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3rd International Orienteering Coaches Conference 2023

Live - Update

HUNGARY

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

Sprint / Forest specialisation is just relevant on a yearly basis (survey Hungarian athletes)

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

Coaching education system at different levels
Many coaches without any education
Yearly national Coaches Conference, online lectures, coaches' newsletter (new!)
Development plan of Hungarian Orienteering:
- difficult to find experts for different tasks
- financial situation is improving
- employees better than voluntary jobs
- increase of human resources
High number of children in 14-class, reduction with higher age

Individual support for the athletes

Scholarship system for talented runners: financial support, sport psychologists / mentors
- selection according to different aspects (from 18-year olds)
- individual support for many fields (training costs, costs for experts, etc.)
Extra performance bonus for top positions in WOC/EOC/JWOC
Local clubs supporting athletes
National coach is in close contact to athletes (especially A-team), accompanies athletes in daily training

Performance diagnostics: approach / methods / tools

Analysis and tests in a sports hospital

Gender-specific questions / challenges in training and competitions

more attention to girls
more serious medical examination
There is no real difference in training
Sceptical about changing winning times (especially for worse runners)
Fewer female competitors

Perspective and Recommendations of Austrian Orienteering

The team is very cohesive
Team building training camps – joined training camps
Older competitors as role models
Outstanding talent: Jannis Bonek

Other important aspects and topics: Improvements to be done

Coaches Education System
Federation's appearance (homepage, social media)
Junior-Adult transition assistance
Elaborate of a competition evaluation system
Setting up a sponsor searching team
personal coaching
training centre in Budapest

Remarks / details / pictures / illustrations

Prestige of EOC has not changed in the previous years
Offer open training camps

/ FK