



## **Invitation to O-Ringen Academy International**

### *International orienteering development*

The organizers of O-Ringen Örebro 2010, in cooperation with the International Orienteering Federation, are pleased to invite you to participate in the annual O-Ringen Academy International, which will be held in connection with the O-Ringen competition in the town of Örebro, Sweden.

#### **Goals and participation**

Academy International provides a unique opportunity for orienteering federations and interested individuals to work on developing the sport in their home countries. The idea behind Academy is, through the transfer of knowledge and experience, to develop individual competency to be able to promote, organize and teach orienteering and at the same time participate in the world's greatest orienteering event, O-Ringen.

Academy International is primarily intended for participants from new and developing orienteering countries, where there is a need to quickly learn the skills and routines required to organize orienteering events. However, we also welcome participants from established orienteering nations who want to increase their base of knowledge.

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#### **Academy International – The three level system**

In order to develop the Academy International even further we are now offering training at three levels, Beginner, Advanced and Expert. This gives you the opportunity to come back to Academy International multiple times and learn something new each time.

##### **Level 1 – Beginner**

*What is required in order to start up orienteering in your country?*

The focus here is on the three base areas (all participants undergo the same programme):

- 1) Map drawing
- 2) Organisation – training and simple competitions
- 3) Beginners orienteering – coaching youths.

Organisation – IOF

##### **Level 2 – Advanced**

*What is required in order to further develop orienteering in your country, in specific areas?*

Here is is possible to choose the area you would like to focus on:

- \* Map drawing
- \* Organisation (eg. IOF's Event Advisor, control of organising at a national standard, WRE competitions)
- \* Advanced orienteering – coaching juniors and seniors

### **Level 3 – Expert**

*What is required in order to further develop orienteering to the highest level in your country?*

Here we will provide a general picture of top level orienteering, with a lot of the programme held in discussion form between the participants:

Elite orienteering programmes:

- \* To commit, plan and carry out
  - \* What the physical demands are in order to succeed in orienteering (Nordic terrain – continental terrain)
  - \* Elite orienteering (tactical thinking)
  - \* Coaching elite orienteering
  - \* Organisation (eg. IOF's Senior Events Advisor, organising larger competitions and championships)
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### **Program and Practical arrangements**

Academy International 2010 will start on Wednesday July 21<sup>th</sup> and ends Saturday July 31<sup>th</sup>.

Preliminary program:

- July 21 Arrival, move into accommodations
- July 21 – 24 Lectures and orienteering training
- July 24 – 30 Participation in the O-Ringen competition, evening lectures
- July 31 Departure

A detailed program will be sent out when all entries are received. This will include also some tourist and social activities which are being planned.

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### **Entry fee**

The entry fee for O-Ringen Academy International is preliminarily 600 EUR per person.

This includes:

- Accommodation (July 21 – 31)
- Food
- All local transportation
- Entry to the O-Ringen 5-Days competition
- Training and lectures
- Tourist and social activities arranged for by the O-Ringen organizers

**>> Note: Travel to/from O-Ringen is not included**

### **O-Ringen International Development Fund**

We are aware that for some developing orienteering countries, participation in Academy International may be a financial burden. To support these participants an application can be made for financial support from the O-Ringen International Development Fund. The fund may be used to wholly or partially offset the cost of entry fees. If you intend on applying for support from the Fund this must be done prior to March 1, 2010. Funding decisions are made jointly by the O-Ringen organizers and the IOF and will be announced shortly after the March 1<sup>st</sup> deadline.



## Entry

From October 1<sup>st</sup>, we are accepting entries to O-Ringen Academy International. If you are interested in participating, enter via the O-Ringen website, [www.oringen.se](http://www.oringen.se). Here you can choose level for you entry (Beginner, Advanced or Expert).

>> *Note: 2010 you can only choose Beginner or Advanced. (All three levels are available first at O-Ringen 2011.)*

You also need to send a mail to [academy@oringen.se](mailto:academy@oringen.se) with the following information:

- Name and organisation
- Date of birth and passport number (if you need an invitation from us to get visa).
- Full contact details, i.e. mailing address, e-mail, telephone numbers
- A summary of your personal involvement in the development of orienteering in your country during the last two years, and projects you are planning for 2010/2011.
- If you intend to apply for financial support from the O-Ringen International Development Fund, please describe the level of support needed and how this will affect your ability to participate at O-Ringen Academy 2010.

**The last date for entries is May 1<sup>st</sup>, 2010.**

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*Please note that the number of participants is limited and priority will be given to those individuals most closely involved in the development of the sport. The above information will help us select those attending and tailor the program to the needs of the participants.*

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**If you have any questions please feel free to contact one of the below contact persons.**

Tomas Yngström, Headmaster of O-Ringen Academy: [tomas.yngstrom@oringen.se](mailto:tomas.yngstrom@oringen.se)

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