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FEDERAȚIA ROMÂNĂ DE HANDBAL

CENTRUL NATIONAL
DE EXCELENȚĂ

THE NATIONAL CENTER OF EXCELLENCE

YOUTH HANDBALL ACADEMY

UNDER 14 - UNDER 18



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THE NATIONAL CENTER OF EXCELLENCE

- CONCEPT
- ORGANIZATION
- OBJECTIVES
- ACHIEVEMENTS

ROMANIAN HANDBALL FEDERATION HAVE AT THE MOMENT 3 CENTERS OF EXCELLENCE:

- 2 FOR GIRLS (RAMNICU VALCEA AND BRASOV)
- 1 FOR BOYS (SIGHISOARA).

THE STUDY CASE WILL BE THE CENTER OF RAMNICU VALCEA

THE NATIONAL CENTER OF EXCELLENCE

- **CONCEPT**

The idea of creating centers of excellence was born out of the desire to create regional handball structures – male and female- organized on an integrated system: school - accommodation - meals - intensive training with handball specifics having the main goal creating professional players.

ALL THE STRUCTURES DESCRIBED IN THE PHOTO ARE POSITIONED ON THE AREA OF 122,500 SQUARE METERS



- ## CONCEPT

The most talented players from all over the country are invited to join the project.

Players are selected by federal coaches who supervise them during national competitions.

The training period in the center is 4 years. (*coincides with the high school period*)

Players remain belong to clubs of origin until graduation.

Players are members of National Center of Excellence team and team of origin club as well.

AT THE END OF PREPARATION PERIOD, THE PLAYERS MUST BE READY FOR PLAYING IN NATIONAL LEAGUES BUT MOST IMPORTANT FOR

ROMANIAN NATIONAL TEAM!

• ORGANIZATION

All athletes selected are structured on 3 age categories. Right now it is active in Ramnicu Valcea city the groups of 2000-2001 and 2002-2003, in Brasov city the group 1998-1999 and for the next year we are in process of preparing the 2004-2005 group.

As you can see, all four years of high school study will be occupied in descending order of age:

- the 11th and 12th grade 1998 – 1999 – U 19
- the 10th and 11th grade 2000 - 2001 - U17
- the 9th and 10th grade 2002 – 2003 – U15

THE ATHLETS ONCE TRANSFERRED FROM THE CLUBS OF ORIGIN THEY ARE ALSO TRANSFERRED
WITH THE SCHOOL

• ORGANIZATION

The groups have on structure:

- 18 players
- 1 head coach
- 1 assistant coach
- 1 goalkeepers coach – *he is available for all 3 groups*
- 1 doctor – *he is available for all 3 groups*
- 1 physiotherapist
- 1 masseur
- 1 psychologist – *he is available for all 3 groups*

HEAD COACH OF GROUP ARE ON THE SAME TIME THE ASSISTANT COACH OF ROMANIAN NATIONAL TEAM FOR SAME AGE CATEGORY



• ORGANIZATION

The sports structure of the National Center of Excellence Ramnicu Valcea operates within the Energy College in the locality.

Even though the training profile of the students is predominantly technical, the college management found agreement and accepted the prepare for the future sports instructors and coaches with preponderance for the **handball** discipline.

Here the future jobs of students:

Professional Profile

Technical

Natural resources and
environmental protection

Vocational skills

Qualification

Technician in automation

Technician in computer technology

Electrical installations technician

Electro technician

Mechanical technician for maintenance and repairs

Environmentalist and environmental protection

Athletic sports instructor (handball)



• ORGANIZATION

The National Centre of Excelente have own hostel for accommodating athletes with:

- 21 triple rooms with all facilities
- 1 twin room
- 3 apartments for coaches
- 3 single rooms
- 1 Study hall for school homework
- 1 Conference room
- 1 Methodic room
- 1 Medical room



PARENTS WHO COME TO VISIT THE ATHLETES CAN USE
THE HOSTEL ROOMS IN THE HOTEL CONDITIONS

• ORGANIZATION

The National Centre of Excelente have:

- own sport hall with:
 - 4 rooms for coaches
 - 4 dressing rooms
 - 1 sauna
 - 1 stage for spectacol
 - 1 tribune with 250 seats
- Restaurant
 - 150 seats
- sport field in open space
- park



ALL THESE FACILITIES CAN BE USED ALSO BY COLEGE STUDENTS

• ORGANIZATION

Daily program – period of school study

- 07,00 Awakening
- 08,00 Breakfast
- 08,30 – 14,20 School classes
- 14,30 Lunch
- 16,30 – 18,00 Handball training
- 19,30 Dinner
- 20,00 – 22,00 Homework from school
- 22,30 Fall asleep

Daily program – no school period

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	Recovery after effort	Individual training 07,00 – 08,30		Individual training 07,00 – 08,30		Match Official or friendly 11,00 – 12,30	Match at origin club
P.M	Physical preparation handball specific 16,00 – 17,30	Handball training – technic 18,00 – 19,30	Goalkeeper's training Gym 16,00 – 17,30	Handball training – technic 18,00 – 19,30	Handball training – technic & tactic 17,00 – 18,30		

• OBJECTIVES

The main objective of the National Center of Excellence in handball is to create the handball players for Romanian National Team. Majority of them are nominated for young and juniors national teams and concrete talking right now we have this distribution:

ROMANIAN NATIONAL TEAM UNDER 19		ROMANIAN NATIONAL TEAM UNDER 17		ROMANIAN NATIONAL TEAM UNDER 15	
		6	4		
2	2			2	3
Generation		Generation		Generation	
1998	1999	2000	2001	2002	2003

All other non participant on National Team play on Romanian Championships, all the time with a least one older age category bigger.

For example:

2nd DIVISION instead UNDER 19		UNDER 19 instead UNDER 17		UNDER 17 instead UNDER 15	
7	7		6	7	5
		2			
Generation		Generation		Generation	
1998	1999	2000	2001	2002	2003

• ACHIEVEMENTS

Since 2007 the year of its establishment, 160 handball player have graduated the Energetic Colege and National Center of Excellence courses. From that players, the statistics about them activities show like this:

- ✓ 107 still play handball – **6 of them play now in actual Romanian National Team!**
- ✓ 24 stop handball activity due the University courses
- ✓ 3 became coaches
- ✓ 9 became physioterapist
- ✓ 13 stop because family reasons (became mother)



YEAR AFTER YEAR THE NUMBER OF CANDIDATES FOR THE NATIONAL CENTER OF EXCELLENCE IS GROWING, THE INTEREST FOR IT BECAME MORE AND MORE BIGGER AND THE SELECTION IS MUCH MORE DEMANDING



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• CONCLUSION

THE NATIONAL CENTER OF EXCELLENCE in handball is not only school. Its concept of training and creating professional handball players and will remain the same until this activity can be substitute with other one or in case of loosing interest.

Beyond training, The National Center of Excellence have also a important social impact for those children's with limited possibilities to sustain themselves financial the training activity. During period in center, the Romanian Handball Federation together with Local Authorities and other partners sustain 100% the cost of formatting players.

The player's allocation to the clubs after graduation of each athlete is made by auction. The **money** coming from these auctions is thus distributed as follows:

**50% GOES TO THE
INITIAL CLUB WHO
DISCOVER THE
PLAYER**

**50% GOES TO THE RHF
THAT REINVESTS IN
CENTER FOR FUTURE
GENERATION**

**EDUCATION, CONTINUITY, HANDBALL FOR FUN, PERFORMANCE
BUSINESS**



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THANK YOU!