

Management and Patterns of Field Tennis Sports Development at the PTPM Club (Manado Student Tennis Association) at PELTI Manado City

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Abstract

The problem in this research is the low achievement of junior/student tennis athletes in Manado City, North Sulawesi Province. To improve athlete achievement, it is necessary to have good management and sports coaching patterns at the PTPM (Manado Student Tennis Association) club. The management and pattern of sports coaching is the coordination of all existing resources, including, Human Resources (HR), materials, technology and finance, which are needed by an organization to achieve its goals. In sports management, all resources are pooled to make work and workforce run more productively. The method used is descriptive, namely to collect information about the research subject and behavior similar to the research to get a general picture of the object to be studied. The percentage data analysis technique is $P = \frac{F}{n} \times 100\%$ and the research was carried out in September 2021. With a sample of 25 people consisting of coaches who also act as administrators, athletes and parents. The management and pattern of field tennis coaching at the PTPM (Manado Student Tennis Association) club in Manado City, North Sulawesi Province has been going well. Although there are still some things that need to be completed, improved and improved in order to further improve the achievements of junior tennis athletes in Manado City, North Sulawesi Province.

Keywords

Management; field tennis sports development pattern; Club PTPM (Manado student tennis association)



I. Introduction

Tennis is a sport that continues to improve in improving the performance of its athletes. This can be seen from several events (champions) conducted by PELTI (Indonesian Field Tennis Association) and North Sulawesi Regional Management such as upgrading of trainers at the National and International levels.

The efforts that have been made have paid off. Several athletes managed to penetrate the world rankings, and won international championships held in Indonesia and abroad. The success achieved indicates that the efforts made are starting to show results.

Tennis coaching is also directed to junior players. This thinking is based on the fact that in order to achieve optimal performance, coaching should start with easy/early athletes. If we don't do coaching at an early age, we will be left behind with other countries.

From the statement above, it can be concluded that success in coaching junior players must start from an early age. If you are late in coaching at an early age, the

achievements of Indonesian athletes will be difficult to catch up with tennis players from abroad. Coaching from an early age will provide hope in achieving future achievements.

In terms of quantity, the development of junior tennis in North Sulawesi is quite encouraging. This symptom can be seen from the number of junior athletes who practice tennis. This is very encouraging because of the increasing number of tennis athletes in North Sulawesi. However, in terms of quality, the development of junior tennis has not been so encouraging. This fact can be seen from the small number of North Sulawesi junior tennis athletes who have succeeded in adding to their achievements at the national level, let alone international. This situation gives an illustration that the ability of North Sulawesi junior tennis players is not optimal. Development is a systematic and continuous effort made to realize something that is aspired. Development is a change towards improvement. Changes towards improvement require the mobilization of all human resources and reason to realize what is aspired. In addition, development is also very dependent on the availability of natural resource wealth. The availability of natural resources is one of the keys to economic growth in an area. (Shah, M. et al. 2020)

To improve the performance of tennis athletes optimally, it is strongly influenced by several factors including athlete development, facilities and infrastructure, the application of science and technology. These factors must be considered because they are very supportive for the progress of athletes.

One of the systems that play a role in the development of national sports in Indonesia is the existence of sports clubs. Sports clubs are the best advice for obtaining talented seeds, because through sports clubs, coaches can provide coaching to athletes through training programs.

In sports clubs, there is also social interaction between club administrators, coaches, coaches and athletes who give the club its color or style as a form of organization. As an organization, a sports club must carry out all its activities in accordance with the rules contained in the club.

There are many sports clubs at home and abroad. The diversity of the club can be seen from: the gender of its members, age group, type of sport that is occupied, the nature and background of the establishment of the club and the purpose of its establishment. From the gender of the members, there are sports clubs with only male and female members. According to age group, there are sports clubs that have certain age groups as members such as children, teenagers, and adults. Many sports clubs were founded based on the sport they were engaged in, such as tennis, table tennis, badminton and so on. Based on the nature and background of the establishment of sports clubs caused by the rules of certain institutions or policies of people who have influence within the club.

In Indonesia, many sports clubs are established with the goal of achievement. As we know, not all sports clubs are able to produce maximum achievements at the national and international levels. In reality, not a few of these sports clubs had to disband because they were unable to survive for a long time, even though previously the club had very good achievements. This happens because the supports to support the organizational wheels for sports clubs such as: human resources as managers, sources of funds and infrastructure, and management as operational requirements.

In the city of Manado there are several tennis sports clubs. Of the several existing clubs, one of which attracted the attention of researchers was the PTPM (Manado Student Tennis Association) tennis club. The club has quite good achievements for fans, observers, enthusiasts and lovers of court tennis both inside and outside the Manado City area. PTPM Club (Manado Student Tennis Association) is one of the tennis sports clubs that has

produced outstanding players who often represent North Sulawesi Province in championships at the national level.

The management of the PTPM (Manado Student Tennis Association) tennis court has been going well. So as to be able to manage the club to be able to maintain the existence and achievements of its athletes to date. This is something interesting to study and research. A study from the management point of view in sports clubs such as the PTPM club (Manado Student Tennis Association). This is one of the efforts of a scientific approach to find out about the management of a sports organization.

From some of the things that have been stated above, the researchers want to try to find out: how the implementation of management and sports coaching patterns can improve the performance of junior tennis athletes at the PTPM (Manado Student Tennis Association) field tennis club by the administrators, coaches and athletes at Manado City, North Sulawesi Province.

The purpose of this study was to understand and describe the management and coaching pattern of tennis sports carried out by the PTPM club (Manado Student Tennis Association) in Manado City, North Sulawesi Province in improving athlete achievement.

This research has benefits both theoretically and practically. Theoretically, this research is useful to add insight into thoughts that are used as comparison materials and references for the implementation of management and preparation of a tennis sports coaching program at the PTPM (Manado Student Tennis Association) PELTI Pencab Manado City. While practically this research is useful for providing input to management bodies such as administrators and tennis coaches in the PTPM (Manado Student Tennis Association) PELTI Pencab Club, Madia City Manado, and North Sulawesi Province to improve athlete performance.

II. Research Method

The method used in this research is the method descriptive qualitative. According to Mukhtar (2013) method descriptive qualitative is a method used to find knowledge of research subjects in a certain moment. Meanwhile, in descriptive research, the intent here is to collect information about the research subject and behavior similar to the research to get a general picture of the object to be studied.

Descriptive research also has two objectives, namely:

1. To find out the development of certain physical facilities or the frequency of occurrence of certain aspects of social phenomena such as the number of radios, two-wheeled and four-wheeled vehicles, family planning (family planning) acceptors, the number of films shown and others. And the results are listed in frequency tables.
2. To describe in detail certain social phenomena, such as social interaction, kinship systems and others. While the characteristics of the descriptive method are:
 - a. Focus on solving problems that exist in the present as well as on actual problems.
 - b. The data collected is first compiled, explained and then analyzed so that this method is also often called the analytical method.

Research using descriptive methods only describes the actual problems, which really apply and are happening now. Where this will reveal the implementation of management and coaching patterns for tennis at the PTPM club (Manado Tennis Student Association) in improving the performance of junior tennis athletes in Manado City, North Sulawesi Province by administrators, coaches and athletes.

III. Result and Discussion

Respondents were coaches who also served as managers of the PTPM (Manado Student Tennis Association) club. 100% they say that the management process that has been going on has been going well. It has a training program and the athletes excel at the national level and they are motivated to like to train at the PTPM club (Manado Tennis Student Association). They also have a way of selecting athletes and always evaluate the training program they provide at the PTPM club (Perkumpulan Tennis Pelajar Manado). 80% of coaches who double as administrators said that they are former athletes and tennis players and in providing training they have never encountered any difficulties. 60% of them also know the history of the establishment of the PTPM club (Manado Tennis Student Association) and have support from the government and the community for the implementation of management and coaching patterns for tennis. Such support is like obtaining financial assistance from the community or the government in participating in a match/event. 40% said that they have a profession other than training in tennis and have a tennis coaching certification and are supported by complete training facilities and infrastructure. And only 20% of them said that the PTPM club (Manado Tennis Student Association) had sufficient sources of funds to support the implementation of management and coaching patterns for tennis and training activities that could interfere with their daily activities.



Figure 1. *A coach temporarily giving instructions and training to athletes.*

As for the athlete respondents as students or training participants at the PTPM club (Manado Student Tennis Association). 93.33% of athletes say that there are benefits they get after pursuing tennis. 87.67 also said that they are very devoted to the sport of tennis and the role of the coach is very important for them and the participation of parents continues to motivate them in carrying out tennis training at the PTPM club (Manado Tennis Student Association). There is another 80% who say that they are really interested and like the sport of playing tennis. Another 73.33% said that they like to train at the PTPM (Manado Student Tennis Association) club. 66.67% of athletes also said that they had experienced difficulties in carrying out exercises, but they had liked the training program provided by the coach at the PTPM club (Manado Tennis Student Association). 60% said they had achievements while practicing at the PTPM club (Manado Tennis Student Association) and according to them the management process and implementation pattern of tennis coaching at the PTPM club (Manado Tennis Student Association) had gone well. And 46.67% of athletes said that they had done extra training in addition to participating in joint training at the PTPM club (Manado Tennis Student Association). But there are also 40% said that they actively carry out exercises in a week



Figure 2. *Athletes who are following and carrying out exercises.*

Meanwhile, parents as a supporter of the management and coaching pattern of field tennis said that 100% of the PTPM (Manado Student Tennis Association) club had achievements because their parents had good support for the PTPM (Manado Student Tennis Association) club. Parents also have a desire that the sport of field tennis, especially at the PTPM club (Manado Student Tennis Association) continues to excel. So parents must always motivate their sons and daughters to be more diligent in practicing and keep pursuing the sport of tennis. And they also still control the practice activities and daily interactions of their sons and daughters. As many as 80% of parents also said that they had provided extra food/drink to their sons and daughters to meet the nutritional needs of athletes. And the exercises carried out at the PTPM club (Manado Student Tennis Association) did not interfere with the parents' daily work activities. However, only 40% said that they were aware of the existence of the PTPM (Manado Student Tennis Association) club at KONI Sario, Manado City, and North Sulawesi Province.



Figure 3. *parents watching and watching athletes while training.*

Because the researchers were not satisfied with the data that had been provided by the respondents, the researchers made observations or direct observations of the object, place or location of the study. Observation or direct observation is carried out by researchers to find out all what has happened and what has been done by the PTPM club (Manado Tennis Student Association) in carrying out management and coaching patterns for field tennis to improve the performance of junior tennis athletes in Manado City, North Sulawesi Province. .

From the results of observations, researchers can see and prove directly in the field about the implementation of management and coaching patterns of court tennis at the PTPM (Manado Student Tennis Association) club to improve the achievements of junior tennis athletes in Manado City, North Sulawesi Province. With the results of observations, namely: the PTPM club (Manado Student Tennis Association) has actually been registered with the PELTI Pemcab (Indonesian Field Tennis Association) Manado City, North Sulawesi Province. The PTPM Club (Manado Student Tennis Association) was founded on June 23, 2009 and was inaugurated on February 12, 2010 at the KONI Sario field, Manado. At the same time a tennis championship match was held between students throughout the city of Manado which was opened and inaugurated by the secretary of the PELTI Provincial Government (Manado Student Tennis Association) of North Sulawesi, Mr. Drs. Albert Wuysang.

Club PTPM (Anado Student Tennis Association) also has the following profile or history of the club's establishment:

1. Founding background

Observing the implementation and evaluating the achievements of North Sulawesi student athletes at POPNAS (National Student Sports Week) X in Yogyakarta. The results were so disappointing that the idea arose to establish a forum that brought together student or junior athletes in Manado City, North Sulawesi Province to be actively and continuously fostered and trained to achieve higher achievements.

2. Training ground

Manado is a barometer of sports achievement in North Sulawesi and has adequate supporting facilities and infrastructure. The KONI Sario tennis court is a place for children's training because it is a representative facility that is always used for national and international tournaments. Base camp or training locations are courts 7 and 8 tennis courts KONI Sario Manado City, North Sulawesi Province.

3. The composition of the management structure of the PTPM club (Manado Student Tennis Association) is as follows: Chairman : Mr. Dr. Marnex W. Berhompong, M.Kes

Secretary : Mr. Agus Harilama

Treasurer: Mrs. Debia B. Antow

Members : - Ivanoski Tawaang, S.Or

- Seprianto Metuak, S.Or
- Hannah's Oxin
- Mrs. Nahor Watupongoh
- Sanger Kumendong's mother.

4. The names of athletes who are registered and actively participating in training at the PTPM Club (Manado Tennis Student Association) are as shown in the table below:

No	Athlete Name	Place and date of birth	School Origin
1	Jodry Kumendong	Manado 04-19-1994	SMK 9 Manado
2	Sharon Watupongoh	Manado 12-08-1997	PKY Manado Middle School
3	Christine C. Watupongoh	Manado 10-12-1998	SD RK XIII Manado
4	Febrian Kumendong	Manado 30-10-2000	SDN 6 Manado
5	Lea Theis	Manado 14-02-1999	Paal II Adventist Elementary School
6	Pelano Theis	Manado 25-06-1995	Paal II Adventist Middle School
7	Ela Fasting	Manado 27-03-2002	SDN 1 Manado

8	Natalia C. Umbah	Manado 29-12-2000	SDN 7 Manado
9	Christi Harilama	Manado 01-05-1996	SMA N 7 Manado
10	Patabang Stela	Manado 06-02-2003	SD RK XIII Manado
11	Delvia S. Mandogi	Manado 24-08-1996	Manado Binsus High School
12	Melia V Mandogi	Manado 05-19-1999	SDN 12 Manado
13	Anita	Manado 11-15-1998	SMP N 5 Manado
14	Joshua Tatum	Manado 17-07-1999	Paal II Adventist Elementary School
15	Anatasia SO Andrey	Jakarta 01-11-01	SDN 2 Manado
16	Edward Wowor	Gorontalo 11-11-2000	SDN 37 Manado
17	Geraldo Gerung	Manado 04-10-02	SDN 14 Manado
18	Gabriela Gerung	Samarinda 22-08-2000	SDN 14 Manado
19	Dharma	Manado 26-09-2001	SDN 17 Manado

5. The training program at the PTPM (Manado Student Tennis Association) club is as shown in the following table:

a. Long term training program (monthly)

1). Train physical abilities consisting of: endurance, flexibility, strength, speed, accuracy and agility.

Month	September 2021				October 2021				November 2021			
Sunday	1	2	3	4	5	6	7	8	9	10	11	12
Periodization	Preparation				Pre-competition				Competition			
1. Durability 60												
2. Flexibility 50												
3. 40 strength												
4. Speed 30												
5. 20 . precision												
6. Agility 10												

2). Train physically, technically, mentally and strategy

Month	September 2021				October 2021				November 2021			
Sunday	1	2	3	4	5	6	7	8	9	10	11	12
Periodization	Preparation				Pre-competition				Competition			
1. Physical 60												
2. 50 . Durability												
3. Flexibility 40												
4. 30 power												

b. Short-term (weekly) exercise program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Running around 5 minutes, <i>stretching/shadowtennis</i>	Run around 5 minute, <i>stretching/shadow tennis</i> 5	Run around 5 minutes, forehand and backhand on the serve box	Physical exercise on the speed endurance soccer field	Warming up the same, volley di box serve 5 min, serve	R E S T

5-10 minute, <i>forehand</i> 10 aiming balls goal 3 times, serve 20 right and 20 left and backhand feeding straight to <i>base line</i> 10 times 3 times run, game and lastly is <i>collin dawn</i> /relaxation.	minute, <i>endurance</i> run 15 minutes or other variations, sprint 8-12 times 50 meters and accuracy drills coupled with strength and final <i>Colin Dawn</i> /relaxation.	10 minutes, drill in pairs 5-10 minutes, target forehand 4 times in front of the net (8 sets), <i>backhand</i> 4 times goal (8 sets), game and ends with <i>Colin Dawn</i> /relaxation.	6-8 times 150 meters (the speed is increasing day by day) Agility and simulated on field tennis), exercise <i>serve</i> ended with <i>Colin Dawn</i> /relaxation.	10 times 10 feet target, 8 serve ball, volley forehand, backhand and smash 8 times/person, game ends with <i>Colin Dawn</i> /relaxation.	/ I S T I R A H A T
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The trainer provides a test/evaluation of the exercise program that has been given to find information and data whether the athlete has carried out the exercise seriously and seriously or not. The trainer also always evaluates each training program that has been given whether it is successful or not. Usually the test is given by a coach to the athletes to follow and repeat all the techniques and tactics of the tennis game that has been given by the coach while the practice is taking place. Ended with a trial match tennis game from all athletes with a score of 3 points or 3 wins/three games.

The PTPM Club (Manado Student Tennis Association) has had achievements both at the regional and national levels. This can be proven by the club tennis team PTPM (Manado Student Tennis Association) participating in the youth tennis championship which was held on February 28, 2010 in Jakarta. The PTPM club team (Manado Student Tennis Association) in Manado City, North Sulawesi Province on behalf of Fernando Sanger was able to present gold, Mareski was able to present silver and Jodry Kumendong was able to present bronze to the men's team. Meanwhile, Sharon Watupongoh was able to present silver and Christine Watupongoh was able to present bronze to the women's team of North Sulawesi Province.

Meanwhile, the field used by the PTPM club (Manado Tennis Student Association) as a training ground has not met the needs of athletes. Because the field given by the PELTI Pemcab (Indonesian Field Tennis Association) Manado City, North Sulawesi Province to the PTPM club (Manado Student Tennis Association) is only one field. While the athletes who actively carry out training at the PTPM club (Manado Student Tennis Association) are 19 people. Therefore, to cover this shortfall, the athlete's parents are committed to the coach who doubles as the club's administrator to pay for one field himself to be used as a training ground for the PTPM club (Manado Tennis Student Association).

The Manado City Government of North Sulawesi Province has never provided assistance in the form of donations of funds and fees to motivate and support the achievements of junior tennis athletes. So that parents must try themselves to donate funds and costs in order to support and support the implementation of management and coaching patterns of field tennis to improve the performance of junior tennis athletes at the PTPM club (Manado Tennis Student Association).

Athletes who are registered with the PTPM club (Manado Tennis Student Association) are all actively participating in and carrying out exercises. Not all of the coaches in charge of training at the PTPM (Manado Tennis Student Association) have a tennis coaching certification. Of the 5 coaches, only 2 have a tennis coaching certification.

Parents have good support for the PTPM club (Manado Student Tennis Association) in carrying out management and sports coaching patterns to improve junior tennis achievements in Manado City, North Sulawesi Province. This parental support was proven by Mrs. Nahor Watupongoh and Mrs. Sanger Kumendong who were always present to accompany, supervise and witness as well as motivate their sons and daughters in carrying out exercises at the PTPM club (Manado Student Tennis Association). So that it can improve the achievements of junior tennis athletes in Manado City, North Sulawesi Province.

The PTPM Club (Manado Student Tennis Association) does not yet have its own secretariat. So to cover this shortcoming, the PTPM club (Manado Student Tennis Association) uses the residence or residence of one of the administrators on behalf of Dr. marnex. W. Berhimpong, M.Kes as the temporary secretariat to support and support the work program of the management, in order to carry out organizational management and implement the pattern of coaching tennis in the field. Meanwhile, to save the training facilities of the PTPM club (Manado Student Tennis Association). Address: Jalan Kampus Unsrat No 60, Bahu Lingkungan III, Malalayang District, Manado City, North Sulawesi Province, Phone: 043133752228, 081385457420.

To ratify the administration in the form of letters, proposals and reports the club PTPM (Manado Tennis Student Association) has its own cab club. However PTPM club (Manado Tennis Student Association) now does not have a club nameplate that shows the area or location and place of practice. So that the PTPM club (Manado Student Tennis Association) is not well known by the entire community of Manado City, North Sulawesi Province. But the PTPM club (Perkumpulan Tennis Pelajar Manado) now has a special room to change their clothes before and after doing exercises including bathrooms and toilets.



Figure 4. *Coach who doubles as administrator, athlete and parent.*

IV. Conclusion

From some of the data that has been described above, it can be concluded that the management process and pattern of coaching tennis in the PTPM (Manado Student Tennis Association) club in Manado City, North Sulawesi Province has been going well. Although there are still some things that need to be completed, improved and improved in order to further improve the achievements of junior tennis athletes in Manado City, North Sulawesi Province.

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