

Danish Elite Orienteering



Orientering  **sport & natur**

Dansk Orienterings-Forbund, Idrættens Hus, Brøndby Stadion 20, DK-2605 Brøndby

(+45) 4196 9373 - dof@do-f.dk - www.do-f.dk

Lars Lindstrøm – Who am I?



- National Coach and High Performance manager 2011 ->
- National Coach – Talent development/Junior Team 2009 – 2010
- National Coach – Junior Team 2005 – 2008
- Club coach FIF Hillerød 2002-2004
- Talent coach – 2000-2001

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Lars Lindstrøm – Who am I?



- Personal coach of:
 - Emma Klingenberg
 - Ida Bobach
 - Maja Alm
 - Stine Bagger Hagner
 - Christian Bobach
 - Rasmus Thrane Hansen
 - Søren Bobach
- Overall responsible for 15 runners

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Agenda

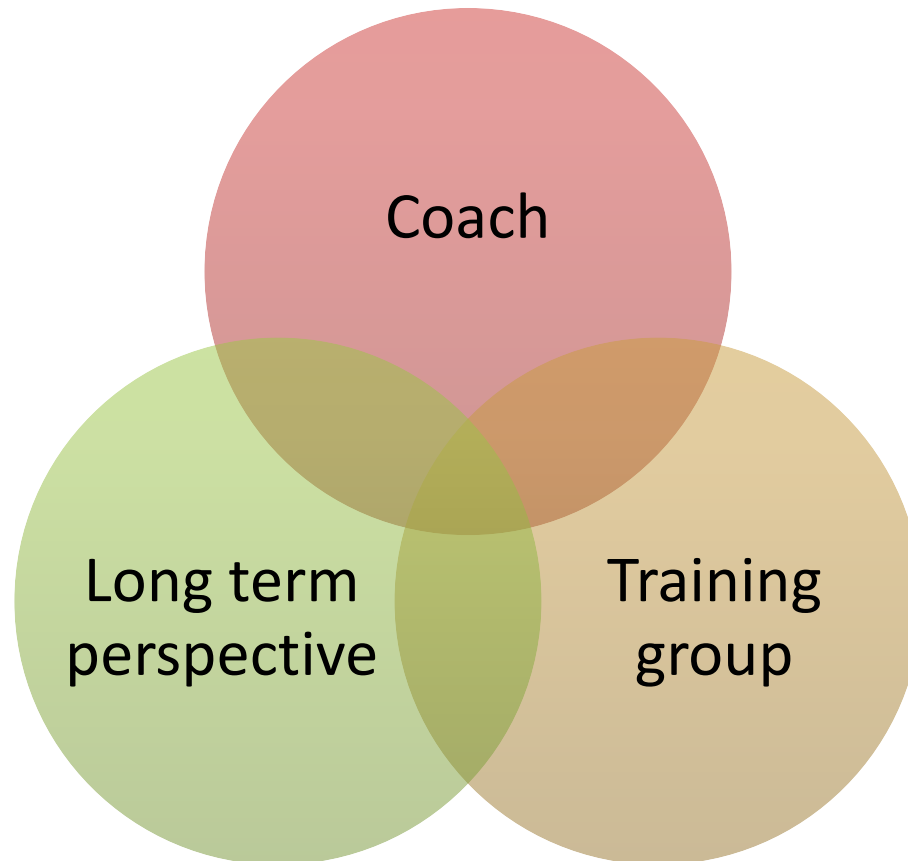
- Talent development strategy
 - Path-way from talent to World Class
 - The role of the coach
- How we work with elite orienteering in Denmark
 - Challenges and strength
 - Role and responsibility
 - National teams
 - Training Groups / Centres

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Talent development philosophy

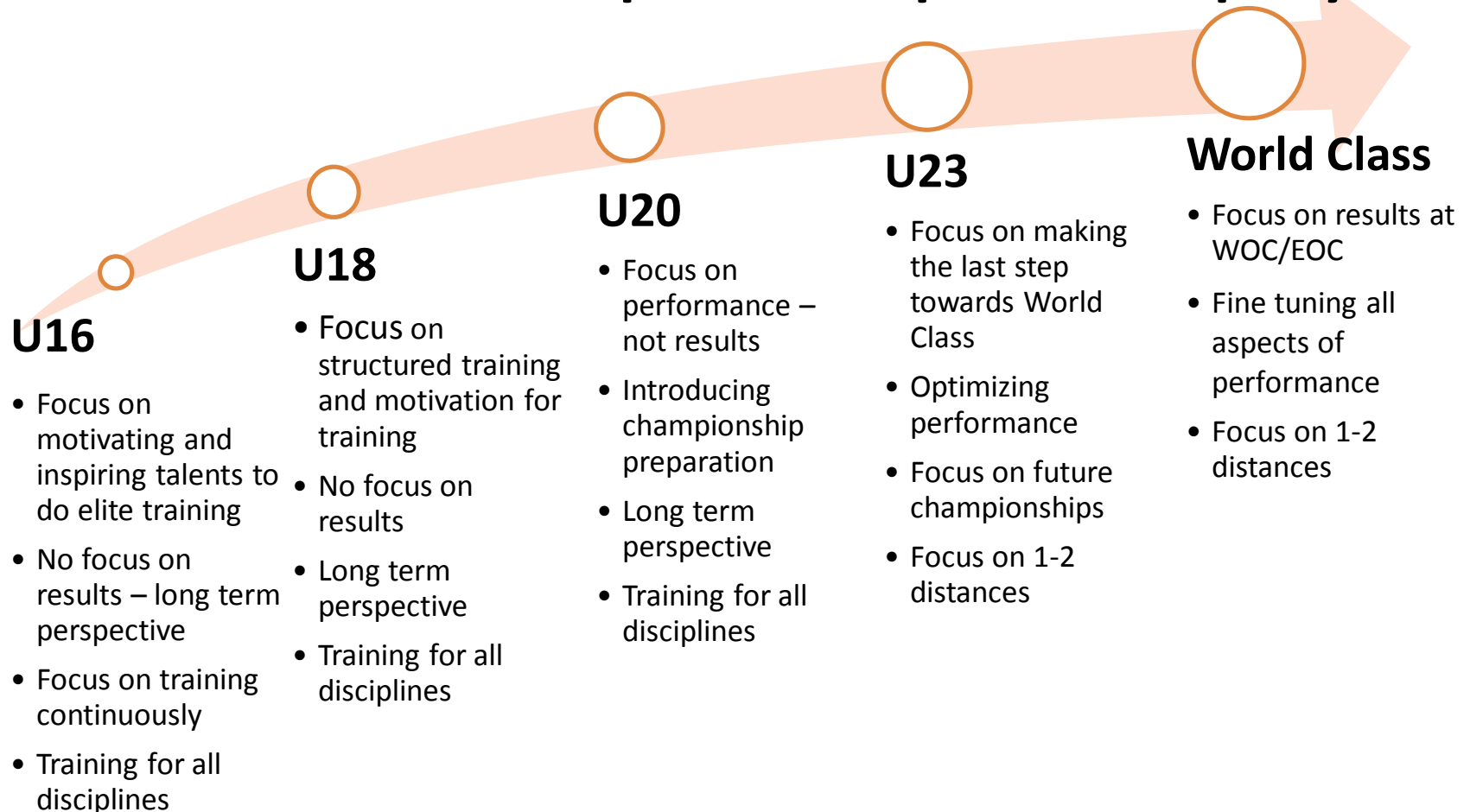


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Talent development philosophy



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Talent development philosophy

- Long term perspective / 32 junior medals in 8 years at JWOC – a contradiction?
- No – our junior results is a product of hard work
- Current senior results is a continuation of the last 8 years talent development

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The role of the Coach

- Close relationship is essential to achieve success
 - Especially in the event of a crisis.
 - Know your athletes, and they must know you
- The runner is in focus
 - Setting new standards of what's possible
 - Development oriented
- The coach is responsible for all training
 - High level of knowledge is necessary
 - Pattern breaker
 - Long term perspective
- If no coach is present, the risk of losing a talent is high
- 24x7x52 => it is a way of living



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Danish Orienteering in general

- Challenges
 - Relatively low number of members compared to Norway, Sweden, Finland, Switzerland etc. (6219 members as of today, hereof approx. 2000 actively orienteering)
 - Danish clubs are relatively weak compared to Nordic clubs
 - Limited financial resources (both within the federation and in clubs)
 - Few demanding terrains in Denmark
- Strengths
 - We know all talents in Denmark
 - We are good at cooperating between clubs
 - We learn to prioritize resources
 - We have a high degree of mobility

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Framework for the National Teams

- The board of Danish Orienteering-Federation has accepted *“Elite plan 2013-16”*
- *“Elite plan 2013-16”*
 - Goals for the National Teams
 - National Team structure
 - Corporation with Team Danmark

Goals for the National Teams

- World Class results
 - Win medals at every championship (WOC and EOC)
 - To be among the eight best nations at WOC and EOC
- Talent development
 - Continuously develop potential World Class runners
 - Focus on long term development

Danish Orienteering

- How to achieve World Class level?
 - High quality and carefully planned training with a progressive and high training volume over many years
 - Inspiring daily training group and setup around the runners
 - Close contact and dialog between runners and highly skilled coaches
 - Possibilities for o-technical challengers
- Do you have to live in Norway, Sweden or Finland to achieve World Class?
 - NO!, we believe the daily training group and setup around the runners are the key factors for development

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Role and responsibility

- National Teams
 - Working for World Class results at WOC/EOC
 - Long term focus on development in the U16/U18/U20/U23 groups, with a step-wise introduction to performance
- Elite centre (EC) – based in Aarhus
 - Training group and support for the National Teams. All kinds of expertise gathered at one place
- Talent Centre (TC) – 5 TCs all over Denmark
 - Regional training groups that motivate youth runners to train as an athlete
- Clubs
 - Recruiting kids and young people to do orienteering
 - Teach kids and youth basic skills, with focus on understanding maps and effective running technique in terrain and on road/track

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National team structure

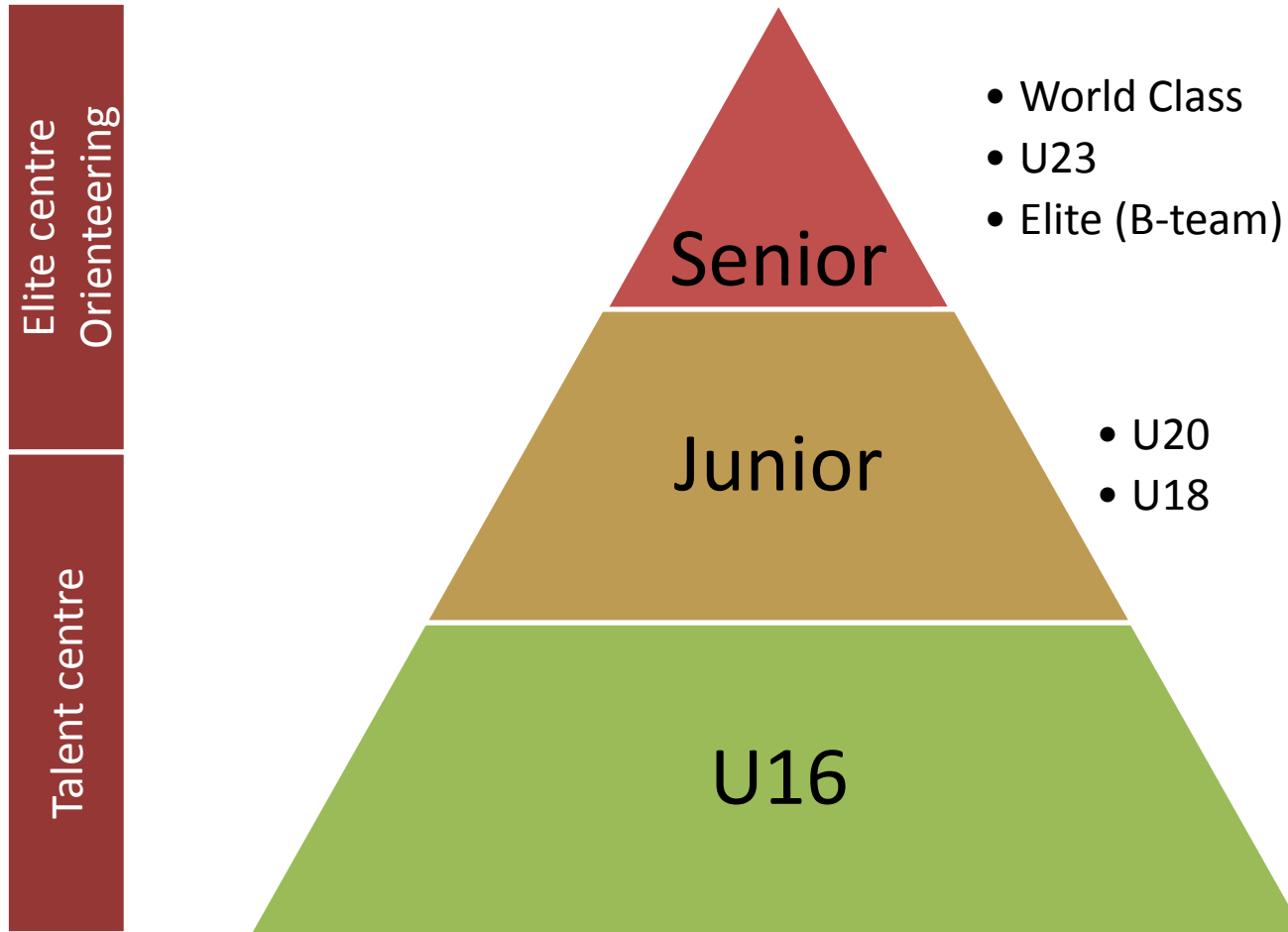


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Organization of the National teams



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Where is our talents?



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Talent centers – regional training groups

- Goal
 - Training groups that motivate and inspire young talents to do elite training
- Training / coaching
 - Weekly technical training
 - Coaching by qualified coach
- Recommendations for young talents
 - High school in 4 years instead of the normal 3 years
 - To stay in your regional training centre the first couple of years, then a move to Aarhus can be considered

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Elite Centre Orienteering

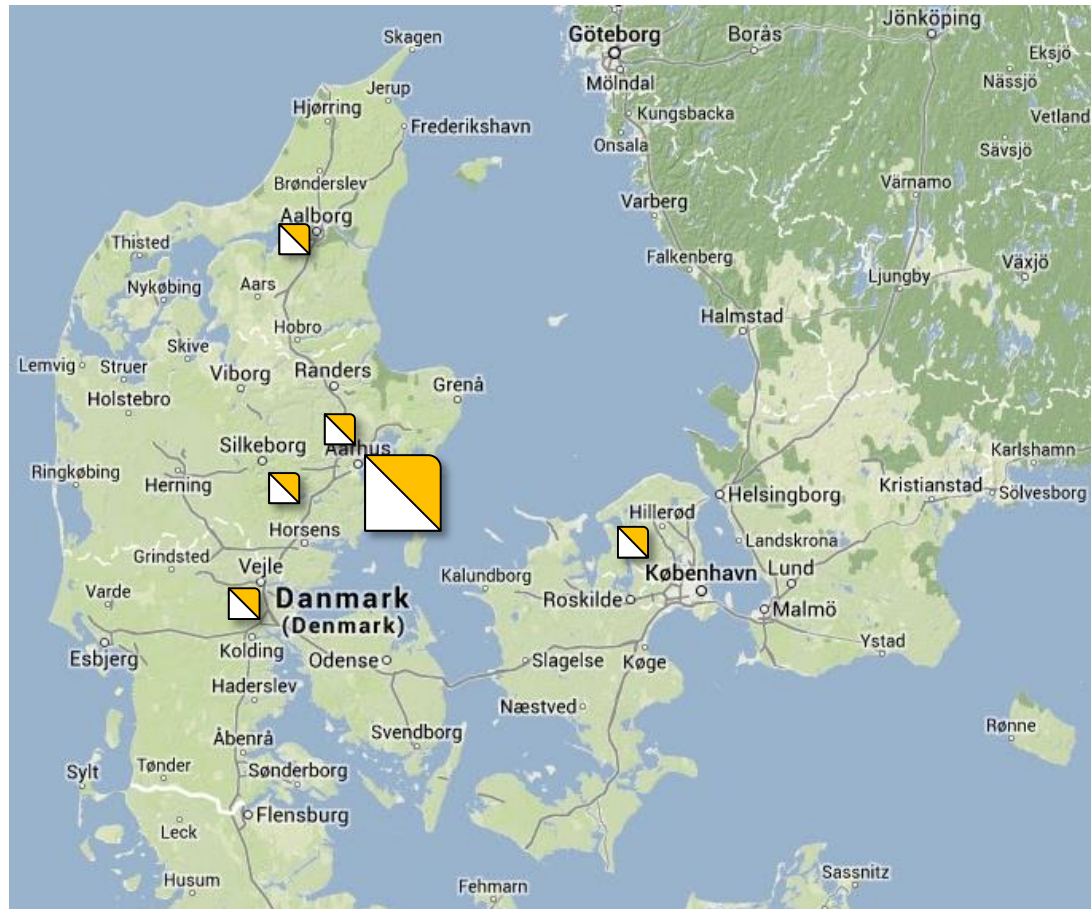
- Goal
 - To be a motivating training group with optimum conditions for elite sports focusing on performing at international championships (EOC / WOC)
- Weekly training program
 - Monday: 7:30 – 9:00: Strength training, 18:00-20:00: Easy training in terrain (90min)
 - Tuesday: 8:00 – 9:30: Interval training
 - Wednesday: 8:00 – 9:00: Core stability training, 18:00-20:00 O-technical training
 - Thursday: 8:00 – 9:30: Interval training
 - Friday: 7:30 – 9:00: Strength training
 - 1 Weekend/month: 4 O-technical trainings Saturday/Sunday
- Services
 - close dialog between coaches and runners (3 coaches employed)
 - access to strength training facilities/swimming pool etc.
 - access to physiotherapy / sports doctor / masseur / chiropractor etc.

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Why in Aarhus?



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Why in Aarhus?

- All educations are present in Aarhus
- Flexible studies at University of Aarhus (AU Elitesport)
- Short distance between training, education, accommodation
 - All within 3-5km, mostly less
- Short distance to Team Danmark / Section for Sports
 - Physiotherapy / sports doctor / chiropractor / masseur / dietician / physical testing / sports psykology etc
- Many terrains within 60 min drive from Aarhus
- Recommendations to Danish athletes
 - Study in Aarhus
 - Stays in Nordic contries for shorter (2-6 weeks) or longer (3-6 month) periods can be good for developing o-technical skills, but must be coordinated with the responsible coach
 - Moving to Aarhus at latest when becoming a senior

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TEAM DANMARK

- Most important partner of the national teams
- Danish Orienteering is in the highest category of support (only non olympic sport)
 - Team Danmark supports 28 sports, only 8 in the highest category
- Team Danmark gives us both financial and other support
 - Financial support in 2014: ca. 2,1 mio kr (280.000€)
 - Other support
 - Physiotherapy / sports doctor / chiropractor / masseur / dietician / physical testing / sports psykology etc
 - Scholarships for runners



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Thank you for listening

- Questions?

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