

STATEMENT OF PURPOSE

WHY ME?

Being from an athletic background, I know the problems faced by athletes. In addition to being a class representative for NSO athletics, I also have experience in management and have maintained good relations with fellow athletes.

I am known for my patience and am more than willing to lend my ears to athletes who want to be heard. All decisions will be taken while keeping the athletes' best interests in mind. I am also capable of handling the responsibilities that come with this post all while catering to the needs and necessities of the players.

Purpose

1. Demonstration of exercises:

Motivation and requirement:

Everyone sees athletics as a sport but fitness serves as the backbone for athletics. A good athlete has good fitness. On the same lines excluding endurance exercises, basic warm-up exercises should be part of everyone's life but the sad part is we are not aware of them.

Plan of execution:

Collaborate with the athletics coordinator and create an official page where we can demonstrate the exercises to everyone.

2. Podcasts with athletes:

Motivation and requirement:

Players should be motivated, but when lacking it may affect the game. Talking to someone who already has the experience and has faced the challenges will strengthen the players mentally and builds confidence in them.

Plan of execution:

Athletes are contacted formally and professionally.

Podcasts will be arranged and shall be released on youtube and official pages.

3. Help box :

Motivation and requirement:

Talent is present everywhere and at times is not brought out to light. Why? That may be due to a number of reasons: shyness, fear of failure, not being motivated enough and a lot more. If an interest to participate is present and a devotion that is unhindered, the player is already one step towards their goal. It's only fair that they are given a chance.

Plan of execution:

Create a help box, the main motive of it would be to identify and support interested players.

- A HASITHA

Candidate , Athletics secretary