

PODIUM

Journal of Science and Technology in Physical Culture

Volume 19
Issue 2

2024

University of Pinar del Río "Hermanos Saíz Montes de Oca"



Inés Hernández Rojas, a universal example of a sports trainer

Inés Hernández Rojas, un ejemplo universal de formador deportivo

Inés Hernández Rojas, um exemplo universal de treinadora esportiva

Fernando Emilio Valladares Fuente*¹ , Ernesto Santana García*¹ 

*¹Universidad Pinar del Río "Hermanos Saíz Montes de Oca"

Autor para la correspondencia: fernando.valladares@upr.edu.cu

Received: 16/06/2024

Approved: 02/07/2024

It can be succeeded in life if people grow in the face of difficulties, but it can be gone much further if the person feels accompanied. Although the applause and emotions of acceptance are received by the winning athlete, they are really not just his merits, they are also the merits of the formidable coach who made it possible for that day, that opportunity to be glorious; however, this detail that makes the big difference has not always been highlighted.

To delve into this, in the Athletic Letters section the imprint of coaches who have dedicated their lives to the training of athletes is addressed, in a personal way; and there are trainers who, due to their universal stature, not only contribute greatness to their national territory, but also become potters of the development of many athletes in any part of the world, who at first were just ordinary athletes and later became world record holders.

However, this is not the first work that is dedicated to highlighting the contributions of coaches of a country and sport in scientific journals; multiple works can be found that highlight this theme. Research dedicated to the perspective of a coach has been consulted,



from the prism of sport, and with an integrated perspective (Ramos, 2020); others have discussed the elements that should distinguish them, including addressing the principles of ethics and the functions they must fulfill to become coaches of excellence (Arvizu, 2024; Ordoñez and Caballero, 2020).

Some have dedicated their studies to determining how the training process can affect mood, character and emotional intelligence, among other psychological factors (Buj , 2022; Caballero, et al., 2024); also, the topic of athletics coaches and their experiences in sports has been addressed (Garbey , et al., 2023; Hernández and Pupo, 2020).

However, few have delved into the life and work of a Cuban athletics coach. On this occasion, the career and achievements of coach Inés Hernández Rojas are highlighted; who, due to the results achieved, is considered a sports personality in the country.

He was born on March 16, 1948, in the Pinar del Río province. His primary studies were carried out at the "Mariana Grajales" school, from the same city. From an early age he was very active and participated in various socio-cultural and sporting tasks. He continued his secondary studies at the "María de los Ángeles Valdivia" school (current "José Antonio Mella" Urban Secondary School), where he began to stand out in sports activities, especially in basketball and athletics, there he met teacher Carmelo Hidalgo who had a positive influence in their training and development. During this period, he participated in competitions between groups and schools in various sports, although he also felt an inclination for music (singing and minor percussion). He decided to opt for sport because in it he found a way to strengthen values such as solidarity, camaraderie, perseverance and self-improvement.

It was Professor Carmelo Hidalgo who recommended that he enroll in the training session for athletics coaches in Havana. To enter this two-year course, it was required to pass an aptitude exam, generally administered by Professor Juan Vistuel; the condition of the test was to travel 3,000 m, perform a long jump without momentum and compete in 60 m flat. He took on the challenge, prepared and passed the exam satisfactorily. He entered the



"Manuel Fajardo" Higher Institute of Physical Culture in Havana (today the University of Physical Culture Sciences with the same name).

Inés finally graduated as an athletics coach in December 1968. His first experience was at the "Camilo Cienfuegos" Military School, in Pinar del Río, at that time located in a town called Guanito. Some time later he moved to the San Luis municipality, to work at the "Santiago Rodríguez" Semi-boarding School until 1971, there he achieved satisfactory results in the provincial school games, in the athletics modality; later, he moved to the town of Ovas.

Having obtained numerous recognitions for his work as a coach in the three named work centers caught the attention of many active sports professionals, and on one occasion Professor Ricardo Guadarrama, from the Sports Initiation School (EIDE), convinced him to work with him, and directly influence the training of athletes; he joined this center, where he worked for 46 years (until 2016, when he retired).

The golden era for Inés as an athletics coach began in 1981, when he was selected to participate, leading the group of javelin throwers, in the Olympic Games of Hope (it was a series of pre-Olympic tournaments that were carried out in the socialist countries of Europe, where Cuba was a guest country). The athlete he trained, with great dedication for that event, was Juan A. Quiñones Gómez, who won a Gold medal in Hungary; According to technical records, the throw reached a mark of 75.80.

The preparation of athletes for the Central American games continued, and in this context, a training base was created in Nicaragua. Among the outstanding athletes he trained were the javelinist Xiomara Rivero who won a gold medal at the World Athletics Championships in Greece in 1986. Later in 1992 he began to train, for a year, the national team of that sport in Peru, in this mission he worked in the sports training of three military schools, specifically in the air and naval army troops of that country; on that occasion he was an advisor to the Peruvian coaches.



He had the opportunity to train several athletes from different types of athletics: a discus thrower, a shot-put athlete and two javelin throwers. It was an honor for him to help break the national record for shot-put that had been in effect for more than 20 years; he achieved it with the Peruvian athlete Daniel Duarte. He also participated in several competitions of this sport in other regions of South America such as Chile, representing the Peruvian coaching team.

He also left his mark on the African continent. In Mali, during the years 2006-2010, he prepared an athletics team to compete against countries in the area such as Senegal, Ivory Coast and Burkina Faso; sporting disposition that helped him win in quality and high recognition. Once this international mission was completed, he returned to Cuba and joined the EIDE, a school with which he always felt identified.

Among other merits, he is credited with having been the trainer of two national record holders in the javelin throw, the brothers Ramón Gonzáles and Emeterio González.

This distinguished Cuban coach obtained the medal for the 100 Years of Athletics from the AIAF, which is only awarded to elite personalities in this sport; likewise, he was awarded the Order of Mártires de Barbados, for his outstanding work in the permanent training of national and international athletes. He is, without a doubt, our precious Inés, a pride of Cuban sport and a reference for the new generations.

REFERENCES

- Arvizu, A.S. (2024). The professionalization of the sports coach: towards educational intermodality . *Transdigital* , 5(9), e331-e331.
- Buj Gimeno, A. (2022). Effect of emotional intelligence on the work well-being of teachers and sports coaches. <https://repositori.uji.es/xmlui/handle/10234/199895>
- Caballero, JMG, Manzano, AB, & Feu , S. (2024). Psychological traits of soccer coaches in Spain and sociodemographic variables. *Sports Psychology Notebooks*, 24(2), 107-120.



Garbey , AM, Ramos, DD, & Ramírez, LDLCS (2023) . Certification of athletic trainers at the base level. Scientific journal specialized in Physical Culture and Sports Sciences, 20(1), 140-151.

Hernández-Ávila, Y., & Pupo-Gé, N. (2020). Investigative professional improvement: challenge for athletic trainers. Scientific journal specialized in Physical Culture and Sports Sciences, 17(45), 116-127.

Ordoñez Saavedra, N., & Caballero, NFDLP (2020). The recognition and regulation of the exercise of the profession of sports coach in Colombia and Spain: from social risk to the safety and health of athletes. Spanish Journal of Sports Law, 45(1), 75-104.

Ramos, JAE (2020). The training of sports coaches beyond its connotation in performance. *VIREF Journal of Physical Education* , 9 (4), 27-37.

Conflict of interest statement:

The author declares that there are no conflicts of interest.

Author's contribution:

The author is responsible for writing the work and analyzing the documents.



This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International license.

