

Abstract

Name of thesis: Use of sports massages in the sports clubs in the region of Mladá Boleslav.

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Aims of the thesis: The main aim of the thesis is to map and compare the usage of regenerative procedures. with a main focus on sports massages in sport teams in different kind of sports which are taking part in the highest level of competitions in the region of Mladá Boleslav.

Methodology: Methods used in the thesis are analysis and comparison.

The results of the thesis: The result is a detail exploration of professional sports clubs in Mladá Boleslav with an emphasis on regeneration and usage of sports massages. Among these sports clubs the football players and the hockey players have the widest possibilities for regeneration. These two clubs have similar facilities for regeneration. They can choose from a vast variety of regeneration's techniques and the masseurs are there every day for them. The floorball players have their own masseur, but they don't have sufficient facilities. They have an improvised massage room in a fitness and a vat with icy water in a changing room. They also receive benefits for attending public wellness in Mladá Boleslav. The minimal opportunity for regeneration have the girls from the aerobics team. In spite of the fact how hard they train they don't have their own facilities nor masseur. But they don't neglect their regeneration. They use public wellness and massages individually.

Key words: sport, sports training, weight, tiredness, recovery, regeneration, sport massage