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Editorial

The 'Sports Research' being a new face of the former 'Journal of Sports & Sports Sciences', it has been facing some teething troubles since the origin of its publication. We hope, it will take some time for the contributors to get used to this change ; and we would be able to be up-to-date. The April and July issues would follow, shortly.

This issue of the journal carries six well-researched articles.

The lead article studies the effect of technique training through progressive drills on related variables of 100 m breast stroke swimmers. The analysis revealed a significant improvement in training time of 50 m and 100 m performance. It was also found that stroke length decreases and stroke frequency increases with the increase in breast stroke swimming distance from 50 m to 100 m.

The serum level creatine kinase and Cortisol are good markers of skeletal muscle tissue. The second article evaluates the serum creatine, kinase and cortisol levels of sportspersons of Hockey, Wushu and Fencing, of 14-17 age range. The researcher concludes that sportspersons of these sports disciplines have desirable range of enzyme creatine kinase and hormone cortisol which indicated no muscle damage and no stress condition, during training.

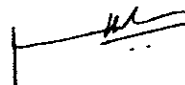
The authors in the third study examine the difference in selected physical fitness and anthropometrical variables of 100 m and 400 m national level sprinters.

Considering the importance of the topic, and therefore making a one-time departure from our general policy, we have included the article ' Duties & Responsibilities of a coach', in this issue. It was a part of my lecture delivered to the newly inducted coaches of SAI, during an orientation programme.

The fifth article studies the debilitating effect of fatigue on reacting capacity of elite sportspersons.

The last presentation is an interesting study on bullying on playground. The researchers reveal that there exists a huge difference between the perception of bullying amongst the coaches and the actual experience of bullying by the young sportspersons. The authors feel that the coaches should play an active role in curbing bullying on the field, to make the young athletes take all the benefits of participation in sports.

We hope you would find these research studies interesting and useful.



*S.S.Roy
Editor-in-Chief*