

Coaches Conference 2023

Report DENMARK

Elite Orienteering in Denmark

Compared to other orienteering nations Denmark has a very high budget in elite orienteering. Because of their not so far away past with a lot of medals in World Championships Danish Orienteering receives a lot of money from „**Team Denmark**“ which is like the Olympic Committee. Consequently, they can afford a sports director and two full time national coaches for the Elite. Furthermore, the athletes are provided with expert-support (like medicine, strength coaches, nutrition, psychology) from Team Denmark.

Besides that, Denmark Elite Orienteering has many more specialities:

- **National Elitecenter in Aarhus**

The majority of the team plus many more athletes and the two national team coaches are living at Aarhus. In training they cooperate with athletics and triathlon clubs as well as with the local orienteering club. Quite often top athletes from other nations join the Elitecenter for some time. Another big hub of National Team members is living in **Gothenborg** and form a **Regional Elitecenter** there.

- Athletes 19 years plus who are in the national team can choose their national coaches as their **personal coaches**. At the moment, all 28 athletes chose that option. That's the reason why 30-50% of the coaches' working time is direct contact with the athletes.
- **Wildcard Runners** – There is the philosophy to keep as many runners as possible in the system. The bigger the group, the more the top elite will be pushed and probably late developers can enter the National Squad some years later. There for a group called „**Sub-Elite**“ can join trainings and training camps but don't receive special support.
- **Dual career** – The Eliteplan 2021-24 (Strategy paper) has an interest in supporting athletes' dual career. Active studying and part-time work are supported to give them better prospects for the future after their sports career. Orienteering in general is not very well known in Denmark.