

08.08.2023

## 3<sup>rd</sup> International Orienteering Coaches Conference 2023

Live - Update

AUSTRIA / CZECHIA

Radek Novotný (Headcoach / former headcoach)

Assumption of (elite) orienteering in the future (up to ten years)

Core values of orienteering will become more and more relevant (family sports, sport for all age groups) - challenge for IOF to use that opportunity for a development into right direction

Rising temperatures – WOC in summer?

Bigger army budgets – more professional spots for orienteers

Olympics: how can it be ensured that nobody would cheat? Competition format?

Technologies:

- threat for the analogue character of O
- no paper: digital screen while running
- AI generated maps, - AI generated courses, also for trainings

Competitions:

- tougher competitions, more nations involved in top positions
- Competitions less testing mind flexibility, more standardised and limited by marketing, branding, TV requirements, logistics
- maps of larger scales
- long distance unfortunately dies out in the future – will not be a WOC discipline anymore
- bigger problems with landowners and nature protection will affect the organisation
- Despite all development, passion of orienteering will still be there

Training:

- professional personal coaches
- individual trainings will become much easier because of technologies
- tools for individual training increase and make training process easier

Structure / Organisation of the high-performance field in national federation

AUSTRIA: Competences between office, elite sports chief, national coaches are not clear;

→ should be revised to have a clear distribution of competences

Budget: Elite team 125 000 € incl. salaries (+40 000 € contributed by athletes)

Military O-team: currently 8 athletes employed + 1 coach

Missing a national team committee, replaced by elite sport chef and various selection committees

Aiming for a high cooperation between Youth/Junior/Elite team, which works well, have

1 400 licenced athletes, 54 clubs

#### CZECHIA:

Well-structured system in the federation, office has an supportive role at all different levels  
Elite/Juniors/Youth (just for international events), regional youth squads, regional pupil squads (popular)  
Budget 320 000 € (Elite team 170 000 € incl. salaries)  
Teams and team coaches are rather independent in the execution of the national team program  
Stationary training camps in Scandinavia

### Individual support for the athletes

Any supporting system must be easy to implement and maintain, easier to achieve on a club level  
Structure needs to reflect the skills of people involved  
Role of national team gets bigger if club structure is weak  
National team athletes should have a personal coach (mirror/feedback)  
It is necessary that athletes think of / reflect their own training (plan) and not only rely on the personal coach

### Performance diagnostics: approach / methods / tools

#### AUSTRIA:

5000m changed to 3000m test, scoring table adopted  
frequent lactate testing, challenge is the interpretation  
terrain lactate test and mobility test  
Uphill mountain run as selection for JWOC  
GPS tracking since 2022  
Orienteering skills really difficult to measure, what is possible:  
- transfer a LINE (and not only controls) from one to another map  
- direction keeping exercise  
Tests should not only control the training process but should inspire trainers/athletes to work on different aspects – and see possible improvements

#### CZECHIA:

3000m test on the track (scoring table)  
Lactate testing regularly → find a skilled expert to interpret results → help to improve physical performance  
Lactat testing in the terrain → inspiration for training  
Swiss testing methodology for youth  
GPS tracking since 2015

### Perspective and Recommendations of Austrian Orienteering

#### Opportunities:

- eager athletes on a crazy good level with regards to roots and federation size
- truly nice attitude (sometimes too nice for professional sports?)
- Mama Bindi
- Variable and demanding terrains available
- Central location and good economy level (both country and federation)
- Supporting team (coaches, physios...)
- Several persons with top orienteering know-how: how to profit most from it?

#### Challenges:

- limited number of competitors in youth classes, talents
- roller-coaster quality level of national events
- courses could often be significantly more demanding
- training generally not specific enough – try to change since last autumn (terrain running)
- Low running speed, especially in youth and juniors
- finding a stabilisation of an effective workflow and competence model about elite orienteering at federation

level

- organise HLE together with some accompanying projects (e.g. school orienteering)

CZECHIA – strengths and challenges:

Strengths:

- large number of young runners
- well-structured system of high-quality domestic competitions
- strong elite team support within the federation

Challenges:

- mainly less challenging domestic terrains
- lack of elite support at club level, especially for juniors and elite
- lack of skilled and available personal coaches

## Other important aspects and topics: Principles of Radek as a coach

Doing things consciously is one of key concepts

Be honest to yourself as an athlete

Adaptation principle, first low intensity adaption, then you can build up on a solid basement

During winter: avoid “losing the ground”

Training camps: athletes should be ready/hungry for it

Time recording and not kilometre based

Training diary should be well set up (e.g. map reading, map preparation column)

Explanation before the O-sessions are even more effective than analysis afterwards

Direction and contours are the basics, athletes sometimes have to come back to the roots

Orienteering is about having a plan and finding solutions

Kids and children should be able to describe the taken route verbally without pointing to the map

On a national level: helping with priorities – a very effective role of coach, providing objective point of view

Perfection hunting is more an attitude than a realistic goal

Examples of O-sessions with specific focus:

- memory run
- start moment exercise
- pairs relocation
- contour map
- relay 1<sup>st</sup> forking
- direction keeping – just a feasible one!
- map correction exercise
- put-pick exercise
- analysed course running
- control description run
- turning-off the roads exercise
- line orienteering, chain of controls (fluency)

/ FK