

10.08.2023

3rd International Orienteering Coaches Conference 2023

Live - Update

GREAT BRITAIN

Tom Bray (Performance Pathway Manager)

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

Tom's personal view of future of UK orienteering:

- amount of competition reduces
- More urban event, less forest
- Larger map scales
- Fewer longer courses at events
- Expensive sport because of travelling (to competitions)

Technological trends: TV production, Garmin watches automatically loaded to 2drerun, auto-generated maps...
Getting less social (people just running a course and returning home) – how do we work against that trend?

International orienteering:

- more entertaining / drama, less technical, good TV production, drones?
- Long distance will develop somehow (maybe die out?)
- WC points should go lower, say top-60 or top-100

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

8500 British paid member, 4900 active members

access to land for orienteering gets more difficult every year

Parkrun very popular as a running sports, but nobody knows exactly what orienteering is

Club work is done voluntarily – clubs have lots of money saved but don't spend it

Nov – April is domestic orienteering season

Culture of going to a competition and not going to trainings

Money what it matters, but there is less money for funding the national teams

Besides the national teams, there are important Junior squads.

New structure of teams: Level 1 to Level 5 - Performance Pathway

L1 – clubs, L2 – regional squads, L3 Talent Squads (3x), L4 Development Squad, L5 Performance Squads

Goal: win WOC medals, but also: welfare for athletes, stable results in the WC

No Olympic finding, performance budgeted: 157 000 £

Aim to make things as cheap as possible

Athletes work full- or part-time

No training centres, Universities “understand” and accept orienteering

Individual support for the athletes

Try to find more personal coaches for athletes of L4, but there are very few unfortunately
Many volunteer helpers as coaches for the team
Talking to L4 and L5 athletes at competitions and camps
Lots of classroom work (L3 and L4) via Zoom (physical training, how to navigate, how to manage life)
Athletes/Juniors should join athletics clubs

Performance diagnostics: approach / methods / tools

Very little in UK
Selections are based on orienteering results
Physical training is based on heart rate and pace
Attack point as training diary, cooperation with attack point (athletes are premium members)

Gender-specific questions / challenges in training and competitions

Initial thought "everyone is individual"
Female athletes as role models for younger women
More options to find (athletic) training groups for women

Perspective and Recommendations of Austrian Orienteering

Money matters – you have to fund
Hire coaches, 1 secretary (logistics)
Hire a tech person to do comms
Make it fun
Collaborate with GBR 🤝

Other important aspects and topics: Tom's coaching philosophy

You don't have to be top athlete to be a top coach
Athletes want 2 things: you care and you improve them

Remarks / details / pictures / illustrations

Why did it go well in WOC2022?
Junior programme: organised camps, clear high-quality coaching
Specific WOC camps (4 in UK, 2 in DEN, 1 at ASOM)
Athletes have confidence, they believe in it
WOC 2024: there is a training coordinator, please email tbray@britishorienteering.org.uk when making plans

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