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3rd International Orienteering Coaches Conference 2023

Live - Update

FRANCE

Charly Boichut (headcoach)

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

Access problems to maps / terrains
Very competitive and new nations
Increased spreading of knowledge
Professionalization of sport, less healthy
More specialization, maybe just season by season
Climate change impacts
More technologic

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

Ministry is paying much, but also the demand is high
Coaches employed by ministry and not federation
About 10 000 orienteers, half active, 200 clubs
Many clubs are small and cannot organise trainings/competitions
FRA is a big country:
- advantage: many opportunities (maps, terrain types...)
- travel obstacles → expensive, time consuming, not sustainable
Orienteering almost unknown, low quality O-sessions in schools (no cooperation at all unfortunately)
Athletes have to pay 30 € / night + 100 € when travelling per plane for a training camp
France has got a structural problem: only full-time jobs are accepted in the culture, which means that part-time employees cannot be found, also part-time jobs for orienteers are hard to find
There is a personal financial support for athletes – total amount 29 000 €
153 000 € budgeted for elite foot-o team, 69 000 € for junior team
Goal for youth/junior team is to establish a good basis for elite/future success

Individual support for the athletes

Each autumn, all national teams members have to write a yearly individual contract: Last season evaluation, Weaknesses / strenght points, Next year competitions goals, Progress objectives and how-to, Long-term perspectives
Training centres (Clermont-Ferrand, Lyon - St. Entienne) important for 18-26 year-olds
Individual coaching will be forced, voluntary education plays important role for finding personal coaches

1/3 of the elite team attend training centres, coaching is covered there, all others should find a personal coach, but many do not have a personal coach at all → problem that Charly is aware of and is working with that.
→ Level of individual support for athletes is too low

Performance diagnostics: approach / methods / tools

First good international results came along with focus on technical aspects
Physical level of youth has evolved positively
Common tools to analyse almost all sessions: Winsplits, GPS tracking (Loggator), 40 devices shared, 3DRerun, Route choices lengths for sprint
Technical requirements are listed and can be compared with age groups

Gender-specific questions / challenges in training and competitions

Latin culture, very patriarchal which are the basis for many challenges
→ Daily pressure for women: family, studies, work
Huge handicaps for girls/women, already to practice, even more at high level,
High level sports is accepted for men but less for women in the French culture
→ Men tend to achieve better results at competitions compared to women
Separated possibilities for talks for women
Training lengths not linked to gender, shortcut possibilities, more shadowing for women,
More systematic (max)strength work for women;
Same winning times in men's and women's classes

Perspective and Recommendations of Austrian Orienteering

Radek 😊
Some talented athletes with commitment
Army support is great
Advise: Youth development – share time together, building basis, make it attractive
Learn from actual/former top runners

/ FK