the end of the training year, if I am not mistaken most probably from Hawassa -97k/m, to offer us the sportswear. We give a call to our friends who are at a far

distance, to come and take the stuffs. This provides you an insight to what extent the role of the coach and the sport-affiliated bodies are like (Feb 2016).

The above idea, though expressed by one trainee-athlete, was shared by almost all. When we look in to the above responses in -depth, it is not hard to understand that the support and the supervision, which is sought from the top to down sport sectors officials i.e., regional level, zonal, woreda, and, kebele have not been as strong as anticipated. When one looks at the sport policy of the country (1998) finds that, encouraging the participation of children and youth in sport activities according to their inclinations by forming sport clubs, is one of the significant aspect of the sport sectors.

D. Dearth of inclusive competition opportunities within SNNPR state

Significant number of informants described that, there is competition once in a year among the regionally organized athletics sport projects. Yet the informants cannot retreat from voicing their concerns in this regard, for instance, from Arebegona project-17 years of age anonymously named Dirib [pa-8] briefly here is worth quoting, “it does not participate all, and so it lacks comprehensiveness”. In a more detailed and elaborate way a coach from the same athletics project of Drib’s who is [pa-20] has this to say:

With limited competition opportunities, there is a little possibility for youth trainee-athletes to excel in athletics sport. Notably, a competition skill like any other sports skill requires improvement to stimulate the physical, technical, tactical, and psychological demands. Even though thirty trainee-athletes were actively enrolled in different athletics sub-disciplines; for the most part the computational package offered from regional sport governing body does not accommodate more than nine athletes. To this end, many trainee-athletes were ready to compete in different athletics disciplines, but only a few athletes are bestowed the opportunity. (March 2016).

To have a better picture of what has been said above and to strengthen the accounts, anonymously named Biruk [pa-12], 16 years old trainee-athlete from Mesha project is worth quoting:

There is no local contest among the projects found nearby. Trainee-athletes carry out often trial tests in the field that is not accurately measured. Even if there are competitions held within the region and national levels, we do not get the exact information prior to where, when, at which level and who organizes it. Besides, competing with senior full time athletes that represent either by club or by team, has an impact on junior athletes’ mentality – ‘often vie with but not win’. What’s more, personal financial limitations are the major obstacles to take part in such competitions, as there is transportation, accommodation, food ...etc expenses. When this is coupled with school work again it becomes a fundamental problem (April, 2016).

Another informant by the cover name Molla [pa-7] commented pertaining to locally organized competition challenges that he believes are extremely beneficial, ‘if you do not have competition at your level, for what purpose are you being trained? Senior and juniors are competing in the same stage...; the training has missed the major driving force... competition”.

In this regard, the sport administration manual of International Olympic Committee (2009) eloquently describes the topic under discussion, “competition at the right level and frequency is essential for the development of athletic”. It further asserts that competition provides a focal point for training goals and an important motivation for daily training. Similarly, Thompson (2009) pointed out that competition provides the ultimate test, where all the factors such as skill, physical conditioning, knowledge, motivation, and strategy, are tested together. In fact, careful evaluation of computational results can allow a coach to pin point weaknesses or strengths and to adjust training if necessary.

E. Cultural and Social Barriers

Quite a lot of female informants during interviews alluded that socio-cultural factor is one of the major barrier in athletics sport participation. The following 15 years old female trainee-athlete [pa-9] from Arebegona project briefly signified what many female informants have raised:

Already existing cultural discourse with the notion that sport is not for women and women are not for sport, has left a significant negative impact on the society’s perception. The area is also rural and most families do not have a formal educational exposure; it is difficult for girls to get the anticipated support from parents, as these factors’ contribution. Even though in these days, certain degrees of shift are there on these myths as newly organized full time athletics sport club, Sidaama Bunna training camp is here with us in Arebegona (March, 2016). On the same issue but with the different tone a female trainee-athlete from Sori athletics sports project, 14 years and fictitious name Salamawite [pa-14], contends that:

Traditional cultural stereotypes “home-maker” and “caregiver”, has made in particular the females’ active participation somewhat difficult and has sidelined them. In fact, beliefs and traditions within a community do have their own parts and can be seen easily even within one family roof, socialized differently – ‘it is allowed to play for a son, but not for the daughter. Besides, day to day life activities in the household prevent us from not being serious in the training (April, 2016).

A coach from Arebegona [Pa-20] on the other hand viewed the issue from a socio-economic perspective and reads as follows:

Different trainee-athletes are coming from varied economic background families. Some families serve a good food after a workout, still others cannot provide at all. This is another pressure deterring the training scheme. For those who cannot get easily something to eat and come from a distance, at least, to provide a single meal after a workout remains to be a key question that requires an immediate response. On the top of that health and medical issues require the due attention of the concerned bodies input, for example, providing soaps, tissue papers, pads (March 2016).

What is apparent from the aforementioned discussion is that the barriers to women's sports participation are multiple and may intersect each other in different ways. Hence, the women may also find it necessary to fight the traditional cultural stereotypes believed by them being with other women affiliated organizations.

F. Dearth of Scientific Talent Identification Programs

One of the several explanations provided by the trainee-athletes particularly from those who fail to get the yearly provided incentives was pertaining to the irregularity of recruitment procedures. One of the informants by cover name Tigest [pa-4] comments on this issue and it is worthy to note:

Not as such transparent recruitment procedures, as to how to be entitled particularly to the yearly offered money and sport wears. It is not quite a matter of getting a sort of incentive or not, rather an inquiry of fairness. As far as many athletes are still by far better than those benefited ones. Besides, without exaggeration just to get a promotion to the next stage is harder; unless you do have acquaintance with someone in the clubs or teams (April 2016). Salam, [Pa-5] a woman who has been in the Morcho project for the last two years but not qualified for the yearly presented reinforcements also expressed in a general manner the issue as follows:

Kids and youths are working together, even if this project is for those who are between 15-17 years of ages. Having funded kid's athletics program strengthens this project, as today's kids will be tomorrow's youth athletes, even at an early age being equipped with the very interest of athletic sports. The other way-out of this problem would be to double the numbers of those who are entitled to yearly incentives and break down the training schemes in terms of different athletics sub-discipline by assigning a sufficient number of skilled coaches (Feb 2016).

Still, one coach by the cover name Abebe from Morocho athletics project [pa-18] has to say this:

This is all about having a well-equipped training manual, which comprises and addresses vividly the issue of athletic sports talent identification procedures. There is also a mismatch of interests between talent identification and talent development. Frankly speaking, recently by looking performance, physique, interest ...etc youths from the school are encouraged to come to the project and participate. However, in these days it is not possible to think of this, as this project alone comprised around 47 trainees- athletes outside those 30 registered trainees (Feb,2016).

One of the significant themes that emerged in this study was the dearth of talent identification program and hence talent identification is being conducted in these projects based on observation of the coach. In fact, there is no modality and equipment to facilitate talent identification, as IOC (2010) talent identification is a knowledge based task in which the coach should be capable of applying scientific tests in measuring psychological, physiological, social, and technical abilities when identifying talented athletes with a potential of becoming elite. Still, there is a mismatch between talent identification and talent development that talent development is letting the athletes who had the ability to participate and be successful in the events taking place in the near future. Talent identification, on the other hand, is the prediction of future performance based upon an evaluation of current physical, technical, tactical, and physiological qualities (Jacksan, 1986).

V. Conclusion And Recommendation

CONCLUSION

From the discussion with trainee-athletes and coaches as well as observation of the respective youth, athletics sports training projects' of SNNPR state-Ethiopia, it is apparent that the athletics sport training being conducted in these projects are not as effective as anticipated. In light of the study result, dearth of coaching expertise, dearth of access to basic athletics equipment, dearth of support system anticipated from the agencies responsible for youth sports development, dearth of competition opportunities, cultural and social barriers and dearth of scientific talent identification programs, are identified as the core factors in deterring the effectiveness of the projects' program. The fact that athletics sport is becoming the leading sport and quite often practiced by many youths and kids alike. In general, it seems that there are areas that need scaling up and when this is seen in line with what the projects are organized to achieve, the youth and sport bureau need to redouble its effort in addressing the gaps so as to realize improvement and promote athletics sports successfully in the SNNPR state, Ethiopia.

RECOMMENDATION

The researcher suggested the following recommendations considering the discussion and conclusion made:

- The regional youth and sports bureau should re-consider athlete-coach ratio, and require commencing intensive coaches' education program in various athletics sub-disciplines. This can be achieved by recruiting from local areas volunteers who have had prior experience. In the same vein, the compensation incentives of both coaches and respective trainee-athletes require an amendment as well. Coaches should also be familiar with talent identification procedures besides having the knowledge of athletics sports discipline.
- The regional youth and sports bureau should make necessary efforts that are geared towards the provision of, at least, locally improvised implements such as javelin, shot-put, discuss, hurdles, first aid kit...etc within the respective age categories.
- The regional youth and sports bureau should introduce rotational hosting rights for zones comprising solely of the registered trainee-athletes of these projects. Besides, the bureau requires organizing task force that will follow-up and evaluates the scheme of the projects. This, in turn, would help to identify the bottleneck in time and react before it worsens.
- The regional youth and sports bureau should implement affirmative action schemes being with children and women bureau and with other stakeholders to encourage females' participation. Moreover, to keep the continuum of the athletics-training program from the bottom to the top-level that kid's athletics training program should be re-considered.
- This study mainly focused on identifying the prevailing deterrent factors that need scaling up. It is therefore suggested that researches should be undertaken on other variables such as the rate of trainee-athletes joining teams or clubs, drop- out rates, and reasons, appropriateness of training environment, good practice considered as bench mark in each athletics projects, and training methods... etc in order to determine the success of these projects from different vantage points. As the study also focused only in SNNPR state youth athletics sport projects, the researcher recommends further study, replicated in other regions of Ethiopia.

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