

Coaches Conference 2023

Report AUSTRIA / CZECHIA

The federal orienteering systems of these two countries look quite similar, though the Czech one became better structured in the last years. In Austria, Radek sees the need of a stabilization in the near future.

There are probably 10.000 active orienteers in Czech Republic, which is about 7-8 times the number in Austria. Especially in youngster categories, Czech Orienteering developed well with large numbers of starters in youth categories (one hundred and more).

Special Highlights of the Orienteering Systems:

- **Regional pupil squads** organised by the regions – became very popular in the last years (Czech)
- **STK** (stationary training camps) – project for summer club camps in Scandinavia for youth groups (Czech)
- **Military O-Team** – Eight employed athletes plus a coach (Austria)

In Radek's opinion there could be big developments and challenges of the orienteering sports in terms of **technology** and changes in disciplines. Furthermore, he points out the importance of **personal coaches** (or advisers) for athletes.

In the last part of his presentation Radek tells the conference participants about his **training approach and guidelines**, including his love for map sessions, constant hunger for personal development and the impact of self-control of athletes. Moreover, he underlines his preferred training methods.

Detailed information about Radek's training philosophy and other interesting topics can be found in the summary [here](#).