

**MIZORAM STATE SPORTS COUNCIL  
AIZAWL. MIZORAM**



# **CATCH THEM YOUNG**

**Guidelines for  
RECOGNISED ASSOCIATIONS / DISTRICT / CLUBS / ETC.**

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MIZORAM STATE SPORTS COUNCIL**

## **CATCH THEM YOUNG (CATY) HRILHFIAHNA**

Infiamna hi thiam taka ti thei tur chuan mihringte hian kan naupan tet lai atangin kan zir atan a pawimawh a. Zir bul tannaah pawh tih dan tur dik taka kan zir nghal a pawimawh em em a ni. Engkim mai hnam dang tawng zir te, culture te, thiamthil dang chi hrang hrang leh School zirlaite pawh tet te atanga bul tan dik chu a hlawkin thiam a chiang thin hle a ni. A bul tan that chu a chanve zo tluk a ni.

Mizoram sawrkat Sport Policy thar langsar tak chu Catch Them Young in Sports hi a ni a. Naupang te nih lai atanga hmaraw hman dan dik, kutke lek dan dik, exercise lak dan dika bul tan a pawimawh em em a ni. Hetianga naupan tet lai atanga Sports Basic a zirtanna hi 'Catch Them Young' chu a ni.

### **1. IMPLEMENTING COMMITTEE**

Catch Them Young (CATY) Mizoram pumah tha tak leh chak taka hma la turin hetiang hian Implementing Committee din a ni –

- Chairman : Vice President, MSSC  
Vice Chairman : Secretary, MSSC  
Members :
- 1) Joint Secretary, MSSC
  - 2) Finance Secretary, MSSC
  - 3) Sr. Administrative Officer, MSSC
  - 4) Asst. Engineer, MSSC
  - 5) Accounts Officer, MSSC
  - 6) Programme Officer (PYKKA), MSSC
  - 7) One representative each from MSSC recognized Associations.
- Member Secretary: Sr. Sports Promotion Officer, MSSC

## **2. AIMS AND OBJECTS**

Catch Them Young (CATY) Programme hian thil tum pawimawh tak tak a nei a, hengte hi a ni :-

- 1) A bul te atanga Sports technique, skill, fitness exercise-te naupangin an dawn / zir theihnan.
- 2) Sports-a mi hmantlak leh tha chher chhuah (talent hunt).
- 3) Sports khelh dan dill eh mumal naupangin a thanlenpui theihnan.
- 4) Nungchang dill eh tha, tlo an neih theihnan.
- 5) Hun vawn dik / hman dik zir thiamnan.
- 6) Khawtlang leh rawm tana mi tangkai chher chhuahnan.
- 7) Sports hmanga ram ram rawngbawlna dik zir chhuah theihnan.
- 8) Rilru leh taksa a lo chaka a lo hrisel zawknan.
- 9) Mihring puitling ni tura eizawna kawng dik zawh theihnan.
- 10) Mizo te leh Mizorama chengte sports hmanga khawvel hriata atha lama phochhuah.

## **3. DUTY AND RESPONSIBILITY OF MIZORAM STATE SPORTS COUNCIL**

Mizoram State Sports Council hian Mizoram pumah naupangten Sports-a hlawhtlinna an neih theihnan atul ang apianga ingiammi naupangte an talent zawn leh an infiamna tur tul ngaihtuahte chu a mawhphurhna a ni.

Hemi atan hian Catch Them Young (CATY) Programme bikah Mizoram pum tuam chhuak turin ruahmanna a siam ang a, Coach / Trainer leh Player-te mamawh tur materials leh a tul anga Coaching Fee / Honorarium of Coach a pe thin ang. Tin, hmalakna a endik thin ang.

Sports Department a mi ni lo Department danga mi Coach leh Trainer tur recommend te chu an Department atana training pe tura dilsak an ni ang.

#### **4. DUTY AND RESPONSIBILITY OF RECOGNISED SPORTS ASSOCIATIONS**

Mizoram State Sports Council hnuaiia recognized Sports Association zawng zawngte chuan Catch Them Young (CATY) Policy hi tha takin an kalpui vek tur a ni. Thla hnih / khat mai ni lovin kum tluanga kalpui reng tur a ni. Coach / Trainer tur tha leh hmantlak ngaihtuah te, training na hmun thlan chung change leh Catch Them Young (CATY) naupang zawn khawm chu a tih tur leh mawhphurhna a ni. Tin, Association aiawh a Catch Them Young (CATY) Implementing Committee-a tel tur a ruat ang. A theih hram chuan Office Bearer zinga mi ni se.

#### **5. SELECTION / APPOINTMENT OF COACH / TRAINER**

Coach leh Trainer turte chu NIS, Diploma holder emaw, Senior Player emaw, State Level Association in Coach / trainer tlinga a ngaihte an ni tur a ni. Hengte hi Sports Association-in Mizoram State Sports Council-ah hming leh address, qualification an thehlut ang a, a tulna apiangah coaching pe tura tirh thin an ni ang.

#### **6. SELECTION OF TRAINING VENUE**

Catch Them Young (CATY) Programme kalpuina hmun tur chu eng game pawhin an tan hmain Secretary, Mizoram State Sports Council hnenah a hmun leh a hun ziakin an hriattir hmasa tur a ni. District bikah chuan District Sports Committee Chairman / Secretary kaltlangin Secretary, Mizoram State Sports Council-ah dilna siam tur a ni.

#### **7. SELECTION OF PLAYERS**

Player selection chu Association tin mawhphurhna a ni ang. Player hming, kum (d.o.b.), pa hming, address-te chiang taka lehkhawh chhinchhiah tur a ni.

## 8. AGE GROUP PLAYERS

Game tinah hian bul tan dank um a inang vek lova, entirnan; Weightlifting, Body Building, Shooting, Power Lifting, Motor Sports ang te hi naupang lutuka tih chi a ni lo va; chuvangin age group hrang hrangte hetiang hian siam a ni a, mahni game tih dan phung remchang mila group hi siam tur a ni.

- 1) Group A - 6 years to 8 years
- 2) Group B - 8 years above to 12 years
- 3) Group C - 12 years above to 16 years

Association tinin Gropu tna naupang zirlai neih zatte a hranga chhianchhiah vek tur a ni. An hmasawn dante leh training attendance-te register-ah kawl vek tur a ni. (*Format Appendix 'A' a mi angin*)

## 9. TRAINING SESSION / PERIOD

Catch Them Young (CATY) Programme hi kum tluana kalpui tur a nih avangin ni tin tournament / championship neih dawna kan tih ang chuan coach, mahni eizawna thawk pah leh player, sikul naupang tan tlin chi niin a lang lova; chuvanign kar khatah Inrinni (Saturday) zing leh tlai chauh emaw, kar khatah ni hnih emaw training hi kalpui ni se. School vocation-ah chuan Coach-te remruatnain tih belh theih a ni ang.

## 10. TRAINING MATERIALS

Catch Them Young (CATY) Programme kalpui nana sports hmanrua tul zawng zawng chu Mizoram State Sports Council-in (a tul dan ang zelin) State Sports Association, District, Club-ahte a pe ang. A hman tangkai dan leh pek belh zel dan chu Sports Association hruatu leh MSSC-ten an ruahman thin ang. Block / Village level-ah chuan PYKKA atang khua leh Block tinin PYKKA fund an dawnte hman tangkai nghal a ni ang.

## **11. TRAIN THE TRAINERS**

NIS Diploma emaw, National Coach / National Referee (approved by National Federation) a nih loh chuan Senior Player leh achievement nei tha deuchte Catch Them Young (CATY) naupang zirtir tura Association-in a recommend-te chu mithiam zawkten training tir leh vek tur a ni. Training rei zawng chu ni nga (5) atanga ni sawmthum (30) inkar a ni ang a. India rama NIS, Diploma Sports Training Colleges a Degree / Diploma / Certificate Courses-te a tam thei ang hman tangkai a ni ang.

## **12. HONORARIUM OF COACH / TRAINER**

Training period / session-a kan sawi taw hang khan Catch Them Young (CATY) training hi round-the-year training (kum tluan) a tih tur a nih avngin thla khatah session riat (8) training pek tur a ni a. Coach-te lawmman chu hetiang hian siam ani. (Hei hian MSSC leh SY&S a thawk Coach/FA te a huam lovang)

- a) NIS Diploma / National Coach Rs. 1, 500/- (per month)
- b) Senior Player leh Coach te chu Rs. 1, 000/- (per month) a ni ang.

*Sl.No. 'a' leh 'b' hi Aizawl leh District Headquarters / Village-a mahni awmhmun atanga ti theite tana lawmman a ni ang.*

- c) Mahni chenna in zanriaka chhuahsan ngai chi angah chuan lawmmante hi a awm tak ang zeal ruahman a ni ang.

## **13. SUPERVISION**

Game tin Catch Them Young (CATY) Programme kalpuinate hi endiktu leh hmuhpuitu Mizoram State Sports Council-in a ruat thin ang a. Coach attendance, players attendance, training programme leh achievement-te Implementing Committee hnenah thla thumdanah report a thehlut thin ang.

(See format Appendix 'B')

## **14. LINKAGES WITH SCHOOL EDUCATION DEPARTMENT**

Catch Them Young (CATY) naupangte hi School zirlai deuh vek an nih avangin an training programme duannaha hian exam lei leh lekha zirna tibuai lo zawngin ruahman tur a ni. Department hotute nen ruahmanna fel tak siam tur a ni.

SSA hi National Programme tho a ni a, an programme-ah sports an kalpui ve bawk a, tangruala thawhho dan zawn a ni ang.

## **15. CONVERGENCE WITH PYKKA SCHEME**

PYKKA Scheme hnuaiah Mizoram khua zawng zawng khelmual leh Sports materials, trainers pek vek tua ruahman a ni a. Kum tin Competition Block, District, State leh National-a tel tur India sawrkarin a rawn pe a. Hei hi kum 16 hnuai lam tana ruahman a nih angin, Catch Them Young (CATY) Programme nen kal kawppui ni se. Mizoram State Sports Council leh PYKKA Fund-te hi Catch Them Young (CATY) hlawhtlin nan a tul ang hman ni se.

## **16. CONVERGENCE WITH OTHER DEPARTMENTS**

Catch Them Young (CATY) Programme hlawhtlin nan hian Mizoram sawrkar hnuaia hnathawkte an service mamawh dan azirin hman theih ni sela. Sports bungrua leh khelhna hmun tulte pawh Department dangten an mamawh chuan puih theih dan ruahman ni se.

## **17. PLAYFIELD & INDOOR STADIUM**

Mizoram State Sports Council-in fund a pek tawhna khelmual leh Indoor Stadium-ahte leh MSSC ta bik Indoor Stadium leh khelhmualte hi Catch Them Young (CATY) naupangte training nan a tam thei ang ber reserve tur a ni.

## CATCH THEM YOUNG REPORT

Appendix – 'A'

### ATTENDANCE AND ACHIEVEMENT OF PLAYERS

for the Month of \_\_\_\_\_ Year \_\_\_\_\_

Sl. No	Name of Player	Age Group	No. of days attend	Remarks
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				

Signature \_\_\_\_\_

Name of Coach \_\_\_\_\_

Game \_\_\_\_\_

Venue of Training \_\_\_\_\_



# CATCH THEM YOUNG REPORT

Appendix – 'B'

Game \_\_\_\_\_

Venue \_\_\_\_\_

Month \_\_\_\_\_

Year \_\_\_\_\_

Name of Coach \_\_\_\_\_

## 1. Players Attendance:

Days	Date	Present	Absent	Remarks
1				
2				
3				
4				
5				
6				
7				
8				

## 2. Coach Attendance:

Days	Date	Present	Absent	Remarks
1				
2				
3				
4				
5				
6				
7				
8				

Signature \_\_\_\_\_

Name of Supervision \_\_\_\_\_

Date \_\_\_\_\_