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

Live - Update

### NORWAY

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

Stabilisation in TV-broadcast in the past years  
Sceptical that many high level events can be organised (due to high expenses und challenges)  
Long distance rarely covered on TV (too uninteresting?), although considered as “king discipline”  
KO-Sprint getting tactical (waiting for others’ decisions) – development is still necessary  
Scoring system of World Cup makes overall-ranking uninteresting (smaller differences are considerable)  
Assumes no more specialisation (forest / sprint) in the future  
Hopes that small nations will be supported in order to prepare for HLE (e.g. individual athletes can join camps from big nations) → communication from both sides  
Costs of HLE should be reduced – especially expensive for small countries

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

A-team (10 athletes), U25-team (10 athl.) – effort for the next generation, Juniorteam (18 athl.), no youth team  
Long-term focus of younger athletes is planned  
Focus on allrounders and not specialists  
2 doctors, 2 physiotherapists, 1 nutritionist working part time for the national teams (easy to consult for athl.)  
Many coaches working full or part time  
Junior coach is responsible for youth development in Norway (coaches the coaches)  
Uncentralised training culture → club and local coaches must be good  
Training camps: 70 days (elite), 30 days (juniors)  
Budget of elite-sports 520 000 €, for youth 105 000 € (Ski-O: about 100 000 €)  
Around 5000 active Norwegian Orienteers

Individual support for the athletes

Juniors: 50 % are trained by Junior coach, 50 % other coach  
Seniors: National coaches as personal coaches of majority of athletes (weekly communication basis)  
Athletes are developing own training plan, athletes are educated well about physical training (“endurance – DNA”), coaches are supportive on an individual basis  
Junior camps (30 days a year) are open for all athletes – big camps (up to 150 participants)  
Athletes have different sport backgrounds, do many endurance sports as children  
Feedback to all athletes that apply for the team (about 100 athl.) by phone or email.

## Performance diagnostics: approach / methods / tools

Tests are just used from 50 % of the athletes, not an important issue in Norway  
Same test protocol as CC-Skiing, 5 % uphill on the treadmill  
Frequently used: standard trainings on treadmill or track to monitor training improvements  
Threshold training is common, not full speed training; use 3000 m tests for sprint preparation  
Lactate-testing on a regular and an individual basis, less heartrate-based training  
National sports centres (Olympiatoppen) have supportive role in performance diagnostics  
Physical training is much more important than O-specific training (in Norwegian training Culture)

## Gender-specific questions / challenges in training and competitions

Big issue and challenge in Norway (most medallists are men), more focus in the last 2 years  
Projects to focus on female athletes and to find female national coaches  
Girls' development differ from the boys: 18- to 20-year-old girls struggling with physical improvements  
Future potential of girls are considered for team selection  
It seems to be more difficult for young women to give everything for orienteering (understand and work with that fact) → try to reduce drop-out-rate from girls

## Perspective and Recommendations of Austrian Orienteering

Glad that also Jannis Bonek (AUT) steps on podium this year → nice to see more nations on podiums  
Success is possible!  
Key to success: number of athletes → how to get more kids involved?  
No destination of HLE in Austria  
Look to Switzerland and Czech Republic (visibility, structures, finances, major events)  
Centralisation? Athletes training together (with skilled coaches)  
“Sending” (young) athletes to Scandinavia  
Youth camps in close countries & events for training, learning and have fun together

## Other important aspects and topics: Norwegian Orienteering – strengths and challenges

(Endurance) sport is highly respected and appreciated, “easy” to be professional athlete  
Even though Kasper Fosser is a superstar in orienteering, he is not really visible in the public in Norway  
Difficult to find fast and simultaneously challenging forest terrains and complex sprint terrains  
Snow in winter is a challenge as it is difficult to have orienteering trainings

## Remarks / details / pictures / illustrations

Conflict of running below threshold and fast running for practising the O-technical skills – hard to answer, it is a question of prioritisation

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