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## FROM PERSONAL EXPERIENCE IN ESPORTS

Petenkov M.S., Marchukova S.F.

***Abstract.** This article presents the subjective experience of eSports. The experience of organizing the training of e-sports athletes at the Level Up School of e-sports is given.*

***Keywords:** esports, training of esportsmen, personal experience*

**Introduction.** At present, the attitude towards e-sports is ambiguous, often contradictory. It should be noted that eSports is too young to draw any cardinal conclusions.

One of the features of computer games is the fact that the career of a professional cybersportsman is fleeting. Currently, the age of peak activity and highest achievements is 19-20 years.

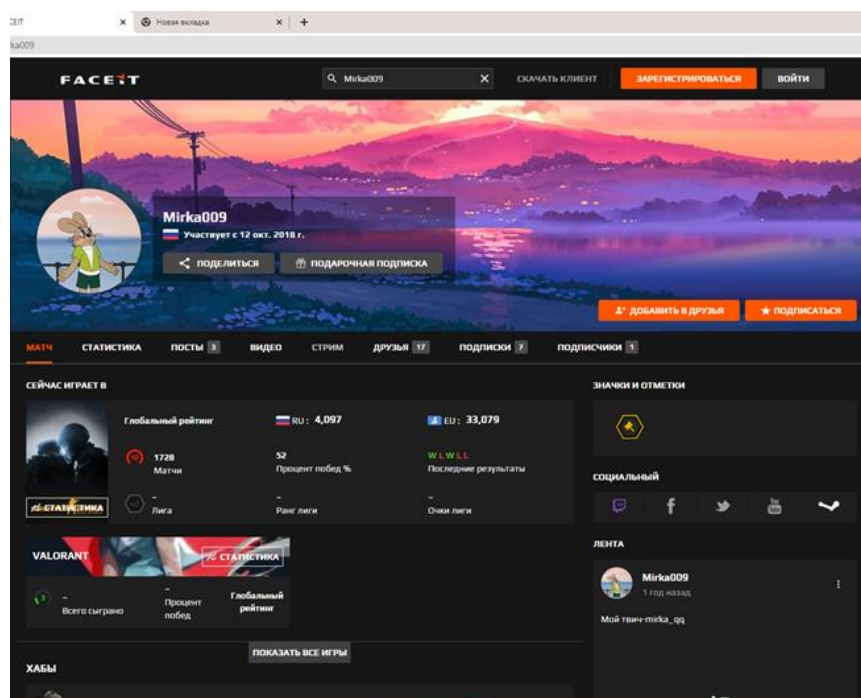
Therefore, the years of active many hours of training just fall on the child-adolescent period, when there is an active formation of all body systems, including the nervous system [3]. Active movement in childhood is also associated with the

development of counting, writing, thinking, and, most importantly, the emotional-volitional sphere [1].

At present, no supporting data has been received yet as factors that unambiguously excite and deplete the nervous system will affect the psychoneurological status of the growing body of a child and adolescent. However, urgent research is required [2].

In this paper, we will try to highlight some of the issues of this gaming industry.

**Relevance.** I want to share my experience in eSports. I started getting interested in esports at the age of 12. At the age of 15 (2021 was a member of the 5k of Russia).



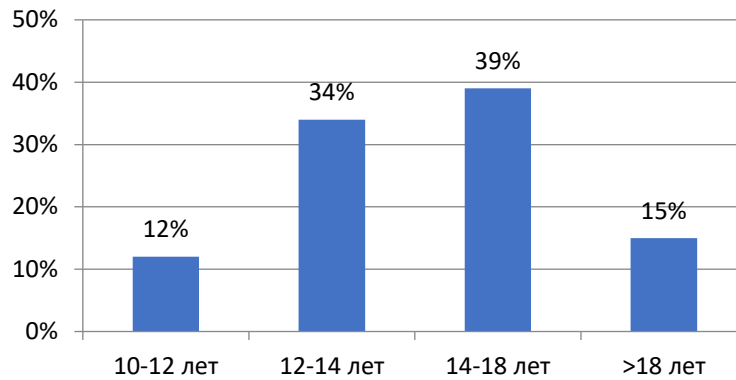
Picture 1. – Results screen

However, the last year completely abandoned this sport for several reasons: it was necessary to prepare for entering college, playing another sport (athletics) began to require more time (field trips, etc.). The main reason why I stopped playing eSports was the closure of the school.

I was lucky because I started esports with professionals. I had the opportunity to study at the Level up school on professional equipment. The school is equipped with the requirements of ergonomics. Of the features, I want to note that on each playing place on the left side there is an eye simulator, conditions have been created for observing the diet. There is a room for video conferencing (streamer). Playstation 4 virtual reality glasses.

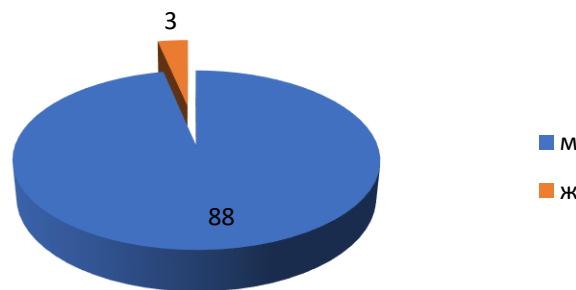
In the process of training, the mode of changing the game and physical exercises is observed. The sports area is equipped with a barbell, dumbbells, and a simulator. There is a sports ground next to the school.

This institution was visited by 91 people, of which 20 were permanent staff. Distribution by age groups.



**Picture 2. – Distribution of students and visitors of cyber school by age groups**

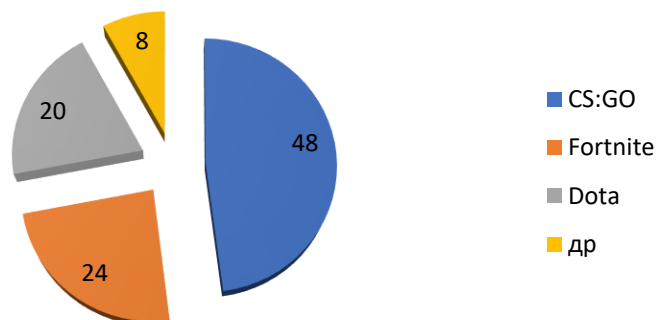
The largest number of visitors is 14-18 years old, about the same number of 12-year-olds.



**Picture 3. – Distribution of visitors and students by gender**

The youngest visitor is 8 years old, the oldest is 52 years old. The School is mainly attended by 88 (97%) males and 3 females (picture 3). Although on weekends, in addition to those indicated, the girls attend the School one-time, “just to play occasionally” or “for the company”.

The school provides for the training of cybersportsmen in 3 main areas (picture 4).



**Picture 4. – The main areas of training cybersportsmen at the School**

The largest group is Counter-Strike players 48 people (53%), Fortnite and Dota 24 (26%) and 20 (22%) games are approximately equally popular, respectively.

Others include Call of Duty, Warface, Valorant games.

Particular importance was given to psychological support: assistance in adaptation at the beginning of the training process (diagnosing game skills, drawing up a "psychological portrait" of a student, getting to know the level of self-organization, developing recommendations to help the coach), monitoring dynamics for the first three months, assistance in recruiting teams taking into account individual characteristics of athletes. In addition, special classes were held on self-regulation, mental hygiene, and safety. Monthly conversations, testing to assess the emotional satisfaction of athletes.

School students achieved quite good results. They competed at prestigious international competitions. Invited to prestigious organizations.

Education at the school is accessible to people with disabilities: conditions have been created for attending classes in wheelchairs.

The use of profanity was strictly prohibited.

At first there was interest. To achieve results in eSports, you need to play a lot. This limits the ability to do other things, even to fulfill the necessary basic needs, such as eating. I note that uncontrolled games are pulled out of reality.

A huge role was played by my parents, who were sympathetic to my "doing nothing" and supported me.

Esports is a financially expensive sport. If everything works out and you get into the top team, you can receive several thousand dollars a month, but this chance is extremely small.

There is a high probability of burnout, since it is very difficult (almost impossible) for one person to resist the "democracy" of the computer space. Perhaps that is why e-sports can be classified as an extreme sport, although the risk to life does not manifest itself directly, but indirectly, through a constant release of adrenaline.

**Conclusion.** Summarizing this information, we note that in order to achieve effectiveness, as in other sports, a system is needed. The most effective form of education and training of young cybersportmen, in our opinion, is organized teams, equipped specialized classes, schools, clubs, etc. under the supervision of trainers and the mandatory inclusion of a psychologist in the work.

A prerequisite for all eSports actors is understanding the need and taking care of their health, as well as supporting parents.

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## *ИЗ ЛИЧНОГО ОПЫТА В КИБЕРСПОРТЕ*

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*Аннотация. В этой статье представлен субъективный опыт занятий киберспортом.  
Приведен опыт организации подготовки киберспортивных спортсменов в школе  
киберспорта Level Up.*

*Ключевые слова: киберспорт, подготовка спортсменов, личный опыт*

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