



International orienteering coaches - conference

Bulletin 3



As an important part of the highest level Austrian trainer education program this conference with a certain number of coaches of leading orienteering nations (in alphabetical order Czech Republic, Denmark, Finland, Norway, Sweden and Switzerland) will be organized. Other (refinancing travel costs) participants will probably be a small number of Austrian national team coaches as well as maybe some other endurance sport coaches taking part in the same education program.

Possible contents of the sessions could be:

- Different concepts of Elite and Junior squad training
- Special developments in o-training on the Elite-level
- physical training for world-class orienteering athletes
- mental training in orienteering
- Junior training – best practise of forming future elite runners
- Female / gender aspects of orienteering

All nations are asked to include in any case a short (approx. one hour) overview about their elite system (organization, training concepts.....).

There will also be the possibility to present a typical high-level o-training as a part of the lecture. Please inform us as soon as possible if you want to include such a session, so that we can organize maps and other needed materials early enough.

Location: Landessportzentrum Vorarlberg/Austria, 6850 Dornbirn, Höchster Straße 82 05572 244650 (driving distance from Zurich airport is 120km, travel time is around 1,5 hours by car and around 2 hours by train)

Date: Monday, 21.09. – Thursday, 24.09.2009

Planned schedule:

Monday 21.09.2009

< 7 p.m. Arrival, get together
8 – 10 p.m. Coordination meetings and free discussion

Tuesday 22.09.

9 a.m. – 1 p.m.: 1st session (DK: suggested content: Danish junior team training and long term concept for elite development)
2 – 6 p.m. 2nd session (SWE)
8 – 10 p.m. 3rd session (NOR, 1st part)

Wednesday 23.09

8 – 10 a.m.: 4th session (NOR, 2nd part)
10 a.m. – 2 p.m. 5th session (CZ)
3 – 7 p.m. 6th session (FIN/ including A. Juutilainen: Orienteer's trait analysis)
08 – 10 p.m. Coordination meetings and free discussion

Thursday 24.09.

8 – 12 a.m.: 7th session (SUI T. Bühler: Swiss mental training concept)
12 a.m. – 1 p.m. Summary and conclusions
2 – 5 p.m. Time for free discussion and meetings

The times and contents are just a suggestion and are subject to change following the preferences and restrictions of the participating nations.

Every nation may enter a maximum of 2 lecturers / participants whose travel costs from/to Zurich (unless the ones not participating in World Cup) as well as accommodation and food will be provided. Additional participants of presenting nations can take part as paying guests (limited costs only for accommodation (40€/day acc + food, travel).

Each nation (or nation's lecturers) will get a remuneration of € 300. - for preparing and organizing their half-day.

You are kindly asked to send the names, post-addresses and account numbers of the speakers, the names of other participants and the preferred date and time and preliminary content for your nation's half day session as soon as possible to wolfgang.waldhaeusl@icg.eu.com (by Sept. 4th latest).

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Looking forward to seeing you in Dornbirn!

Markus Buchtele, Günter Kradischnig, Richard Schuh and Wolfgang Waldhäusl