

Evaluation of Bike Racing Development for ISSI Athletes in Banyuasin Regency

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Abstract: The purpose of this study was to determine the coaching of bicycle racing for ISSI athletes in Banyuasin Regency. This research was conducted at ISSI Banyuasin. The objects in this study were KONI, trainers, athletes, administrators of ISSI Banyuasin. The research method used in this study is a qualitative descriptive method. The data used in this study is data in qualitative form. Data collection techniques in this study include observation, documentation, and interviews. Data analysis techniques used Miles and Huberman which included data reduction, data display, and conclusion drawing. Based on the discussion that has been stated above, it can be interpreted that the coaching of bicycle racing for ISSI athletes in Banyuasin Regency has been running according to technical support but there are still weaknesses. The bicycle racing development is carried out by eliminating athletes, filling in trainers, training exercises, adequacy of athletes' nutritional intake, lodging, evaluation, management, completeness of training facilities and infrastructure, and financing has not gone well. In addition, coaching for cycling athletes, namely Koni administrators and ISSI administrators in Banyuasin Regency also have their own roles to advance the sport of cycling and are responsible for coaching bicycle racing athletes and bicycle racing trainers.

Keywords: Bicycle Race, Coaching, Evaluation

A. Introduction

Sport is a systematic process in the form of all activities or efforts that can encourage developing and fostering the physical and spiritual potentials of a person as an individual or a member of society in the form of games, competitions/competitions and intensive physical activities to obtain recreation, victory and achievement. the pinnacle in the framework of forming a complete quality Indonesian human being based on Pancasila. Indah, (2020) Sports education is education carried out as part of the educational process to develop and foster the physical and spiritual potentials of a person as an individual or a member of society in the form of games, competitions/competitions and intensive physical activities to gain recreation, victory and peak achievement in the framework of forming a Sportive, honest, and healthy human being (Gunawan, 2020).

The Law of the Republic of Indonesia Number 11 of 2022 concerning Sports explains that sports development must be able to ensure equal distribution of sports opportunities, improve the quality and relevance and efficiency of sports management to face challenges according to the demands and dynamics of changes in sports, including changes in global challenges that are more dynamic and adapted to the digital industry era (Law of the Republic of Indonesia Number 11 of 2022).

In the development of the world of sports, sports coaching is a factor that plays a very important role in achieving the highest achievement, therefore whether the world of sports develops or not depends on sports coaching itself, both coaching in the community, schools, and at the regional level. national, even international. Sports achievement itself is a measure of the success of fostering a sport that is well developed or fostered (Wibowo, et al., 2022).

One sport that can be used as an achievement is bicycle racing. Bicycle racing has actually been known in Indonesia for quite a long time, even long before World War II there were several bicycle racers financed by sponsors, such as: Tropical, Triumph, Hima, Mansonia and others. They can be categorized as professional bicycle racers in the Dutch colonial era. The development of bicycle racing is quite profitable. Especially the city of Semarang which became the center of bicycle racing activities like architects Ooiman and Van Leuwen at that time, so a velodrome was built. Bicycle racing is back in popularity even though it hasn't been organized in one forum, but as an individual, cycling sports activities are growing again. It was proven when PON 11/1957 took place in Jakarta. The Indonesian Bicycle Sport Association or ISSI was only established on the anniversary of the National Awakening on May 20, 1956 in the city of Semarang. Prior to that, in 1957 several regions already had cycling associations, such as: Yogyakarta, Solo, Surabaya, Semarang, Jakarta, Medan, Manado and Bandung (Indonesian Cycling Federation, 2023).

Based on statistical data, it was found that racing performance has decreased in the last 10 years. In 2023, Indonesian athletes have again improved their achievements in cycling at the 2023 SEA Games championship. A total of 16 racers were sent to the 2023 SEA Games in Cambodia. They are targeted to get 4 gold medals in the biennial multi-event. This year's SEA Games only contested two disciplines, namely road and mountain bike (MTB). Cyclists sent medal boosts at the 2023 SEA Games in Cambodia (Kemenpora, 2023). However, in fact based on ISSI Banyuasin achievement data, the level of achievement is inconsistent. This is influenced by training programs, implementation of training, human resources, facilities and infrastructure, as well as training schedules. ISSI Banyuasin has minimal achievements compared to Musi Banyuasin. In this year's XIII Provincial Sports Week (Porprov) there are 5 cyclists who will compete. The Musi Banyuasin Regency

Communications and Informatics Office also plays a role as publication support and also as a companion for athletes, especially bicycle racing.

Various factors can influence the achievement of cyclists at the Indonesian Bicycle Sports Association (ISSI) Banyuasin. Among them are coach factors, athlete factors (motivation and enthusiasm), facilities and infrastructure factors, and jawal factors or sports training activities. This is also in accordance with Rizhardi (2020) opinion, the success of a teaching and learning process or training is determined by many factors such as trainers, training programs, facilities and infrastructure, and situations in the training process (Rizhardi, 2020).

The Banyuasin Regency Indonesian Cycling Association (ISSI) organization was formed in November 2020. However, until now in 2023 there are only 10 athletes who are active in cycling activities. From the data from the 2023 Banyuasin Indonesian Bike Sport Association (ISSI), it was found that ISSI Banyuasin Regency had never won a championship (Banyuasin Indonesian Bicycle Sport Association, 2023). This can be seen in the following table.

Table 1. Achievements in Various Tournaments

No	Year	Tournament Type	Performance
1	2020	Selection of Sports Bikes for Student & General	Level Finish Top 10
2	2021	Skuland Criterium in Sekayu	None
3	2021	Porprov in Martapura	None
4	2022	Luminous Lahat Cup Regent Bike Race Championship	Finish 14 Big
5	2023	Popda in Palembang	Finish Top 13

Based on the table above, it was found that in 2020 ISSI Banyuasin Regency took part in the Student & General Level Sport Bicycle Selection and Finished in the Top 10. In 2021 he participated in the Skuland Criterium at Sekayu and no achievements were made. In 2021, he returned to participate in Porprov in Martapura and no achievements were made. In 2022 he took part in the Luminous Lahat Cup Regent Bicycle Racing Championship and finished in Top 14, while in 2023 he took part in Popda in Palembang and finished in Top 13. Thus, no achievements were made by the Banyuasin Regency Indonesian Cycling Association (ISSI).

To support achievement development activities, it is necessary to have the support of both facilities and infrastructure and funds, in this case, as a form of the process of coaching activities. Thus, without financial support, coaching will not be achieved. Based on the background above, the researcher is interested in conducting research

with the title “Evaluation of Bicycle Racing Development for ISSI Athletes in Banyuasin Regency”

B. Methods

This research was conducted at ISSI Banyuasin. The objects in this study were KONI, trainers, athletes, administrators of ISSI Banyuasin. The research method used in this study is a qualitative descriptive method. The data used in this study is data in qualitative form. Data collection techniques in this study include observation, documentation, and interviews. Data analysis techniques use Miles and Huberman which include data reduction, data display, and conclusion drawing (Sugiyono, 2018).

C. Results and Discussion

The results of Fuadha (2016) stated that from the results of research related to the management of bicycle racing at the Student Education and Training Center (PPLP) in improving the achievements of athletes and coaches using qualitative and quantitative methods in the implementation of management, it has been running according to the technical implementation of PPLP, but there are still Weaknesses that need to be corrected and improved for achievement. Based on the results of the data analysis that has been carried out, it is concluded that the results of the management of bicycle race coaching at the Student Education and Training Center (PPLP) in improving the achievements of athletes and trainers have been running according to the technical implementation of PPLP, but there are still weaknesses in the organizational structure system and infrastructure that needs to be repaired and improved in order to achieve maximum performance (Fuadha, 2016).

The results of the research conducted by Yunus (2011) state that: (1) the recruitment of athletes has been carried out properly and in accordance with procedures; (2) the recruitment of trainers has been carried out in accordance with procedures but there are still trainers who have not met the criteria for passing fit and proper; (3) the implementation of the training has been carried out properly; (4) the adequacy of nutritional intake meets the athlete’s nutritional standards; (5) lodging has been managed properly; (6) the evaluation has been carried out properly; (7) management has been implemented properly; (8) the completeness of training facilities and infrastructure has been provided but it is still found that the size of the equipment does not meet the standards of sports; and (9) funding has not gone well (Yunus, 2011).

Based on the results of Putra & Ananda (2021), it was found that from various sources both books, journals and theses from university repositories, it can be

concluded by research, Koni Management and ISSI Tanjung Jabung Timur management are very synergistic in advancing bicycle racing in Tanjung Jabung Timur, Koni Management and East Tanjung Jabung ISSI administrators in advancing racing sports are responsible for coaching East Tanjung Jabung bicycle racing athletes, East Tanjung Jabung bicycle race trainers are always given training to fulfill a coaching certificate so they are eligible to be coaches (Putra & Ananda, 2021).

Based on the results of previous research and the theory above, it can be concluded that the management of bicycle racing coaching in improving the performance of athletes and trainers has been running according to the technical implementation, but there are still weaknesses in the organizational structure and infrastructure systems that need to be repaired and increased in order to achieve maximum performance. Bicycle racing development is carried out by recruiting athletes, recruiting coaches, carrying out training, adequacy of athletes' nutritional intake, lodging, evaluation, management, completeness of training facilities and infrastructure, and funding that has not gone well. In addition, the development of bicycle racing athletes, namely the Koni administrators and ISSI administrators, is very synergistic in advancing the sport of bicycle racing, Koni administrators and ISSI administrators in advancing racing sports are responsible for coaching bicycle racing athletes, bicycle racing trainers are always given training to fulfill a coaching certificate so that they are worthy to be a trainer.

Thus, the researcher's assumption is that the coaching of bicycle racing for ISSI athletes in Banyuasin Regency has been running according to the technical implementation but there are still weaknesses. The bicycle racing development is carried out by recruiting athletes, recruiting coaches, carrying out training, adequacy of athletes' nutritional intake, lodging, evaluation, management, completeness of training facilities and infrastructure, and funding that has not gone well. In addition, the development of cycling athletes, namely Koni administrators and ISSI administrators in Banyuasin Regency also have their own roles to advance the sport of cycling and are responsible for coaching bicycle racing athletes and bicycle racing trainers.

D. Conclusion

Based on the discussion that has been stated above, it can be interpreted that the coaching of bicycle racing for ISSI athletes in Banyuasin Regency has been running according to technical support but there are still weaknesses. The bicycle racing development is carried out by eliminating athletes, filling in trainers, training exercises, adequacy of athletes' nutritional intake, lodging, evaluation, management, completeness of training facilities and infrastructure, and financing has not gone well. In addition, coaching for cycling athletes, namely Koni administrators and ISSI

administrators in Banyuasin Regency also have their own roles to advance the sport of cycling and are responsible for coaching bicycle racing athletes and bicycle racing trainers.

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