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නාන්/ ධම්මස්සර ම. ම. විදුහල,
නාන්තන්ඩිය
2017 දෙසැම්බර් 10

ලේකම්තුමා,
අධ්‍යාපන අමාත්‍යාංශය
ඉසුරුපාය,
බත්තරමුල්ල.

අන්තර් ජාතික පුහුණුකරු පාඨමාලාව හංගේරියාව 2017
පාඨමාලාවේ වාර්තාව ලබාදීම.

ශ්‍රී ලංකා වොලිබෝල් සංගමයේ හා ශ්‍රී ලංකා ඔලිම්පික් කමිටුවේ ඉල්ලීම පරිදි ක්‍රීඩා අමාත්‍යාංශයේ අනුමැතියෙන් පසුව අන්තර් ජාතික ඔලිම්පික් කමිටුව (IOC) විසින් මා හට ලබාදුන් ශිෂ්‍යත්වයට සහභාගි වීම සඳහා මා 2017 සැප්තැම්බර් 18 වන දින හංගේරියාවේ බුඩාපෙස්ට් නුවර බලා පිටත් විය.

ශිෂ්‍යත්වය සහ පාඨමාලා කාලය

මෙම ශිෂ්‍යත්ව වැඩ සටහන ශ්‍රී ලංකා වොලිබෝල් සම්මේලනයේ සහ ජාතික ඔලිම්පික් කමිටුවේ ඉල්ලීම (IOC) මත ගරු ක්‍රීඩා අමාත්‍යතුමාගේ නිර්දේශයට අන්තර්ජාතික ඔලිම්පික් කමිටුව (IOC) විසින් ලබාදෙන ලදී. මෙම ශිෂ්‍යත්ව වැඩ සටහන පැවැත්වෙන්නේ හංගේරියාවේ බුඩාපෙස්ට් නගරයේ ඇති TE විශ්ව විද්‍යාලයේ දීය. මේ සඳහා ශ්‍රී ලංකාව නියෝජනය කරමින් ශ්‍රී ලංකා ජාතික වොලිබෝල් පුහුණුකරු වන ඉහන නම් සඳහන් මා සහභාගි වූ අතර විවිධ රටවල් නියෝජනය කරමින් විවිධ වූ ක්‍රීඩා සඳහා පුහුණුකරුවන් 15 දෙනෙකු පාඨමාලාව සඳහා සහභාගි වූහ. මෙම පාඨමාලාව Autumn Session පාඨමාලාව වූ අතර එය 2017 සැප්තැම්බර් 18 දින සිට 2017 දෙසැම්බර් 08 දින දක්වා පවත්වන ලදී. එම කාලය තුළ අප වෙත ලබාදී තිබූ නවාතැන් ඇතුළු අනෙකුත් පහසුකම් ඉතා ඉහල තත්වයක පවතින ලදී.

පිටත් වීම

පාඨමාලාව සඳහා පිටත්වීමට අවශ්‍ය ගුවන් ගමන් ප්‍රවේශ පත්‍රය ජාතික ඔලිම්පික් කමිටුව විසින් (NOC) මා වෙත ලබාදෙන ලදී. එය කටාර් ගුවන් සමාගමට අයත් ගුවන්යානයක් වූ අතර පිටත්වීමේ දිනය 2017.09.18 හා ගොඩබැසීමේ දිනය 2017.12.07 ලෙසටයි. මා එම ප්‍රවේශ පත්‍රයට අදාළ දිනවලදී පිටත්වූ අතර ගොඩබැසීමද නිවැරදි දිනදී සිදුකරන ලදී.

TE විශ්ව විද්‍යාලය

අප අධ්‍යාපනය ලැබූ TE විශ්ව විද්‍යාලය ලෝකයේ ක්‍රීඩා අධ්‍යාපනය සඳහා සුවිශේෂී වූ විශ්ව විද්‍යාලයක් වන අතර සියළුම කවිකාචාර්යවරුන් ආචාර්ය හා මහාචාර්ය උපාධි හිමි පලපුරුදු අය වූහ. මෙම විශ්ව විද්‍යාලයේ දැනට ශිෂ්‍ය ශිෂ්‍යයාවන් 3500ක් පමණ ක්‍රීඩාව පිළිබඳව අධ්‍යාපන කටයුතු සිදුකරමින් සිටිති. දේශීය මෙන්ම විදේශීය සිසුන්ගෙන්ද සමන්විත මම විශ්ව විද්‍යාලය තුළ

වසරකට පුහුණු පාඨමාලා විශාල සංඛ්‍යාවක් ක්‍රියාත්මක කරන අතර එම පාඨමාලාවන් Autumn, Summer, Winter සෘතු අනුව සකස් කර ඇත.

න්‍යායාත්මක දැනුම

මෙම විශ්ව විද්‍යාලය තුළ අපට න්‍යායාත්මක දැනුම ලබාදුන් සියලුම ගුරුවරුන් ඉතාමත් ඉහල සුදුසුකම් සපුරන ලද විද්වතුන් වන අතර අදාල කාලය තුළ බොහෝ දේ ඉගෙනුමට හැකි විම අප ලද භාග්‍යයකි. විශේෂයෙන්ම ක්‍රීඩා විද්‍යාව පිළිබඳව ඉගෙනුමට මෙරට පහසුකම් නොමැති අවස්ථාවක මෙම ලැබුණු අවස්ථාව ඉතාමත් අගයකොට සලකමි.

අප හට න්‍යායාත්මක දැනුම

- ❖ General Conditioning
- ❖ Sport Pedology
- ❖ Sports Physiology
- ❖ Sports Sociology
- ❖ Sport Injuries
- ❖ Training Theory
- ❖ Sports Nutrition
- ❖ Human Biology
- ❖ Sports Management
- ❖ Research Methods

යන විෂයයන් යටතේ ලබාදෙන ලදී.

ප්‍රායෝගික දැනුම

වොලබෝල් ක්‍රීඩාව පිළිබඳව ප්‍රායෝගික දැනුමද විශ්ව විද්‍යාලයට අනුබද්ධ විශේෂඥ පුහුණුකරුවන් විසින් ලබාදෙන ලදී. ඔවුන් භංගේරියානු කණ්ඩායමේ හිටපු පුහුණුකරුවන් වන අතර වර්ථමානයේ එරට ප්‍රධානතම ක්‍රීඩා සමාජ වල ප්‍රධාන පුහුණුකරුවන් ද වෙයි. විශේෂත්වය වන්නේ අපහට භංගේරියාවෙන් ප්‍රධානතම ක්‍රීඩා සමාජයකට සම්බන්ධ වී පුහුණු කටයුතු සිදුකිරීම සඳහාද අවස්ථාව ලැබීමයි. ඔලිම්පික් තරගාවලියේදී දෙවරක් 4 වන ස්ථානය ලබාගත් රටක ප්‍රධානතම ක්‍රීඩා සමාජයකට අනුබද්ධ වී පුහුණු කටයුතු සිදුකිරීමට ලැබීම අපට මහත් අත්දැකීමක් විය.

දින 80 කට වඩා වැඩි කාලයක් තුළ අප භංගේරියාවේ විශ්ව විද්‍යාලය තුළ අධ්‍යාපනය හදාරනු ලද අතර එමගින් ලබාගත් දැනුම් සම්භාරය අති විශාලය.

අමතර ක්‍රියාකාරකම්

විශ්ව විද්‍යාලය විසින් අපට අධ්‍යාපන කටයුතු වලට පිටින් පරිභාහිරව විශේෂ අමතර ක්‍රියාකාරකම් සඳහාද අවස්ථාව ලබාදීම විශේෂයකි. විශේෂයෙන්ම

- එරට විශේෂ ස්ථාන නැරඹීම
- ක්‍රීඩා තරග සඳහා ඉදිරිපත් වීම
- ප්‍රිය සම්භාෂණ සංවිධානය කිරීම
- දේශීය විනුපට නැරඹීම

ආදිය ප්‍රධාන තැනක් ගන්නා ලදී.

අවසන් පරීක්ෂණය

මෙය ප්‍රායෝගික, න්‍යායන්මක, පැවරුම් වශයෙන් කොටස් තුනකට අනුව වෙන්වන ලදී. විෂයන් 7 කට ප්‍රශ්න පත්‍රවලට පිළිතුරු සැපයීමට සිදුවූ අතර ඒවා පහත සඳහන් වේ.

- ❖ General Conditioning
- ❖ Sport Pedology
- ❖ Sports Physiology
- ❖ Sports Sociology
- ❖ Sport Injuries
- ❖ Training Theory
- ❖ Sports Nutrition

ප්‍රායෝගික වොලබෝල් ක්‍රියාකාරකම් සහ ලිඛිත වොලබෝල් පරීක්ෂණය හා අදාල ක්‍රීඩාවට අනුව පැවරුමක් නිර්මාණය කිරීම ආදී ලෙස ප්‍රායෝගික පරීක්ෂණය සමන්විත වෙයි.

එහිදී සියළුම විෂයයන් සඳහා ලකුණු ලැබෙන්නේ ලකුණු 5 කි. එයින් ප්‍රතිශතයක් ලෙස ලබාගෙන මුළු ලකුණු ලබාදෙන ලදී.

ප්‍රතිඵලය

මා අවසන් පරීක්ෂණය තුළින් ඉහළම ප්‍රතිඵලය වන "Excellent" ප්‍රතිඵලය ලබාගතිමි. එහිදී රටවල් කීපයක් පමණක් "Excellent" ලබාගත් පුහුණුකරුවන් සිටි අතර මා ද එක් අයෙකි. අනෙකුත් අය Very Good, Good යන අගයන් වලින් සමත් වූවන් වෙති.

යෝජනා

මෙම පාඨමාලාව සඳහා මතුවටත් විවිධ ක්‍රීඩා නියෝජනය කරමින් පුහුණුකරුවන් යැවීම සුදුසු බව මා යෝජනා කරමි. විශේෂයෙන්ම ඒ අය මනා ඉංග්‍රීසි දැනුමක් ඇති අවම වශයෙන් වයස අවුරුදු 45 ට අඩු පුහුණුකරුවන් සුදුසුබවද මා යෝජනා කරන්නට කැමැත්තෙමි.

බලාපොරොත්තු

මාගේ ඒකායන බලාපොරොත්තුවත් මා මෙම පාඨමාලාවෙන් උගත් දේ.
 ශ්‍රී ලංකා ජාතික වොලබෝල් කණ්ඩායමට ලබාදීම.
 විවිධ ක්‍රීඩා වල පුහුණුකරුවන්ටත් දැනුවත් කිරීම.
 අධ්‍යාපන අමාත්‍යාංශයේ ක්‍රීඩා අංශය සඳහා දැනුම ලබාදීම.
 නවක පුහුණු කරුවන් සඳහා සුදුසු දැනුම ලබාදීම ආදිය වේ.

ඒ අනුව මා හට ඉදිරියේදී ඒ සඳහා අවස්ථාවක් ලබාදෙන මෙන්ද ගෞරවයෙන් ඉල්ලා සිටිමි.

ස්තූතියි
 ජේ.එම්.සී.සී. තිලකරත්න



INTERNATIONAL COACHING COURSE
September - December 2017
BUDAPEST, HUNGARY



**OLYMPIC
SOLIDARITY**



INTERNATIONAL COACHING COURSE

UNIVERSITY OF PHYSICAL EDUCATION

DIPLOMA

for

Mr. Jayasinghe Charles Thilakarathne
Sri Lanka

Certifying the successful completion of his/her studies
in the International Coaching Course

September - December 2017

at the University of Physical Education.
Having completed the studies he/she is
qualified to coach in

Volleyball

Budapest, Hungary
December 5, 2017

N. H. T.

Senior Lecturer

M. Murugan

Rector

Nr. 2025/2017 TF



MARKS AND RESULTS OF EXAMINATIONS

Mr. Jayasinghe Charles Thilakarathne

GENERAL SUBJECTS:

GENERAL CONDITIONING	5
SPORT PEDAGOGY	5
SPORT PHYSIOLOGY	4
SPORT PSYCHOLOGY	5
SPORT SOCIOLOGY	4
SPORT INJURIES	5
TRAINING THEORY	5

SPORT SPECIALISATION:

THEORY AND METHODOLOGY OF COACHING IN	<i>Volleyball</i>
THEORY	5
PRACTICE	5
STUDY REPORT	5

GENERAL AVERAGE:

4.86 (excellent)

ATTENDED:

HUMAN BIOLOGY, LEGACY OF SPORT EDUCATION IN HUNGARY, LEGAL BASICS OF SPORTS, OLYMPIC MOVEMENT AND SUCCESS, RESEARCH METHODS, SPORT MANAGEMENT, SPORT NUTRITION

Vin Gergely
Secretary of the Course



STUDY REPORT-ICC 2017

BUDAPEST HUNGARY

Volleyball

J.M.Charles Thilakarathne

Nationl volleyball coach-SRI

FIVB Level -iii

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FOREWORD

Especially to my Parents and

My dearest Coach

Mr D.M.M.R.Dissanayaka

***And also to those who helped
me to be a good person and be
a good coach.***

Thank you all

***We All are here to participate
ICC representing whole world***



Asia

Caribbean

Africa

Middle East

Europe

AKNOWLEDGMENT

First of all I would like to express my heart felt gratitude to Mr. Maxel de silva-The secretary general of the NOC and Mr. A.S.Nalaka-secretary of Srilanka Volleyball federation for giving me this opportunity to apply for the ICC. And also I must be grateful to the Chairman of IOC, Director of FIVB coaches commission, University of Physical education-Hungary for providing the opportunity to participating in this precious course and providing the all the possible facilities to complete ICC successfully.

I must not forget the lecturers in the University, They are qualified well organized and competent persons and the academic and practical knowledge.

My especial thank should go to two outstanding skilled persons working in the TF named

Mr. Gergely Kiss and

Mr. Geza Vincze

Those two are well organized persons and they given us were remarkable support, encouragement and the friendliness from the commencement till the end of course were really appreciated.

Hard working Coaching staff from the Volleyball department given us their all modern techniques and tactics for improve and develop our coaching knowledge. Mr nemeth, Mr Zoltan, Mr Harpai and Mr Istvan all are great to us.

Apart from the volleyball department I must not forget the lecturers of other subjects who taught us their subjects in a very effective and interesting manner. Definitely we had vast knowledge on all the subjects of the curriculum.

Last but not least I must pay my gratitude to Mr Dayasiri Jayasekara Minister of Sports in srilanka for providing an opportunity to participate such a valuable course to broaden my coaching skills with modern techniques from international and well qualified coaches.

And also all the colleagues in the ICC from all over the world must not be forgotten. The short period we were together sharing so many things in a very friendly and interesting manner will be remain in my memory forever.

CHARLES THILAKARATHNE



INTRODUCTION

The game of volleyball,originally called “mintonet”was invented in1895 by William G Morgen after the invention of basketball only four years before.Morgen a graduate of the springfield college of the YMCA ,designed the game to bea combination os basketball,baseball,tennis and handball.It is a team sport in wich two teams of six players are separated by a net.Each team tries to score points by grounding a ballon the other team’s court under oraganized rules.

At the moment Volleyball is a one of the most popular games in the world.In this condition there are 220 countries playing volleyball representing five continent as Europe confedaretion Asia, confedaretion, Africa confedaretion,NOCECA.Indoor volleybal has been a part of the official programme of the summer Olympics since 1964 and Beach volleyball since 1996



ABOUT THE STUDENT COACH



Head coach of the Srilanka senior mens' National volleyball team at the present

Head coach of Srilanka senior womens' National volleyball team in 2011 to 2015

Head coach of the Srilanka youth boys team wich won the 5th place defeting Korea in youth Asian CS 2015

Head coach of Srilanka mens' team wich won the silver medal in South Asian games in 2017.

Head coach of the Srilanka mens' team defeted the Quatar team in Asian champion ship in 2017

Asst Coach of the Srilanka schools national team which won the first ever silver medal in volleyball history in Sri Lanka in Asian School Championship 2004 in Hongkong.

Worked as the Head coach of all the youth junior and senior national volleyball teams in Sri Lanka in last 25 years.

Working as a Physical Education Teacher in Government school

Chief Instructor of the Sports School in North Western Province



HISTORY IN BRIEF IN VOLLEY BALL

Description	World History	Hungarian History	Srilankan History
INTRODUCED BY	Mr William G Morgern	Russion Soldiers	Mr Robert Volter Camack
YEAR	1895	1945	1916
FIRST CHAIRMAN	Mr Paul Libavud	Mr Nonn Gyorgy	Sir Richerd Aluvihare
FEDARETION ESTABLISHED	1947	1946	1953
FIRST CHAMPIONSHIP HELD	1947-Prauge	1947	1951
AFFILIATED TO FIVB			1991
BEST ACHIEVEMENT		4th in Olympics Women's 6th in Euro-Men	South asian –Gold and Silver Best 8 in Asia

SRILANKA VOLLEYBALL FEDERATION



Srilanka volleyball federation (SLVF) is the main governing body of volleyball in Sri Lanka, where volleyball is its national sport. The game volleyball was introduced to Sri Lanka (then Ceylon) in 1916 by Mr Robert Volter Camack then director of Physical Education at the Colombo YMCA.

The federation is built on 62 affiliated organizations and managed by an honorary committee of 25 members. The current president of Sri Lanka volleyball federation Hon Ranjith Siyambalapitiya, Minister of Power and Secretary General is Mr A.S. Nalaka.

It also has international affiliation to the FIVB and AVC. And also accredited to the national Olympic committee (NOC) of Sri Lanka. From 1980 the Federation participated in the Asian Senior and Junior men and women championships.

OUR GAME---- OUR COACHES

CHARLEY-SRI

ABDULLA-BRN

NIYAZ-GMB



VOLLEY STAFF



Mr. Lajos Nemeth Mr. Zoltan Jokay

Mr. HarpaiMr. Istvan Molnar

VOLLEYBALL SPCIALIZATION

The vast knowledge and the experience wereceived from the specialists and professional volleybll coaches in ICC will be very much helpful and beneficial to improve and develop the game volleyball we have already known in our country.

The effort and contribution of the coaches are realy appriciated .We were updated all the current techniques ,rules and regulations regarding the game in four aspects,in a very clear manner.

Mr NEMETH LAJOS

The special feature of his teaching method is the way he gives priority to improve the techniques of the game.specially modern techniques and tactics of the

Serving the Ball

Receiving the ball

Set the ball

Attacking and

blocking.He is a very strict coach about the techniques of the skills and also is a specialist of the game.Mr Nemeth explained very clearly how to develop skills of a player with the knowledge of techniques.In additin to that he gave us huge knowledge about the training plans and periodizations.

We had to conduct the 90 minutes PE class observing the university students.It was a great opoturnity to developover teaching skills.We got the good knowledge about How to use teaching aids,time management,how to behave with students,how to build up a session in step by step with Mr nemeth Lajos.

Mr JAKOY ZOLTAN

We had a fine experience working with the coach Zoltan. we had an opportunity to go to the leading volleyball club in Hungary and witness the matches played by the professional volleyball players. We were taught how to analyse the game and players. And we could get chances to conducting training sessions with the professional volleyball players. Not only the practicals he gave us good knowledge about History in volley ball and how to improve the quality of the team spirits.

Mr ISTVAN

He is a young and talented coach in the university. The way he is teaches and talks is very interesting and friendly. We discussed the topics mentioned below with him.

@ Test for volleyball players

@ Systems of analysing in volleyball

@ Beach volleyball

He took us to his volleyball club and given an opportunity to analyse the players and matches. We gained good knowledge about beach volleyball as well as indoor volleyball from him.

Mr HARAPAI

He was the chairman of the refereeing commission of the FIVB and member of the rules and law committee in FIVB at the present. He gave us a vast knowledge about rules and regulations that a volleyball coach is needed. especially such as

How to behave on the bench

Time outs and substitutions

Captain s role in the game

Coaches role in the game

Very special rules of the game Ect. Of course he is a very talented person in the volleyball field.

TEACHING STAFF IN ICC



ICC THEORETICAL PART

It was a great chance in my life to learn various subjects relevant to the sports and sport science from the specialists in their own subjects. All the lecturers including Professors and Doctors are qualified and well talented in the field of sports and their subjects.

01. GENERAL CONDITIONING (14 HRS)–

Prof. Metzinger Miklos

This is one of the most important subjects in the curriculum that we learnt here. Especially the Professor discussed the topics mentioned below with us in a very effective and clear manner,

01. Health related conditioning and

02. Performance related conditioning, From the beginning till the end.

And also, how to make a warming up session, How to conduct strength training sessions, What are the muscles helping to the all body movements and, What is an

exercise ect. According to my knowledge now we all are well educated coaches about the General conditioning.

02. TRAINING THEORY-(18 Hours)

-Prof.DR.zolt Radak

Adaptation is the most important part of this subject. He taught us how to adapt science to sports in a essay manner. Especially it aimed how to make an athlete through the training theory. Training plan is another part of this subject. Dividing the training plan into different preparation phases and use the load and intensity are very important aspects. The Subject of training theory made me to think new way to the coaching area.

The way Professor teaches is very funny and giving examples are also very humorous.

03.SPORTS PHYSIOLOGY-(14 hrs)

-Prof.Dr.Gabor Pavlik

Professor Pavlik is the most experienced person in the university and this subject also more advanced. We

learned more things about the human body, the organs and their functions such as

Energy supply of the muscular function

@ Aerobic system

@ Anaerobic system

Functions of the bones

Muscle fatigue Etc. He spoke about the athlete's heart for long duration. It was a good advantage for us as the coaches.

04. SPORTS PEDAGOGY - Dr Imre Makszin

Sports pedagogy is a new experience for me and it can call an art. This is very important for coaches because there are various students in our teams. They are coming with

Different cultures

Different economical background and

Different societies. It is very difficult to understand the behavior patterns of those students. But sports pedagogy is giving big support us to find the habits and behaviors of

players and how corp with them in a correct and effective way.

05.SPORTS SOCIOLOGY-(8 Hrs)

Dr Tamas Doczi

It helpsus to learnhow to deal with the society asnot only a player but also a coach.Most of the elite sports and athletes are professional and they are always moving to other countries or other clubs ,because of higher financial or other benifits.They have to deal with different cultures for long times.Without the knoledge of sports Sociology it will be a difficult task.

In addition to that from this subject we got good knowledge about

Sports inequalities

Sports globalization

Sports and deviance

Sports and National idenitysports for women Ect.

06.SPORTS PSYCHOLOGY(8 Hrs

Ms Noemi Gyomber

Ms Noemi taught us how to built a athlete with a strong mental condition in proper way.And she talked how effect mental conditions to develop the game.Untill this moment we thought it was a subject ,But it is a not only the subject and also a method of coaching and rehabilitation a player.She gave us severel test in psychology can be used in the training preparation.

THERAPY IN SPORTS AND INJURIES(14Hrs)

Dr LukaszTrzaskoma

Dr Lukasz is a well qualified teacher and therapist.It was interesting to talk with him about the subject.He coverd most of the parts in sports injuries and he taught us

What are the injuries

How to prevent in injuries

Acute and chronic injuries

Systems of the physio therapy

Recovery periods in injuries and

Treatments Ect.It was great for us, because we are dealing with human body.

There are 7 subjects in ICC with examinations that I mentioned above. But we learnt some several subjects without examinations also very important. As a coach it will help me to success in future carrier and I should thanks to the teacher who taouch me in other subjects. Subjects are as a follows

08.SPORTS NUTRITIONS –Dr Andras Szabo

09.SPORTS MANAGEMENT-Dr Thamas Sterbenz

10. HUMAN BIOLOGY-Dr Anna Farkas

11.SCIENCE IN SPORTS-Dr Jozsef tihany

Dear sir ,Madam thank you very much again and again for giving us vast knowledge about the sports ,sports science and othe subjects.

EXCURSIONS

Another most important event in the ICC programme were the excursions which were oganized by the university.They were wll oganized ones.They were not only unforgetable and fantastic but also usefull experiance for all participants.

The memories of the places and the happy moments we all had during the excursion will definitely remain in our heart for ever. That was very rare opportunity which a person can be experienced in his life time.

GELLERT HEGY



VISEGRAD ESZTERGOM



MISKOLCTAPOLCA CAVE



BARDLA CAVE



**DOMONY VOLGYLAZAR LOVAS
PARK**

LAZAR BROTHERS



SPECIAL THANKS

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires .

William A. Ward



Mr GERGELY KISS

(Mr Master Mind)



Mr GEZA VINCZE

(Captain Cool)

There really are no words to express gratitude to the most prominent personalities in the university like Mr Gergely Kiss And Mr Geza Vincze. They are role models and made a huge difference in my life. They guided and assisted us from the commencement till the end of the course.

I wish your career every success in the future

CONCLUSION

The course offered me the new practical knowledge with current techniques and tactics which I was seeking when I admitted to the course, thus complementing the theoretical knowledge gained during my study course.

ICC Experience was what I was looking for a very long period for improving my knowledge as a volleyball coach. It is happy to say, now I can deal with different areas of volleyball in a dynamic and interesting way. At the same time I have become more knowledgeable by working with experts on their own subjects.

This course made me as a mentor, psychologist, physiologist, confidante, motivator, cheerleader etc.

When I consider about the testing evaluations in the course the exams were well planned and portioned appropriately. All the tutors are knowledgeable, experienced and willing to help. Apart from that class materials and practical sessions were splendid and approachable, Another very marvellous thing about the course was the experience which I gained by intereaching with people from all over the

world and from different cultural and social back grounds.

I am very much pleased to say that after compleating this preicious course lam competent

To work with higher effiiciency as a coach

To perform as a conditioning coach

To prepare a player s mentally and physically,

To pply the new techneques in a constructive way.

And also I am very aware of the

New techniques and tacties

New rules and regulations of the volley ball.

IMPLEMENTATION

By profession I'm the chief instructor of the sports school in Worth western Province and a physical education teacher one of the leading schools in Srilanka as well.

At present I am the National volleyball coach in Srilanka who is in-charge of senior mens' volleyball team.

I intend to use the vast knowledge and experience gained in ICC during the past 3 months to develop the skills of srilankan volleyball players.

And also I wish to share these new techniques and knowledge with the other coaches in Srilanka. I hope to apply the new techniques and tactics in the Sri lankan volleyball field to promote the game to higher standards.

Further more I wish to encourage Srilanka volleyball Federation, Ministry of sports and National olympic committee to send more and more coaches to TF university to get the splendid experience that I was fortunate to receive.

THANK YOU ALL



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FIVB Level 111

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