

**Lékařské zabezpečení (preventivní) sportovců zařazených ve Sportovních centrech
mládeže ČSTT**

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SUMMARY:

The contribution briefly describes a concept of medical care and presents a partial evaluation of preventive medical follow-ups of sportsmen assigned to Czech Triathlon Union Youth Spots Centers. In the beginning of each annual training cycle, preventive medical examinations are mandatory for all sportsmen assigned, the positive result being a prerequisite for one's being assigned. Czech Triathlon Union Youth Spots Centers were established at the second half of 2000 by a Czech Government decision. Each year, some 80 to 100 triathletes aged 14 to 20 meet the performance requirements that make them eligible for assignment.

A summary of results of the preventive medical checkups for the past three years has shown that all sportsmen (sometimes after having undergone additional specialist examinations) meet, as far as their health is concerned, the preconditions for endurance training. Various health deficiencies, however, were revealed in many. These included: imbalance and inadequacy of the musculature, crosswise/lengthwise flat feet, or various deficiencies in the spinal area. In addition, appropriate remedial measures are taken on the basis of the examinations.

Key words: Endurance, triathlon, medical examinations, prevention, youth sports centers.