

08.08.2023

3rd International Orienteering Coaches Conference 2023

Live - Update

SWEDEN

Håkan Carlsson (High performance manager)

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

Like in other sports, specialists (sprint/forest) will be probable in the future

Hope for higher visibility for orienteering

There is an ambivalence in the Swedish Orienteering Federation about the participation in the Olympic games, but Håkan thinks that it will be positive for orienteering in general, but there are also obstacles that must be overcome

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

Routechoice to success:

- Sustainable organisation to develop top quality support for everybody involved in Swedish Orienteering
- Active research and development work
- Develop and work together with elite environments

The Swedish Orienteering Federation employs about 25-35 people.

Only a few coaches are employed for the work with kids and children, much work is done voluntarily

Orienteering gymnasiums play an important role regarding the youth coaching, cooperation with local clubs

Junior teams are selected for training camps and international competitions

Main goals are senior world cups and WOCs, not JWOCs → therefore no Swedish teams below 16 years

Individual support for the athletes

Team spirit is essential, try to work on positive team atmosphere

Many athletes do not have personal coaches, personal coaches are not national team coaches.

Be consistent in the training over the years, it is accepted that athletes take part in other sports as well.

Challenge: coaching in the age group 18 – 20, as they finish orienteering gymnasiums and “loose” their personal coaches

Health: minimize the risk of injuries of professional athletes

Planned improvements: athletes should see themselves more as professionals, orienteering federation helps athletes with the role as professionals and wants to support athletes financially (scholarships, reduction of costs for training camps etc.).

Sport psychologists are working with the teams regularly

Performance diagnostics: approach / methods / tools

Common methods are used for analysing O-technique (GPS, etc.)
12 elite athletes participated in a bigger study for analysing orienteering performance

Other important aspects and topics: How to promote orienteering?

Long tradition in Sweden
Orienteering is done in school by all children
After good TV productions orienteering became more and more known in the past years
Tove Alexandersson is known very well in Sweden

Remarks / details / pictures / illustrations

Mission: to remain the best orienteering nation, from short- and long-term perspective

/ FK