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# Training Adjustments Under the "Going Out" Policy of the Chinese Men's Volleyball Team in the 2020s: A Qualitative Study of Zhang Jingyin's Oral Account of National Sentiments

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## Abstract
Purpose: This study explores the individual training adjustment in the general environment of Chinese volleyball from the perspective of Chinese elite male volleyball players at the present stage of the "going out" policy. Method: This study uses a qualitative case study approach to collect the materials and focuses on the oral information from Zhang Jingyin's interviews. Results: We showcase the elite Chinese men's volleyball players' national sentiment for China, as evidenced by: (1) his unconditional response to the Chinese volleyball policy arrangements, linking his personal career with the Chinese national situation. (2) when meeting with differences in the language, training environment and methods etc., they are not contested and actively adapted to. (3) he strives to learn advanced sports technology abroad and is determined to return to his country after completing his studies with national honor in mind. Discussion: I think it is the national sentiment that will promote the implementation of the "going out" policy, and the pride and confidence of the Chinese nation that makes every Chinese elite volleyball player and even every Chinese person, no matter where they are in the world, embrace the sense of belonging as evinced by the saying 梁园虽好，归去来兮 (East or West, home is the best).

## Keywords
Chinese men's volleyball team, Zhang Jingyin, "going out" policy, national sentiments

On February 1, 2023 Beijing time the Polish men's volleyball league Gdańsk club officially announced that Chinese men's volleyball leading attacker Zhang Jingyin joined the team and will play with the team for the rest of the season. For first time in the history of the Gdansk club, and also in the history of the entire Polish league, a Chinese player is invited to join. This marks the first step of Chinese men's volleyball towards the premier Volleyball World League. Therefore, Zhang Jingyin's narrative shows that China has implemented the "14th Five-Year" sports development plan, intensified the efforts of "going out" and "inviting in", strengthened exchanges with various team ball game powerhouses, and learned from advanced international experience 4

The collection of oral histories of elite China’s elite volleyball player Zhang Jingyin creates an opportunity to discover and analyze the specificity of Chinese policy-based national sentiments and memories. Through these oral histories, current and future generations of scholars can discover the efforts of the athletes combining

their own reputation with that of China. While we can find some traces of these positive exuberances in the sports news, their many details and political significance will only only become apparent when the athletes themselves have the opportunity to reflect systematically on their experiences in sports. Through Zhang Jingyin's descriptions and actions as an "elite athlete", his experiences in training and adaptation demonstrate the efforts and challenges of Chinese athletes in the international arena. In Zhang Jingyin's oral history, we can find out how he overcame cultural differences, adapted to a new training system and built a rapport with his teammates. These experiences reflect not only his personal growth, but also the determination of China's elite athletes to showcase their talents and display their national sentiments on the international stage. Therefore, Zhang Jingyin's training and adaptation experience and his expression of the oral history provide valuable insight into how China's elite male volleyball players challenged themselves and promoted national sentiment on the international stage. 3 At the same time, it also provides a strong support for the study of the practical effects of China's "going out" policy and the exploration of the role of elite athletes. By analyzing the performance and adaptation experiences of Chinese elite male volleyball players such as Zhang Jingyin in the international arena, we can better understand the results of China's policy in promoting athletes to the world stage. At the same time, it helps us to recognize the importance of national sentiments of athletes in international competition to improve their abilities and national image.

My analysis is based on the policy adjustments made by the General Administration of Sports of China ( 中国体育总局 ) in response to Chinese men's volleyball team failure to qualify for the Tokyo Olympics. By examining the oral histories of nine elite Chinese men's volleyball players who have joined overseas clubs, we review the history of Chinese volleyball development and related research and discussions, in addition to systematically reviewing news from this phase of Chinese volleyball’s development, revealing how the athletes have engaged with China's volleyball sports policy step by step as they improved their performance.

Interviews and observations are the most common data collection methods used in qualitative research during the research process, and they can provide in-depth, detailed and rich data that provide a deep understanding and insight of the researched topic 1 Interviews provide direct access to the perspectives and feelings of the research subjects, enabling the researcher to gain a deeper understanding of the subjects' experiences and viewpoints. The format of the interviews can be very flexible, including structured interviews, semi-structured interviews, and unstructured interviews. In this study, we will conduct an in-depth interview with Zhang Jingyin in order to more fully understand his training and adaptation under the "going out" policy as well as his national sentiments. Observation enables the researcher to have direct contact with the natural environment of the research subject and thus gain a more direct and realistic understanding of the subject's behavior, interactions, and environment. Observation can be participatory or non-participatory, overt or covert. In this study, we will obtain first-hand information about Zhang Jingyin's behavior and interactions by directly observing him in training and competition. We will combine interview and observation methods in order to obtain and analyze data. Through interviews, we can directly understand Zhang Jingyin's feelings and opinions; through observations, we can directly observe his behavior and environment. These two approaches complement each other, enabling us to have a more comprehensive and in-depth understanding of Zhang Jingyin's training adjustment and national sentiments. 2

Through a systematic review of sports news, I identified several issues and created a basic "athlete profile" centered on these issues, integrating relevant reports with photos, interviews and articles. During my first

meeting with Zhang Jingyin, this documentation proved to be very important, as it not only revealed the scope of my research, but also served as a "memory medium". Reviewing a report or a game together is essential to understanding the depth of meaning that lies beneath the oral histories of "elite athletes". By studying Zhang Jingyin's oral history of himself and other elite Chinese volleyball players who have "gone out," we can gain a deeper understanding of how they challenged themselves, adapted to different environments, and carried forward their national sentiments into the international arena. This provides a valuable case study of the practical effects of China's "going out" policy and the role of elite athletes. By analyzing their performance and adaptation experiences in the international arena, we can better understand the results of Chinese policies in promoting athletes to the world stage, while recognizing the importance of national sentiment in international competition for athletes to improve their abilities and China’s national image. 5。

In order to fully understand the narrative perspective of Zhang Jingyin, we must first consider the following three questions. It helps us to more accurately analyze and evaluate the content of his narrative, thus providing strong support for relevant research and discussion. At the same time, it can also help us fully grasp Zhang Jingyin's performance and adaptation experience in the international arena, as well as his development and growth at the national team, club and individual levels.

1)Background and position of the narrator. Zhang Jingyin was late in his volleyball initiation, but received fair and impartial cultivation and recommendation from his coach and successfully joined Zhejiang Sports Club. Later, joining the national team with the familiar coach Wu Sheng was a testament to both collective strength of the tandem and a certain amount of luck. Zhang Jingyin has always embraced and implemented the policies issued by the General Administration of Sports of China and the Chinese Volleyball Association. These contextual factors may influence his position and perspective in the narrative process. 8

2)Context and purpose of the narrative.  In the three exchanges with Zhang Jingyin, he would adjust his mode of expression according to the state of the game and the occasion of the exchange. Although his overall attitude is polite and gentle, his responses may be more concise or more substantive in different contexts. Understanding the context and purpose of the narrative helps us to assess the authenticity and integrity of Zhang Jingyin's expressive process.

3)Target audience and the impact of the narrative. Zhang Jingyin will adjust his expression when communicating with different audiences. As for fans, he has an easy-going but cautious demeanor, refraining from revealing relevant information about himself or his training. In formal interviews, however, his exposition is more structured, showing a thought process. Understanding the audience and influence helps us to assess the intent of Zhang Jingyin's expression and its value in a particular context.

It is because the practice of oral history and the production of oral materials relies on the narrator's present moment that makes it useful to examine both the history of sporting life and the training adjustment of Zhang Jingyin during his time in Poland. These oral history materials can provide us with a unique perspective and insight into Zhang Jingyin's journey, formative experiences and challenges at different times and under different circumstances. In addition, oral histories can show the efforts and achievements of athletes in facing cultural differences, adapting to new environments and team building. At the same time, through the study of oral histories, we can more objectively assess the actual effects of China's "going out" policy in promoting athletes to the world stage. This will help us discover possible problems and deficiencies in policy

implementation, and provide reference for future policy adjustments. In addition, oral histories can reveal the national sentiments and personal values of athletes in international competition, which is important for deepening our understanding of the athletes' personalities and their spiritual world.

In the research process, we need to pay attention to the details and contexts in the oral histories in order to better understand Zhang Jingyin's narrative perspective. This includes an analysis of multiple aspects of his background and standpoint, the purpose and context of the narrative, and the audience and influence etc. By focusing on these factors in a comprehensive manner, we can more accurately assess the content of Zhang Jingyin's narrative and provide strong support for relevant research and discussion. The oral history is of great value in the study of Zhang Jingyin's sporting life history and training adjustment during his time in Poland. This information not only sheds light on the performance and adaptation experiences of athletes in international competition, but also helps us to gain a comprehensive understanding of the actual effectiveness of Chinese policies in promoting athletes to the world stage. Therefore, when conducting relevant research, we need to pay sufficient attention to the details and contexts of oral histories in order to better understand the narrators' perspectives.

Qualitative research is a research method that focuses on the depth and complexity of human behavior and experience. It focuses not only on the manifestations of things, but also on the meaning and implications behind the manifestation. Compared to quantitative research, qualitative research focuses more on describing and understanding phenomena rather than measuring and predicting them using numerical and statistical methods. In this study, a qualitative research approach helps us understand and explain Zhang Jingyin's personal experiences and feelings about China's volleyball "going out" policy, including his training adaptation and national sentiments. This understanding and interpretation will provide us with insight and a rich understanding of the implications of his "going global" policy 6

To understand Zhang Jingyin's national sentiment under the training adjustment he underwent for the national policy, a brief description of the development history of Chinese men's volleyball and the current "going out" policy of volleyball is needed. Especially in the context of the poor international competitive performance of Chinese men's volleyball in recent years, the General Administration of Sports of China and the Chinese Volleyball Association have launched a series of measures to encourage and support volleyball players to ascend to the world stage. These measures aim to improve the competitiveness of athletes in the international arena and strengthen exchanges and cooperation with the world's top volleyball powers, with a view to accumulating experience and resources for the long-term development of Chinese volleyball. In the context of this policy, Zhang Jingyin and other Chinese volleyball elites actively responded to the national call, bravely stepped out of the country, challenged themselves, and showed their national pride and commitment with practical actions.

## The Development of Chinese Men's Volleyball

1)Early development (1950s-1970s), at this stage the development of Chinese men's volleyball was mainly focused on the construction of infrastructure and the learning of techniques. During this period, the Chinese men's volleyball team mainly competed domestically and gradually improved their technical prowess.

2)Establishing competitive position (1980s), The Chinese men's volleyball team is gaining prominence in the Asian volleyball world and achieving excellent results in some important Asian tournaments. However, despite the progress made, the influence of Chinese men's volleyball is relatively limited in the world.

3)Challenges and adjustments (1990s), entering the 1990s, the Chinese men's volleyball team faced a series of challenges, including player turnover and technical updating, as its performance in international competitions fluctuated. During this phase, the Chinese men's volleyball team began a series of reforms and adjustments in an attempt to improve its competitiveness.

4)Challenges and opportunities in the 21st century， entering the new century, the Chinese men's volleyball team began to actively seek new development opportunities while facing more intense international competition. China has implemented a policy of "going out", paying more attention to international integration, actively participating in international training and competitions, and improving technical capabilities and competitiveness. 7 In addition, based on the policy adjustments made by the General Administration of Sports of China ( 中国体育总局 ) in response to Chinese men's volleyball team failure to qualify for the Tokyo Olympics, the Chinese men's volleyball team has begun to pay more attention to the comprehensive development of the athletes, including technical, physical and psychological aspects.

## "Going Out" Policy in Chinese Volleyball

Since the inception of the FIVB Volleyball Men's World Championship, the sport has evolved considerably and after the Olympics, volleyball has entered a new phase in its style of play and some basic tactics. Modern volleyball is characterized by tallness, speed, diversification of tactical make-up, duality of attack and defense, and compact time. Modern volleyball techniques are constantly converging towards highly accurate, all-round, changeable, diversified, fast and agile tactics. The world's competitive volleyball is developing in the direction of three-dimensional depth, and European and American players with long and tall arms and excellent jumping are gradually gaining advantage and occupying the dominant position in the world volleyball scene, therefore European competitive strength should not be underestimated. Compared with European and American teams, Asian players do not have advantages in height, jumping, strength, etc., it is difficult to continue to restrain the strong teams in Europe and the United States in terms of tactical changes and speed. Men's volleyball is still the world of Europe and the United States.

Raul Lozano was the foreign head coach of the Chinese men's volleyball team for the period of three years until 2019. Through these three years of experience, he has gained an in-depth understanding and knowledge of the Chinese men's volleyball team. Lozano expressed his view that the current Chinese men's volleyball team is a young team full of potential, but he also pointed out that more players need to have the opportunity to play in high-level leagues abroad to broaden their horizons and gain practical experience. He believed that this is a problem that the Chinese volleyball industry needs to think deeply about.

Lozano also understood that it was not a problem that the Chinese men's volleyball professionals did not recognize, but that there were many obstacles in putting it into practice. He knew that some managers at the club level were reluctant to let players go abroad to develop, and that was a consideration he might have had

if he had been in such a position. But from the perspective of national volleyball development, we need to think about player development from a broader perspective. If players can't develop abroad, then we should improve the competitiveness of the Chinese league. The development of the league can drive the level of the national team, which has been proven true in the reform of the Chinese men's basketball team. Lozano indicated that although the Chinese men's volleyball team is also making corresponding reforms, it is not pushing forward enough. In the next phase of reform, he hoped that capable players could go abroad to participate in high-level leagues, especially in Europe. If 4 or 5 players can develop abroad, then the whole team's style will change. He did hope that the players would go abroad and then return to play in their home country after two or three years with a wealth of experience, which would allow the players' vision to change. He firmly believed that the future of Chinese men's volleyball will get better and better, and we need to have a long-term vision to see this.

After Lai Yawen became the director of the Chinese Volleyball Management Center, he vigorously promoted the policy of "bringing in and going out". In order to promote the overall development of Chinese volleyball and increase its competitiveness and influence in the international arena, the General Administration of Sports of China and the Chinese Volleyball Association have developed elaborate plans in several areas. They involve, firstly, actively seeking exchanges and cooperation with countries that have a high level of volleyball, a well-established volleyball competition system, and a desire to cooperate with China. This includes dialogue and negotiations with international volleyball organizations, national volleyball associations and well-known international clubs. They also enhance the interaction between Chinese volleyball and world-class teams by organizing international volleyball tournaments and friendly matches to improve China's competitiveness in the international arena. 9 Secondly, in terms of domestic player selection, the General Administration of Sports of China and the Chinese Volleyball Association strictly select elite athletes. They follow the principles of fairness, equity and comprehensiveness to ensure that athletes with excellent overall ability and potential are selected. The selected athletes will receive more systematic and high-quality training in order to achieve better results in international events. In terms of forming a team of athletes, the General Administration of Sports of China and the Chinese Volleyball Association have integrated elite athletes into the national team and representative teams at all levels for intensive training. They will have more opportunities to participate in international competitions so as to enhance themselves in the fierce competition. To ensure athletes perform well in international competitions, they provide athletes with a professional coaching team, psychological counselors, nutritionists and other comprehensive support. Finally, the General Administration of Sports of China and the China Volleyball Association also pay close attention to the personal development and welfare of the athletes and are committed to providing an environment conducive to their growth and progress. They not only consider the athletes' skills in the selection process, but also provide comprehensive psychological and life training to help them better cope with the pressure of international competition, overcome difficulties and showcase their talents.

| Country + Competition | Name | Position | Club |
|---|---|---|---|
| Japan Men's Volleyball V.League 1 | Peng Shikun | backup attacker | Suntory Sunbird Men's Volleyball Club |
| Japan Men's Volleyball V.League 1 | Wang Dongchen | backup attacker | Nagoya Wolfdogs Men's Volleyball Club |
| Japan Men's Volleyball V.League 1 | Chen Longhai | backup attacker | JTEKT Stings Men's Volleyball Club |

| | | | |
|---|---|---|---|
| Japan Men's Volleyball V.League 1 | Geng Xin | backup attacker | Panasonic Panthers Men's Volleyball Club |
| Japan Men's Volleyball V.League 1 | Jiangchuan | outside hitter | JT Thunders Hiroshima Men's Volleyball Club |
| Japan Men's Volleyball V.League 1 | Zhang Binglong | main attacker | Tokyo Great Bears Men's Volleyball Club |
| Japan Men's Volleyball V.League 2 | Yu Yaochen | setter | Tsukuba United Sun Gaia Men's Volleyball Club |
| Qatar Men's Volleyball League | Yu Yuantai | main attacker | Al Arabi Qatar Men's Volleyball Club |
| Polish Men's Volleyball PlusLiga | Zhang Jinyin | main attacker | Trefl Gdansk Men's Volleyball Club |
| Bosnia and Herzegovina Men's Volleyball League | Adaixiu Yin Ka (Daixiu Yin Ka) | main attacker | OK Radnik Bijeljina Volleyball Club |

*Table 1: Chinese men's volleyball players playing in foreign leagues in 2022-2023 season*

Now, with Zhang Jingyin to join the Gdańsk club, Chinese men's volleyball has acheieved the "best qualified players to play in high-level European leagues" goal, the next is "4 to 5 players out to play" goal. The overseas training of "elite athletes ( 精 英 运 动 员 )" requires the policy support of the State General Administration of Sports' Volleyball Management Center. Players who stay overseas will be given priority in the national team. Players from the B Team and the National Junior Team have the opportunity to stand out in the national team and may not have the chance to appear on the international stage. According to the actual situation of the player and the actual needs of the European team, utilizing the "Zhang Jingyin" way or legal contract way the scale and number of players "going out for two or three years and then coming back to play for the country with changed vision" continues to expand. The number of players successfully training abroad reflects the support and the commitment of the domestic volleyball management to this idea, which is also an important cause behind this "wave of going overseas ( 留洋潮 )". China's opening up is an important driving force for development, and the same is true for volleyball. It is believed that the athletes can further broaden their horizons and improve their abilities through being trained in different leagues at home and abroad, which will in turn improve the overall performance of the national team as well as the domestic league and eventually inject new vitality into the development of domestic volleyball. 12

Zhang Jingyin is a pioneer and a predecessor when it comes to his training in Europe. He scored a game-high 24 points in the final game of the 2022-2023 Polish Men's PlusLiga League regular season, including 16 points on 21 attacks and 1 block, with a success rate of 76% and an excellent rate of 71%; he got 6 points serving, blocking - 2 points, received 20 times with zero turnovers, ace rate 35%. When it comes to his offensive technique, Zhang Jingyin scored points a few points by backward spikes to in his offensive technique utilizing the second pass very well, and withstood the pressure when the opponent made a follow-up pass, without a single mistake. After joining the Gdańsk club, Zhang Jingyin's technical level has improved. His career story is replicable, his training adjustment experience is seminal, and his national sentiment when following the "going out" policy is worthy of learning from for the younger generation. 13

## Zhang Jingyin: "this is not my choice, this is certainly my choice"

Zhang Jingyin's volleyball journey began in 2013, when he started learning volleyball at Qinghua Middle

School in Xuzhou. With the increasing refinement of his skills, he entered the B team of Zhejiang men's volleyball team in 2015 and then promoted to the A team of Zhejiang men's volleyball team in 2017, laying a solid foundation for his future volleyball career. During the ramp up phase of his career, Zhang Jingyin experienced two major events. In 2018, an injury to his lumbar spine L4-L5 vertebrae almost made him retire from sports. However, he successfully overcame the difficulties with his strong will and unremitting efforts. 2019, Zhang Jingyin enrolled in university. Although some of his teammates chose to quit the provincial team and live an ordinary college life, Zhang Jingyin decided to stay in the game. 2021, he participated in the National Games of China for the first time and officially became a starting player. During the National Games, Zhang Jingyin won the trust of his coach and teammates with his outstanding performance, and gradually became prominent in the team. At the same time, in the exchange matches with other top international men's volleyball teams, he became more deeply aware of the gap between Chinese men's volleyball and the world's top standards. The Chinese men's volleyball team defeated the Brazilian men's volleyball team 3-0 in the final round of the 2022 Volleyball Men's World Championship in Brasilia, becoming a major dark horse in the Championship that year. Zhang Jingyin, the highest scoring attacker in the game, consolidated his core position in the Chinese men's volleyball team. However, at the end of 2022 he unfortunately suffered an abdominal muscle strain. Zhejiang team eventually defeated Shanghai 0-3 after he came off the field. Nevertheless, Zhang Jingyin's position in the team remained unquestionable. On January 5, 2023, he was awarded the Best Main Attacker and Most Popular Player in the 2022-2023 Chinese Men's Volleyball Super League. On February 11, 2023, Zhang Jingyin arrived in Gdansk, Poland, making him the first Chinese player to participate in the three major leagues of world men's volleyball.

The sports media published a large number of articles, introducing Zhang Jingyin's achievements and extraordinary talents during the Zhejiang team and the national team, his status in the modern Chinese men's volleyball field, and his achievements after he came to Gdansk. His "eight top moments" are posted on all major social media platforms, but these reports do not delve into how Zhang Jingyin achieved such success in such a short period of time in a world super league, and what difficulties he overcame. This is where oral histories, biographical issues and ethnographic studies reveal their potential. Moreover, studies on Zhang Jingyin's personal growth and change are relatively limited. As an outstanding Chinese volleyball player, Zhang Jingyin's personal experience and feelings in the context of the "going out" policy are worth studying in depth. In particular, how he perceived and felt the impact of this policy on his personal career, and how his national sentiments were reflected in the process. These gaps in research suggest that we need to look more closely at the impact of the "going out" policy on Chinese volleyball players, especially Zhang Jingyin. We need to understand how they adapt in the new training environment, how their mentality changes, and how they express their national sentiments. This will provide new perspectives and depth to our understanding of the impact of the "going out" policy and the performance of Chinese volleyball players on the international stage. 10

Both the Chinese Volleyball Association and the Polish Volleyball Association believe that Zhang Jingyin joining the Polish club is of great significance for their mutual cooperation. He himself won the Best Main Attacker in China and then the game MVP in Poland. However, for these events, the media only indicated a result and did not report further, and the information the public got was fragmented rather than coherent. In a chat about this topic, Zhang Jingyin recalled the toughest time, the L4-L5 lumbar spine injury, losing a match, almost retiring, and unknown people bashing him, and his team, publicly or privately on social media

platforms. It was only by following the "no response" directive of the General Administration of Sports' Volleyball Management Center that he and his team were able to avoid the trap of "self-fulfilling prophecy" and quickly get out of the whirlpool of public opinion. When I enquired if he would consider staying in an overseas club with more overall strength given his current position at the top of Chinese men's volleyball. Zhang Jingyin did not hesitate to say, "I know beyond doubt how limited the power of one person is, I represent the team, the country, I share the team's opportunity, the country's opportunity, and I am bound to listen to the team's arrangement, the country's arrangement. This is my… national sentiment" – Zhang Jingyin stressed the last word very strong, as if he was questioning my thinking in this way. "The country calls; the call demands an answer" – he said. I was deeply impressed by Zhang Jingyin's firm stance. His national sentiment and loyalty to his country is undoubtedly a reflection of his belief and belief in both himself and his team. As a top athlete, he is well aware of his responsibility and mission, which makes him more determined and braver when facing difficulties and challenges. During my interactions with Zhang Jingyin, I felt more and more that he is a very distinctive and tenacious athlete. His attitude towards volleyball and his loyalty towards the national honor and the team have made me deeply respectful. For Zhang Jingyin and other Chinese men's volleyball players who "go out", when training abroad, the country, and even the composition of the team are all arranged by China, and they cannot be chosen. However, he always firmly obeyed the arrangement of the motherland - to go on, to overcome difficulties, to continue to pursue their dreams, and to return to the motherland to shine after learning something abroad - all of that is his personal choice! With the continuous development of Chinese volleyball, more and more outstanding athletes will take to the world stage to show the splendor of Chinese volleyball. We believe that with such a group of athletes who have faith, commitment and national sentiment, the future of Chinese volleyball will be brighter! 11

Zhang Jingyin's experience made me realize deeply that to be an excellent athlete, it takes more than just displaying excellent skills and top performance on the field, it also requires a heart of gold for the sake of the country and the team. This kind of national sentiment is the source of motivation that supports them to fight and struggle on the field, no matter what difficulties they encounter in foreign countries, they can keep their mission in mind and never forget their primary goal!

## The Relationship Between Oral History and Training Adaptation of Elite Chinese Male Volleyball Players

Zhang Jingyin's example of oral history makes it possible for us to build an understanding of the sports life of volleyball players training overseas outside of the media narrative. In the context of this national policy, the study of training adaptations better reflects the national sentiment of Chinese volleyball players. Our analysis of oral histories, sports journalism and the history of volleyball development allows us to identify the difficulties these athletes faced in order to respond to the national call for the development of the Chinese volleyball, and to understand the national sentiment that was expressed behind overcoming these difficulties. My research, although extensive, focused on four areas: familiarity with the language, training methods, contacting friends and fan following. I documented Zhang Jingyin's behavior during games and training and compiled detailed observation notes of the observed behaviors and events. This will provide a direct way to understand the training adaptation of Jing-Yin Zhang and the embodiment of the sentiment for the nation; the interviews and observation data collected were analyzed using qualitative data analysis methods. The analysis

process will include the classification, summarization and interpretation of the data. In our analysis, we will look at how Zhang Jingyin has adapted to his new training environment and how his national sentiment is reflected in his training and games. During the study, I strictly adhered to research ethics and respected Zhang Jingyin's personal privacy and rights by informing him of the purpose of the study, the content of the interviews and observations, and his right to refuse participation.

"My English is very bad, really," he often laments in interviews. Despite repeated encouragement from his English teacher and me, he was still reluctant to show his current level of English, "When I first came to Poland, I couldn't understand my teammates' tactical instructions on the field and would be at a loss, and many times I needed to rely on my instincts to make a catch." With volleyball - a sport that requires multiple players to cooperate together - the perfect timing timing is often just a split second. Language barriers can undoubtedly lead to increased errors and even affect team structure. Polish and English are the main languages in Poland. Zhang Jingyin paid little attention to the subject of English during his compulsory education, and had even less knowledge of the Polish language. In order to participate faster and better in the three major leagues of world men's volleyball, he needs to face up to the language issue. In the short term, Zhang Jingyin can address this issue by being using more pronounced body language, learning volleyball terminology and commands in English and Polish, and focusing on the awareness of his teammates. Long-term strategies include learning professional English and everyday Polish outside of training, as well as actively communicating with teammates to build rapport and coordination.

Zhang Jingyin's language teacher is a Polish who is fluent in four languages. In the daily conversation, whenever the topic of "China" and "volleyball" comes up, he always actively uses the vocabulary he has mastered so far to say more, even if sometimes the words do not fit the meaning. Even if sometimes the words are not clear, he is still "subconsciously" expressing his love for Chinese volleyball to the Polish he encounters.

"When we were training in China, everyone was very motivated, tired meant truly tired, and motivated meant being truly filled with enthusiasm. Now in Poland, the training time is less than in China, and we are able to rest better at night and recover 70 to 80 percent the next day." When I asked him to compare the way he trains in China and Poland, he first mentioned the length of training, "Yesterday, for example, I trained for four hours, in my country it would be four hours just in the morning." When I further asked if he wanted to train in Poland for a long time, he looked at me with a puzzled and righteous face, "I want to train in Poland, learn, and then return home to compete and bring back the skills of a top volleyball country!" "I am the first Chinese to play in the World League, but it was never luck, it was my own tireless efforts and the support of my country."

Due to different national conditions, there are differences in the level of development and training methods between Chinese and Polish men's volleyball teams. China focuses on the fundamentals and trains intensely for 8 to 10 hours a day. This approach may lead to an increased risk of injury to the athlete. In contrast, Polish athletes already having firm basics, with smaller disparity between athletes, they train for between four and six hours a day. The Polish men's volleyball team has a relatively well-developed system, with physical trainers and nutritionists able to intervene before injuries occur or in the early stages, effectively prolonging the sporting life of the athletes. Chinese sports had a later start compared to the world's strongest countries in

men's volleyball, but in recent years, China's men's volleyball team has surged ahead with great vigor because of such elite athletes who stay true to their original aspirations and keep their mission in mind. The difficulties of Chinese men's volleyball are temporary, the backwardness of Chinese men's volleyball is also temporary. Not blindly idolizing the perfect system and easy training of first-class men's volleyball countries, the policy of Chinese men's volleyball at this stage is the right policy stemming from comprehensive consideration of national conditions and comparative strength.

"If nothing else, I'll be back home by the end of April, so keep up the good work in Poland!" When it comes to planning for the rest of the year, he is obviously happy and his tone is cheerful, "After I go back to China, I will start preparing for the Asian Games. My teammates will probably come back too." I was also infected by his atmosphere and wished him, and those other elite players who like him, that after becoming stronger during a brief journeyman period, are all able to fight side by side once again, all the best from the bottom of my heart.

Now that China's elite men's volleyball players have left for foreign lands, loneliness has become a common problem for them. Time difference, food discomfort, and cultural and language differences make it difficult for them to fully integrate into their new team in a short period of time. To cope with this challenge, they often send messages to each other, encourage each other, and look forward to reuniting next season. It is precisely in this way that the “sparks” are scattered in different countries and learn different advanced technologies, so that they can discuss with each other when they come together again, and ignite a huge fire of the future development of Chinese volleyball!

When it came to the fans, he didn't answer perfunctorily, but instead fell into a serious reflection and was silent for a while. "I have to say, the fans in the two countries are still hugely different. But it's understandable, most of the old people in China are already sleeping at the time of the volleyball game." Everyone wants to be popular, and athletes are not immune to that. In China, men's volleyball does not get as much attention as other big sports, and the fan base consists mainly of young girls and veteran volleyball fans. This makes Chinese fans expect more from their athletes, and often display a kind of mentality expressed by a Chinese proverb “being angry at iron, because it could not turn into steel at once ( 恨铁不成钢 )” when the team loses a game or makes a mistake. In Poland, on the other hand, watching volleyball matches is more like a form of entertainment, with a more all-age composition of fans and more leniency towards the athletes. "But I can't understand the Polish cheering, the Chinese cheering makes me feel more at ease" - speaking of which, Zhang Jingyin smiled again. Perhaps, the true meaning of language, culture, the blood flowing through each nation forming its national unity, can only be deeply understood after experiencing a foreign country and then facing the compatriots again.

The "going out" policy provides Chinese volleyball players with a broader perspective and richer training experience, giving them the opportunity to play and exchange with different players around the world, which is of great significance in enhancing the international competitiveness of Chinese volleyball. However, there are some challenges in the implementation of the policy, such as cultural differences, language barriers and difficulties in adapting to the new environment, which need to be studied and tackled in depth. Zhang Jingyin's training adaptation and his vocalized national sentiment intertwined and together shaped his volleyball career. His deep sense of national sentiment gives him the strength to persevere and be brave when facing challenges and difficulties. At the same time, his understanding of national sentiment is also reflected

in his training and competition, such as his emphasis on teamwork and his positive approach to challenges, all of which show his unique deeply-rooted values and his personality traits.

In this study, we found that the "going out" policy effectively improved the technical and tactical quality of Chinese men's volleyball players, especially Zhang Jingyin. This policy gave him the opportunity to learn more advanced training methods in the international arena, which enhanced his competitiveness. At the same time, we also found that Zhang Jingyin showed a deep national sentiment during his adaptation process when facing the new environment, which positively contributed to his personal growth and character building. Although we have reached some important conclusions, the limitations of this study cannot be ignored. First, the research data are mainly from interviews and observations of Zhang Jingyin, which, although in-depth, may be subjective and biased. Second, the sample of this study is limited in scope, focusing on only one volleyball player and failing to cover a broader group of Chinese volleyball players. Finally, our research methodology is mainly qualitative and lacks the support of quantitative data, which may also affect the generalizability of the results.

Based on the findings of this study, I suggest that Chinese volleyball should continue to adhere to and develop its "going out" policy, while at the same time, paying attention to the national sentiment and personal growth of its players. This will not only help improve the competitiveness of Chinese volleyball in the international arena, but will also have an important impact on the overall development of Chinese volleyball, including the technical improvement of coaches, the personal development of players, and the promotion of the national fitness movement. At the same time, we also suggest further quantitative research on China's volleyball "going out" policy in order to obtain a more comprehensive and in-depth understanding. 14

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