CHAPTER-I

INTRODUCTION

1.1 History of Volleyball

Volleyball has come a long way from the dusty-old YMCA gymnasium of Holyoke, Massachusetts, USA, where the visionary William G. Morgan invented the sport back in 1895. It has seen the start of two centuries and the dawn of a new millennium. Volleyball is now one of the big five international sports, and the FIVB, with its 220 affiliated national federations, is the largest international sporting federation in the world.

Volleyball has witnessed unprecedented growth over the last two decades. With the great success of world competitions such as the FIVB World Championships, the FIVB World League, the FIVB World Grand Prix, the FIVB World Cup and the FIVB Grand Champions Cup as well as the Olympic Games, the level of participation at all levels internationally continues to grow exponentially.

The beach volleyball phenomenon also continues to amaze. The overwhelming spectator and television success of beach volleyball since its introduction to the Olympic Games at Atlanta 1996 and the stunning success of the FIVB World Tour, the World Championships and the Continental Cup has opened up volleyball to a completely new market.

1.1.1 The Origins

William G. Morgan (1870-1942), who was born in the State of New York, has gone down in history as the inventor of the game of volleyball, to which he originally gave the name "Mintonette". The young Morgan carried out his undergraduate studies at the Springfield College of the YMCA (Young Men's Christian Association) where he met James Naismith who, in 1891, had invented basketball. After graduating, Morgan spent his first year at the Auburn (Maine) YMCA after which, during the summer of 1895, he moved to the YMCA at Holyoke (Massachusetts) where he
became director of physical education. In this role he had the opportunity to establish, develop and direct a vast programme of exercises and sport classes for male adults. His leadership was enthusiastically accepted, and his classes grew in numbers. He came to realise that he needed a certain type of competitive recreational game in order to vary his programme. Basketball, a sport that was beginning to develop, seemed to suit young people, but it was necessary to find a less violent and less intense alternative for the older members.

At that time Morgan knew of no similar game to volleyball which could guide him; he developed it from his own sports training methods and his practical experience in the YMCA gymnasium. Describing his first experiments he said, "In search of an appropriate game, tennis occurred to me, but this required rackets, balls, a net and other equipment, so it was eliminated, but the idea of a net seemed a good one. We raised it to a height of about 6 feet, 6 inches (1.98 metres) from the ground, just above the head of an average man. We needed a ball and among those we tried was a basketball bladder, but this was too light and too slow. We therefore tried the basketball itself, which was too big and too heavy."

In the end, Morgan asked the firm of A.G. Spalding & Bros. to make a ball, which they did at their factory near Chicopee, in Massachusetts. The result was satisfactory: the ball was leather-covered, with a rubber inner tube, its circumference was not less than 25 and not more than 27 inches (63.5 cm and 68.6 cm, respectively), and its weight not less than 9 and not more than 12 ounces (252 gr and 336 gr, respectively).

Morgan asked two of his friends from Holyoke, Dr. Frank Wood and John Lynch, to draw up (based on his suggestions) the basic concepts of the game together with the first 10 rules. Early in 1896 a conference was organized at the YMCA College in Springfield, bringing together all the YMCA Directors of Physical Education. Dr. Luther Halsey Gulick, director of the professional physical education
training school (and also executive director of the department of physical education of the International Committee of YMCA's) invited Morgan to make a demonstration of his game in the new college stadium. Morgan took two teams, each made up of five men (and some loyal fans) to Springfield, where the demonstration was made before the conference delegates in the east gymnasium. The captain of one of the teams was J.J. Curran and of the other John Lynch who were respectively, mayor and chief of the fire brigade of Holyoke.

Morgan explained that the new game was designed for gymnasia or exercise halls, but could also be played in open air. An unlimited number of players could participate, the object of the game being to keep the ball in movement over a high net, from one side to the other. After seeing the demonstration, and hearing the explanation of Morgan, Professor Alfred T. Halstead called attention to the action, or the act phase, of the ball's flight, and proposed that the name "Mintonette" be replaced by "Volley Ball." This name was accepted by Morgan and the conference. (It is interesting to note that the same name has survived over the years, with one slight alteration: in 1952, the Administrative Committee of the USVBA voted to spell the name with one word, "Volleyball", but continued to use USVBA to signify United States Volleyball Association).

Morgan explained the rules and worked on them, then gave a hand-written copy to the conference of YMCA directors of physical education, as a guide for the use and development of the game. A committee was appointed to study the rules and produce suggestions for the game's promotion and teaching. A brief report on the new game and its rules was published in the July 1896 edition of "Physical Education" and the rules were included in the 1897 edition of the first official handbook of the North American YMCA Athletic League.
1.1.2 Worldwide Growth of Volleyball.

The physical education directors of the YMCA, encouraged particularly by two professional schools of physical education, Springfield college in Massachusetts and George Williams College in Chicago (now at Downers Grove, Illinois), adopted volleyball in all its societies throughout the United States, Canada (in 1900 Canada became the first foreign country to adopt the game), and also in many other countries: Elwood S. Brown in the Philippines (1910), J. Howard Crocker in China, Franklin H. Brown in Japan (1908), Dr. J.H.Gray in Burma, in China and in India, and others in Mexico and South American, European and African countries. By 1913 the development of volleyball on the Asian continent was assured as, in that year, the game was included in the programme of the first Far-Eastern Games, organized in Manila. It should be noted that, for a long time, Volleyball was played in Asia according to the "Brown" rules which, among other things, used 16 players (to enable a greater participation in matches). An indication of the growth of volleyball in the United States is given in an article published in 1916 in the Spalding Volleyball Guide and written by Robert C. Cubbon. In that article Cubbon estimated that the number of players had reached a total of 200,000 people subdivided in the following way: in the YMCA (boys, young men, and older men) 70,000, in the YWCA (girls and women) 50,000, in schools (boys and girls) 25,000 and in colleges (young men) 10,000. In 1916, the YMCA managed to induce the powerful National Collegiate Athletic Association (NCAA) to publish its rules and a series of articles, contributing to the rapid growth of volleyball among young college students. In 1918 the number of players per team was limited to six, and in 1922 the maximum number of authorized contacts with the ball was fixed at three. Until the early 1930s volleyball was for the most part a game of leisure and recreation, and there were only a few international activities and competitions. There were different rules of the game in the various parts of the world; however, national championships were played in many countries (for
instance, in Eastern Europe where the level of play had reached a remarkable standard). Volleyball thus became more and more a competitive sport with high physical and technical performance.

1.2 Volleyball History in India.

Volleyball Federation of India (VFI) came into existence in the year 1951 in Ludhiana (in the Indian state of Punjab). Ever since its inception, the federation has played a crucial role towards promoting the game in India. Prior to the formation of VFI the game was managed by the Indian Olympic Association (IOA) and in those days the Interstate Volleyball Championship were held every two years from 1936 to 1950 for men only. The first ever match were held in the year 1936 at Lahore now in Pakistan. Ever since the VFI has come into existence, the Indian team has participated in World Championships, Asian Games, Commonwealth Championships, Asian Championships and many other International Tournaments held in India and abroad. India won Gold medal at the Invitation Asian Meet at Japan in 1955. In the third and fourth games that took place in 1958 and Djakarta in 1962, India won bronze and silver medal respectively. India got a major set back when no player was honoured with the Arjuna Award from 1963 to 1971. Ever since then, the Indian Volleyball Team has taken part in many competition of national and international stature. Volleyball Federation of India was quick to popularize the game in India, and it was quick to fall in line World body's desire to make the game popular. India happens to be one among the many nations where the hockey league was started - National Volleyball League Club Championship was spread across different centres culminating in a Final League.

The popularity of the game went to a new height when India received gold medal at SAF games in 1987 at Kolkata, in the state of West Bengal. The Indian team, again, pocketed the gold medal in 1991 at Colombo. After this, the women's game started gaining popularity. Though they put up a good show in the 1993 SAF games at
Dhaka, the women's team is yet to make an impact as big as their male counterpart. In India, many players won Arjun Awards for volleyball. Some of them include, Palaniswamy (1961), Nripjit Singh (1962), Balwant Singh (1972) after a 10 year gap, Malini Reddy, Shyam Sundar Rao, Ellamma, Jimmy George etc. Among these players, Jimmy George in particular, was a very talented player. He was the first Indian player to become a professional and was also regarded as one of the best ten players in the world in his time. Sadly though, he met a bad end dying in a crash in Italy.

1.3 History of Maharashtra State Volleyball Association.

Before 1970 in Maharashtra volleyball association which was attached Tripathis’s association but very few districts from Maharashtra were included in this association. According to new decision of Government every district of Maharashtra had produced its own association of volleyball. Mr. Mansing from Morarji Mills of Mumbai was the president of Maharashtra state volleyball Association.

First Maharashtra volleyball association late Mr. R.S. Pathare had a very hard works to attach the 26 districts to this association. In 1972-73 first state tournaments were arranged at Mumbai. 47th State tournamants were arranged at 17-21 Nov. 2015 in Saswad, Pune Dist. There were four divisions Mumbai, Pune, Marthwada, Viddarbha in Maharashtra from these divisions various age groups teams had been selected form national tournaments. Maharashtra state association is only one association which has included all the 36 districts from Maharashtra big number of district four divisions are now divided in 8 divisions. 1. Aurangabad 2. Latur 3. Nagpur 4. Amravati 5. Pune 6. Mumbai 7. Nashik 8. Kholapur.

Late Shivajirao Nalawade respected Sudhir Pisse and from last 9 years Mr. Vijay Dangre had done a grate job as the president of Maharashtra association. Late H.N. Kulkarni and Mr. Balasaheb Suryavanshi were Secretary of Maharashtra association. Late H.N. Kulkarni, D.B. Gaikwad, Vijay Rahirkar had got the chance to
work in Indian association of volleyball. Now Vijay Dangare is the Vice president of this association.

J.T. Shaikh from R.C.F and P.R. Patil had got the chance to play in National team but these player form Maharashtra were playing form Army at that time In Rashtrakul tournament indian teams of P.R. Patil had won the bronze medal. Arjun Awardee late Abdul Basit had played also with Maharashtra team. After that sanjay naik, Dattatray More these player too played for Indian team Although the girls players Yogita Kitkule, Hemlata ursal, Vaishali Phadtare, Priyanka Bora, Priyanka Khedkar were from Maharashtra While playing from Railway had helped to win the Medals for our country.

Devidas Jadhav, Ajit Patil, Vaishali Phadtre and Sanjay Naike were Coaches of Indian team. Ajit Ranade, Aeajaz Shaikh are international referee form Maharashtra.

The team of Mumbai will be the strongest team of Boys, because players form other state come in search of job in Mumbai. Now the team of boy’s and girls from Nagpur is on the top. Also the boy’s team of pune, osmanabad, Amravati, Beed, yevatmal, Solapur, Nashik are better and the girl’s teams form Pune, Sangli, Solapur are better than others team of maharashtra had never came in first five teams in india but team of girl’s is on 7th Number and all over on 9th Number.

In 1992 at Mumbai senior National tournament was arranged and then at pune got the great honour of arranging this tournament. First in 2009 international Championship junciour world championship was taken in pune Balewadi Stadium. Various age group national tournamants were taken in Nagpur, Chandrapur, Kholapur, Pune. Although there are best players in Maharashtra had got the Shiv Chhatrapati Award. Becouse of strict rules of government there are very few job opportunities for players in various private companies. Volleyball game all over but it had not got the higher level which could give the opportunities to the players to prove themselves so players are not doing the hard work for game.
1.4 Statement of the Problem

The investigator has conducted a study on the renowned personality and Shiv chhatrapati Awardee Miss. Vaishali Phadtare. She is one of the greatest volleyball player who has played 21 nationals continuously and the performance she made to the field of Volleyball.

Hence, to achieve this purpose the problem selected by the present investigator was cited as below:

"ROLE AND CONTRIBUTION OF VAISHALI PHADTARE WITH SPECIAL REFERENCE TO VOLLEYBALL"

1.5 The Need and Significance of the Study

The present study has been undertaken to answer such questions, which promote the Volleyball game from the lower level to the higher-level competitions.

The present study contributed to the knowledge in the following ways.

- This study will point out need of case study for Volleyball player.
- Results and conclusions of this study will influence the policies and practices in physical education and sports.
- This study will generate further interest in research in physical educationists and coaches.
- This report will be a document, which can be preserver by the government for the national interest in the field of physical education and sport.
- The present study can also help to motivate and encourage the other researcher to undertake a similar problem in other sports. It will become an important guide for future researchers.
- The study may help us in assessing the factors developing the personalities like Miss. Vaishali Phadtare. It may help to bring the height certain important factors of the subject training and other factors to his managerial performance.
This study may be helpful to motivate the beginner, professional, students and all physical educationists and this study may be helpful to sports persons, coaches, administrators, and officials of Volleyball and other sports to learn from her experience.

The present study can be helpful to common person to think positively and to understand its importance in education especially in physical education.

1.6 Objectives of the Study

The study has been taken with the following objectives:

- To study Vaishali Phadtare's childhood.
- To study Vaishali Phadtare's family background.
- To study Vaishali Phadtare's educational background.
- To study Vaishali Phadtare's nature, behavior and hobbies.
- To study Vaishali Phadtare’s sporting career like her entry in the sport. Growth of her Volleyball career.
- To study Vaishali Phadtare's practice methodology like style and technique of Volleyball.
- To study Vaishali Phadtare's training methods like physical training, psychological / mentor training, weight training, personal training and nutrition.
- To study Vaishali Phadtare's participation in state, national, international level competitions like Asian games, Commonwealth games, SAF games.
- To study Vaishali Phadtare’s awards and achievements in the field of Volleyball.
- To study coach and mentor's role of Vaishali Phadtare.
- To study familily and social support for Vaishali Phadtare's achievements.
- To study Vaishali Phadtare's problems.
- To study Vaishali Phadtare's role as player, scholar and coach.
To study Vaishali Phadtare's personality.

To study Vaishali Phadtare's contribution for the development of Volleyball game and other sports in India.

To study the role of media in her exposure.

1.7 Definitions of the Terms Used:

- **Role**: A character or part played by a performer or the 111 characteristic and expected social behavior of an individual.

- **Contribution**: The part played by person in bringing about a result.

- **Volleyball**: A game for two teams in which the object is to keep a large ball in motion, from side to side over a high net, by striking it with the hands before it touches the ground.

1.8 Limitations:

The study was limited to the following limitations:

- The investigator has collected information regarding the events and occasions covers the published records.

- The investigator has collected the information from all possible written sources available from literature.

- The investigator has collected the information from subject and related persons to the subject.

1.9 Delimitations:

The present study was delimited in the following aspects:

- The study has been delimited to only one person because method of study is single case study. The study has been delimited to the official records and reports in institutions office.

- The scope of the study has been delimited to only those activities and functions of Miss. Vaishali Phadtare and her contribution to the field of Volleyball.
The study has been delimited to Miss. Vaishali Phadtare family background, her birth place, childhood days, education background, facilities and motivation, choosing the sport, daily routine work where and now she has grown up to the field of physical education and sports, award and incentives.

The study has been delimited her present economic condition, her present social status, attitude and hobbies, her ambitions, present family situation, present health conditions.

The study has been delimited to the information provided by the personnel and family members.

1.10 Assumptions:

For the present study, the following assumptions were formulated.

It was assumed that in personal interview of Vaishali Phadtare would give true information about her life and contribution in the field of Volleyball.

It was assumed that interviews of Vaishali Phadtare's Volleyball players, friends, students, coaches and relatives would give true information about Vaishali Phadtare's as a role of player, scholar, and coach in the field of Volleyball.

It was assumed that whatever questionnaire send to Vaishali Phadtare's Volleyball players, friends, students, coaches and relatives would give true information about Vaishali Phadtare as a role of player, scholar, and coach in the field of Volleyball.

It was assumed that collected information would give real image about personality of Vaishali Phadtare.

It was assumed that for response of the questionnaire it was force to them select favorable or unfavorable answer will give true information about Vaishali Phadtare's contribution in the field of Volleyball.