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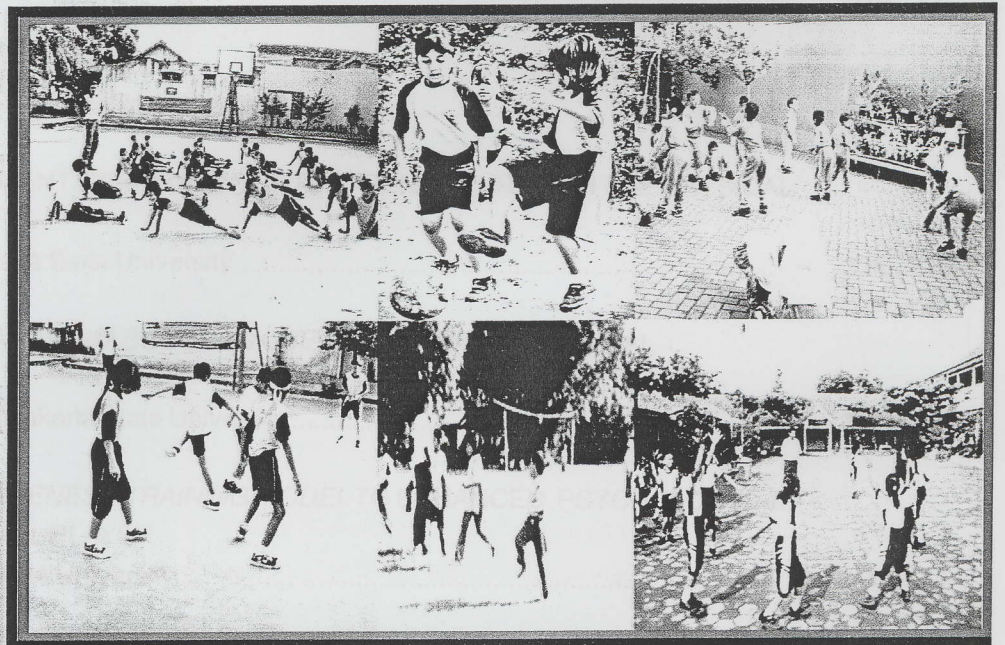
# PROCEEDING

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# GROWTH AND HEIGHT PREDICTION AS A BASIC ACHIEVEMENTS SINCE EARLY AGE

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## ABSTRACT

This paper aims to reveal the importance of understanding and prediction tumbuhkembang height as the capital of achievement from an early age. achievement can not be obtained within a relatively short time. identification of giftedness will also need to be understood by parents, coaches and sports coaches. development of the child become one of central concern to drive up to the level of achievement. in a particular sport requires a high importance weight. related matter, the actual height can be known by parents from an early age. besides this, there are things that are also important to know the characteristics of giftedness and age stages begin practicing until the age of achievement. if it is known early, it will appear more athletic talent and potential.

**Keywords:** growth and development, height, talent, age achievement

## INTRODUCTION

The concept of sports coaching done from an early age. The phenomenon of the field often appears that performance in sports for most people say life is not promising for the future well-being. Meanwhile, to become the champion takes years to prepare. When we see the development of sports achievements abroad, it can be said that the champion sport can be likened to the world's leading artists, and even transfers from one club to another club to reach billions of rupiah.

Starting from this, we would need to do a reflection and a thorough evaluation. There is a saying that men in corpore Sano who understood that in a healthy body there is also a strong soul. Mental strength means a person who has character and fingers herself. To improve the mental strength required support good physical health. Physical for the better should be the optimization of physiological performance. That children have a high fitness level, the sport activity to be one alternative solution.

From the series description, indirectly also appear giftedness of these children. For more visible for giftedness is then necessary to increase and supervision related to child growth. Child's growth will also contribute to the sport that will digelutinya. Exemplified that in sports or basketball bolavoli required height is high enough. Actually, the maximum height was also predictable. Moreover, the jkuga need to know how we know the characteristics of children who have talent. And for clearer direction from the exercise developmentally age, entry age specification and age of sports achievement will be discussed in the study as follows.

## DISCUSSION

Before long we talk about talent scouting, will be more concrete if we know little about child development first. Development of the child has a level of periodicity. Many references that reveal this problem. Here are the characteristic tendency of development of the child under a certain age period (adapted from Willis, Benjamin C, 1966; Harsono, 1969; Harsono, 1988; Kreamer, William J and Fleck, Steven J, 1991; and results temukarya Affairs, 1991) . Growth period can be divided in age groups 5-8 years, 9-11 years, 12-13 years, 13-14 years and 14-16 years, who are described as follows below.



Calisthenics				
- Woman	6-8	9-10	14-18	
• man	8-9	14-15	22-25	
Judo	8-10	15-16	22-26	
Dasa contest	11-13	14-16	21-25	
Rowing	11-14	16-18	22-25	
Layar	10-12	14-16	22-30	
Shooting	12-15	17-18	24-30	
Football	10-12	14-16	22-26	
Squash	10-12	15-17	23-27	
Swimming **				
• woman	7-9	11-13	18-22	
• man	7-8	13-15	20-24	
Tenis meja	8-9	13-14	22-25	
Tennis				
• Woman	7-8	11-13	17-25	
• man	7-8	12-14	22-27	
Volleyball	10-12	15-16	22-26	
Water Polo	10-12	16-17	23-26	
Weightlifting	14-15	17-18	23-27	
Wrestling	11-13	17-19	24-27	

Description: \*\* In the pool stages of starting exercise can be performed at the age of 3-7 years. Preview age is not something absolute, so that when small deviations occur between 1-2 years can only happen (Garuda Gold, 2000).

By doing intensive assistance related to development of the child and recognize the characteristics of giftedness of children who later provided facilitation special services for gifted children, the achievement would be the best performance can be expected. To further support the achievement tercapainya

## CONCLUSION

Achieving peak performance can not be achieved in an instant. In accordance with the phases of coaching sports, needs to be done since the age of the children. Inside there is a strong body of a healthy soul, so that the values of physical education needs to be invested at an early age. Efforts to select athletes who really potential in each sport requires a touch of sport science and technology, which among others, by following the development of the child, predicted height, coaching programs are targeted, structured and programmed. In order to obtain a child who has talent, it is necessary to understanding karakteristik gifted children. Starting from this prediction, performance will be obtained by following the stages of development achievements from the age of starting practice, starting age and the age specification sport began performing in different sports they do. For long-term collaborative development is necessary between sport and physical education health education track with sports clubs or the other.

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