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# **3rd 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 - Al generated maps, - Al 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 i - 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 $\rightarrow$ find a skilled expert to interpret results $\rightarrow$ help to improve physical performance
Lactat testing in the terrain $ ightarrow$ 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



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level

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

CZECHIA – strengths and challenges:

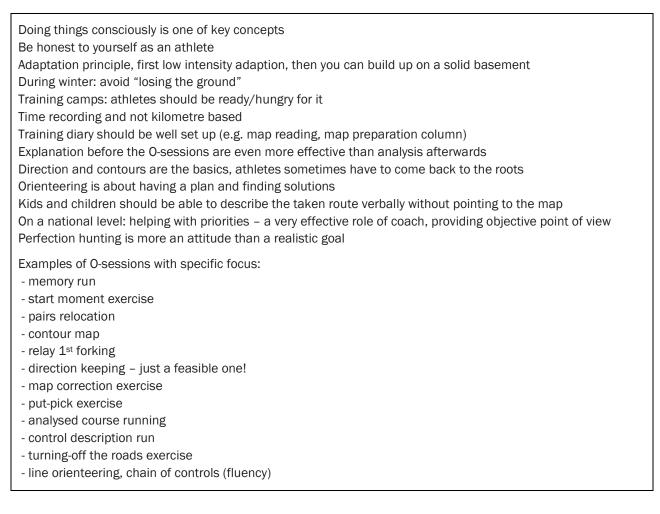
Strengths:

- 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



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