

OLYMPIATOPPEN

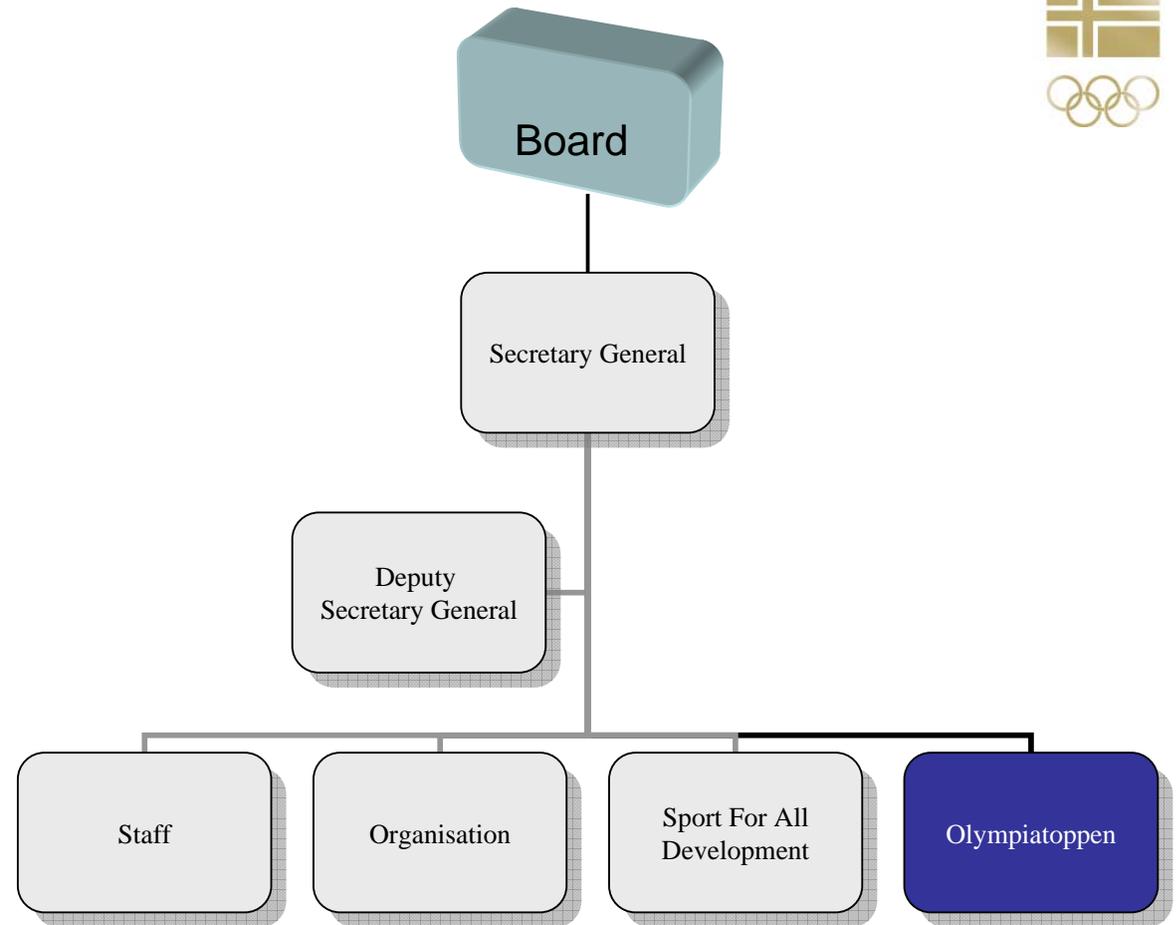


Norwegian preparations for Vancouver OG/PL 2010

Presentation at FISA Coaches Conference,
Copenhagen, January 22nd 2010,

Tore Øvrebø,
Norwegian Elite Sports Program, OLT

NORWEGIAN
OLYMPIC AND
PARALYMPIC
COMMITTEE
AND
CONFEDERATION
OF SPORTS

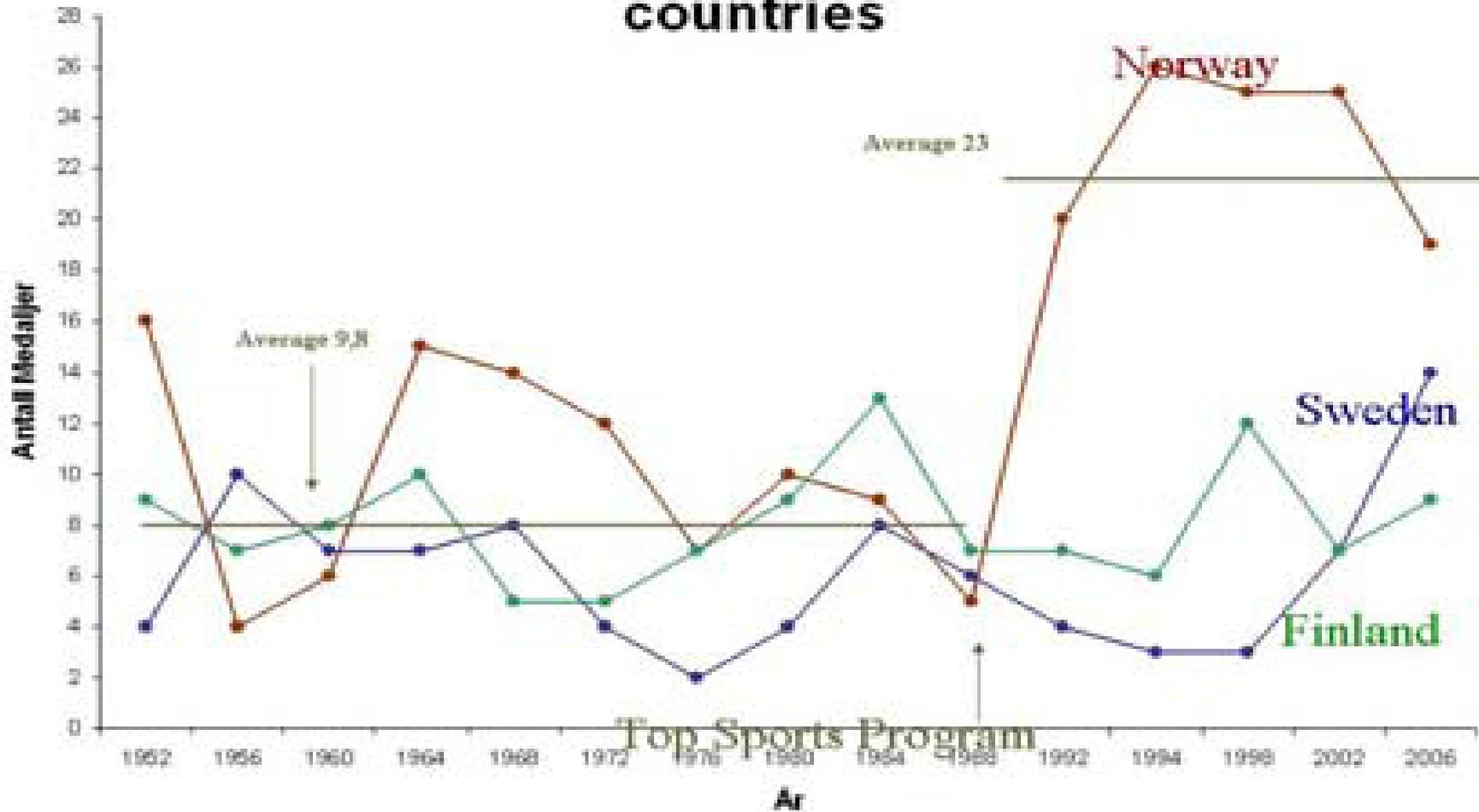


Responsibilities National Sports Federations and OLT

- NSF "own" their Sport
- The sports is funded, managed and run mainly by NSF
- OLT is responsible for optimizing the Elite level in choosen sports.
- The choosen sports must be on a certain performance and preparation level

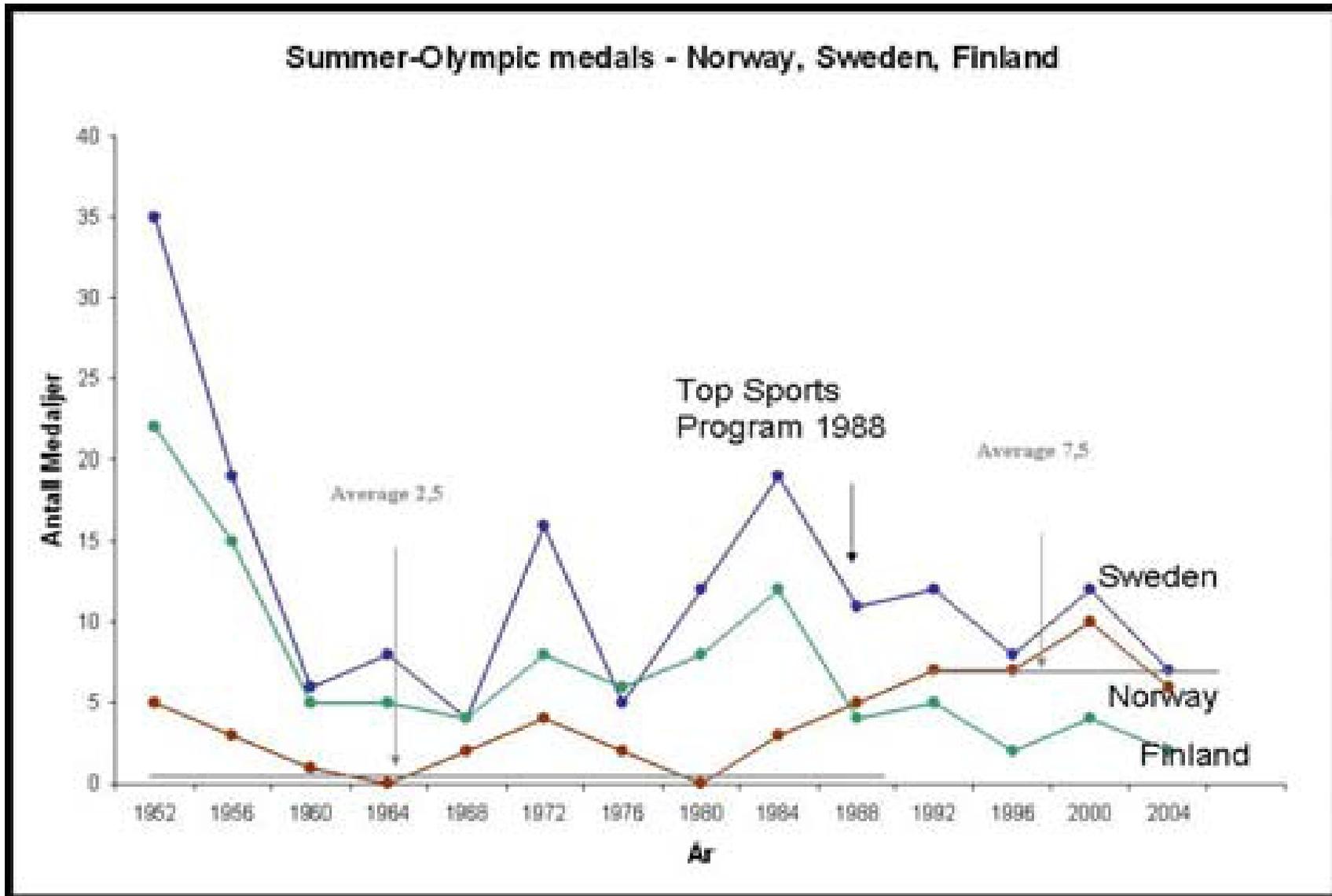
Why OLT?

Winter Olympics medals - comparing three countries

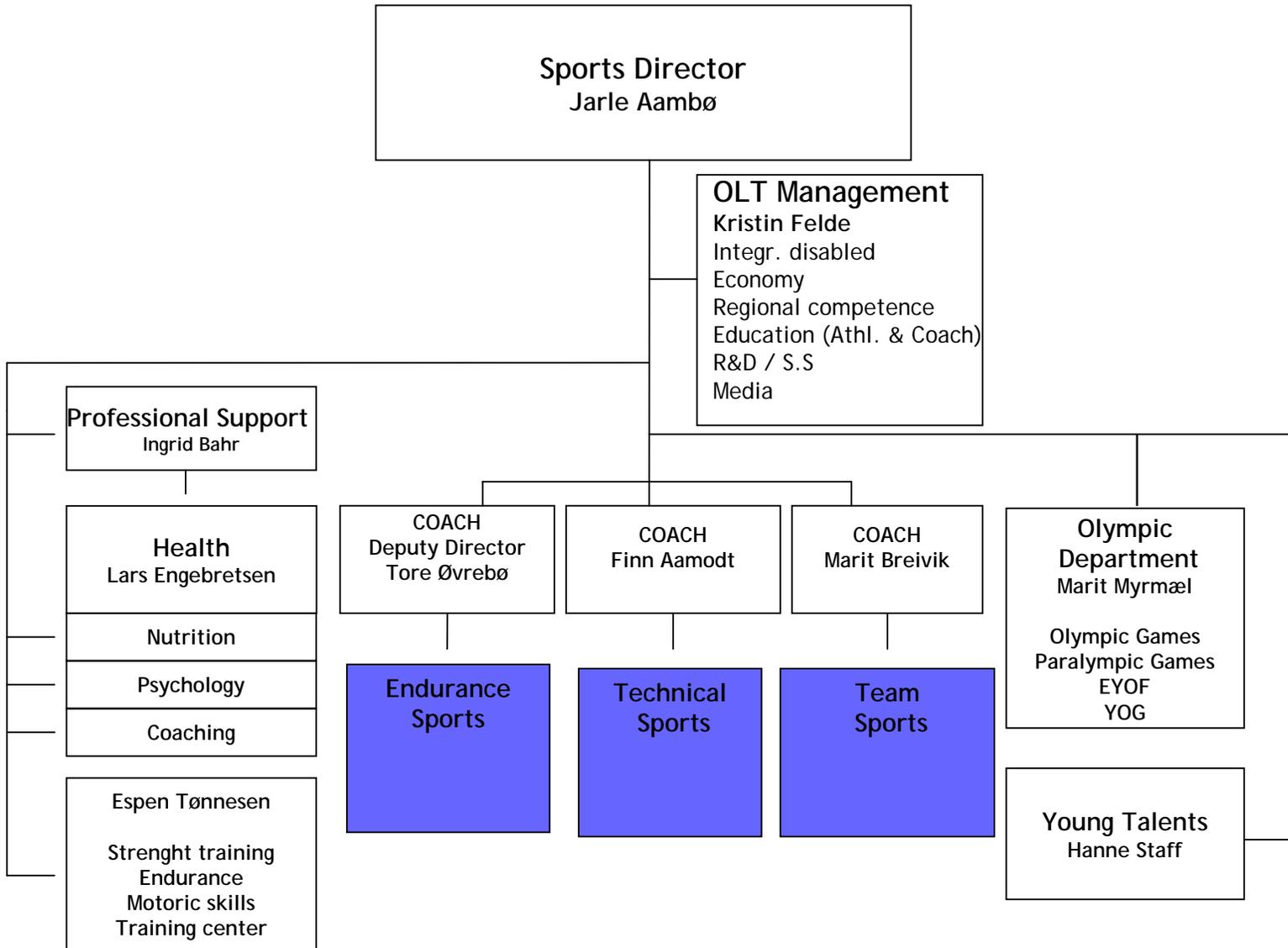


Source: Andersen, S. 2007.

Why OLT II?



Source: Andersen, S. 2007.



OLT Coach



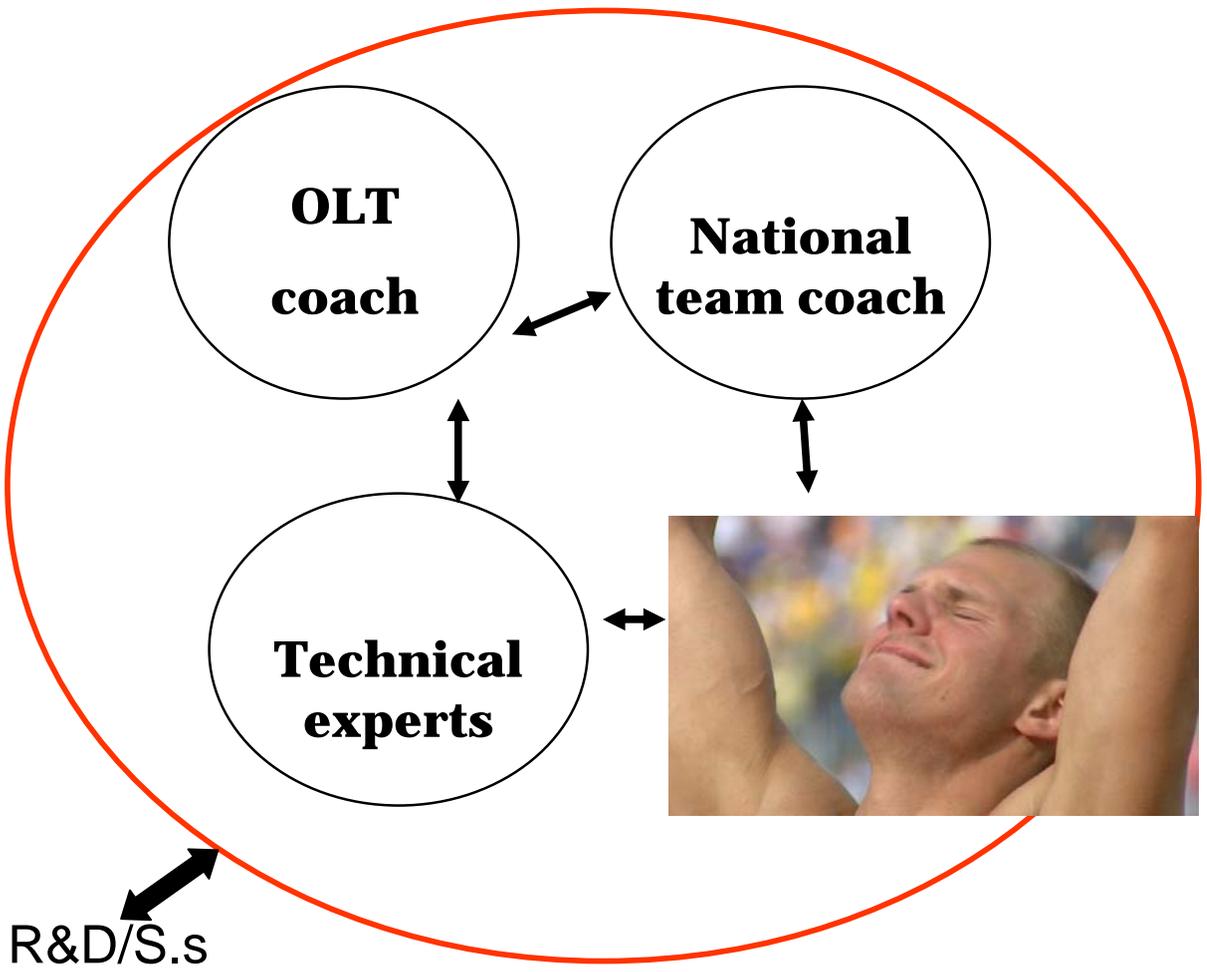
OCCP Certification September '09

- **Main tasks:**
- Primary contact between OLT og NF
- Coordinator of Competence ("Prosjektleder")
- Fasilitate and implement "Best Practice" across sports

- **Top Sport Coaching:**
- Rise the probability of reaching the Goals.
 - A leadership- and development strategy
 - Valuedbased: Individual development and system development



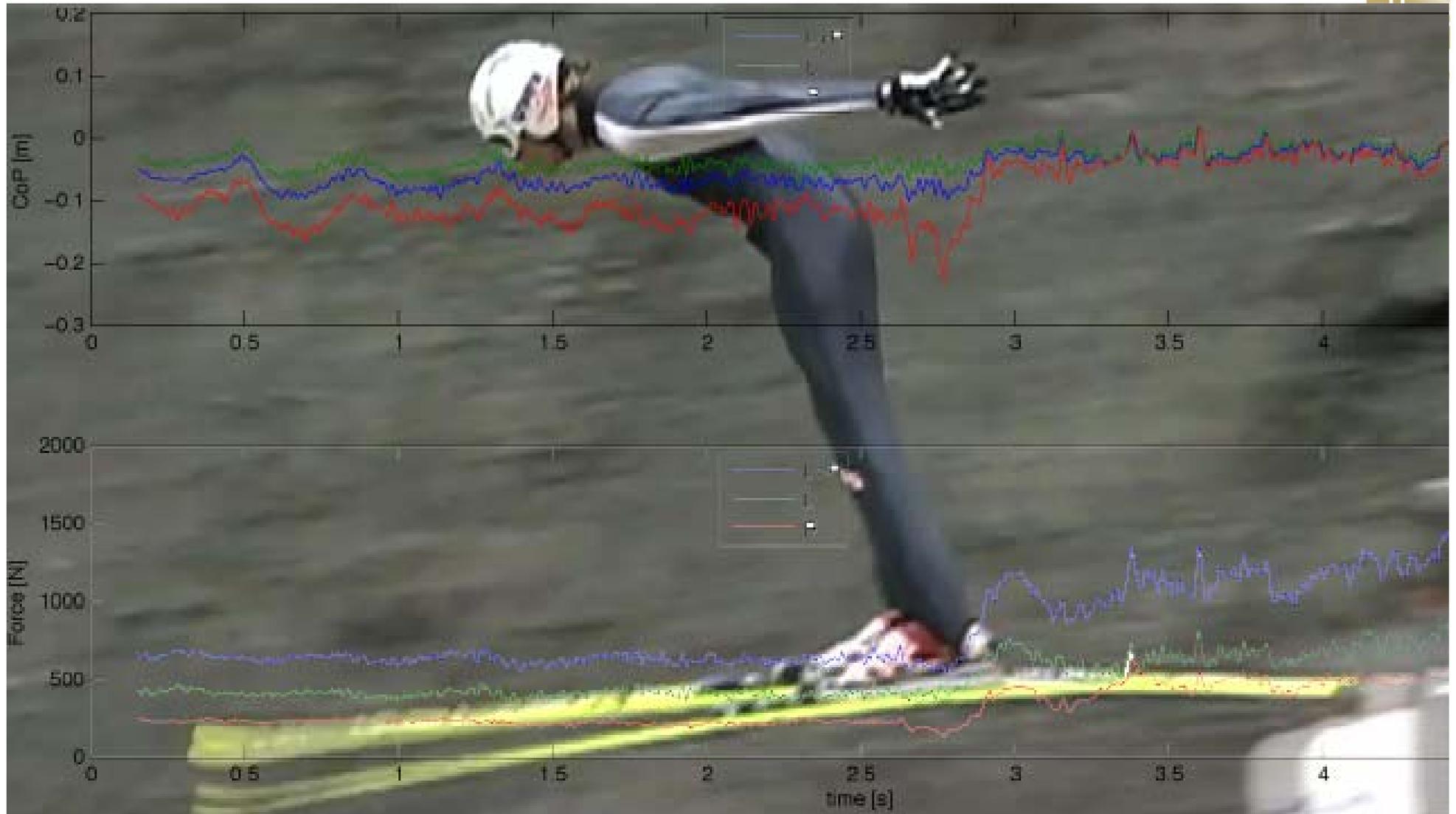
Focus On The Athlete





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Process objectives

- Development strategy for each Sport
- Goalsetting process. Common and Sport specific
- Team building
 - Athletes
 - Coaches and leaders (professionals, not politicians)
 - Inspection trips
- Use of and cooperation with competence on daily basis
- R&D Projects (Common and Sport specific)

Goals Vancouver 2010

- OG: Top 3 Nations
– 20-25 medals 4-5 Gold
- PL: Top 15 nations 4-5 medals





Cases

- Cross Country Skiing



- Skiers Cross

Cross Country



Coach: Dag Kaas
Cross Country Coach
Since the 70's
Professional Leadership
Developer since 1987

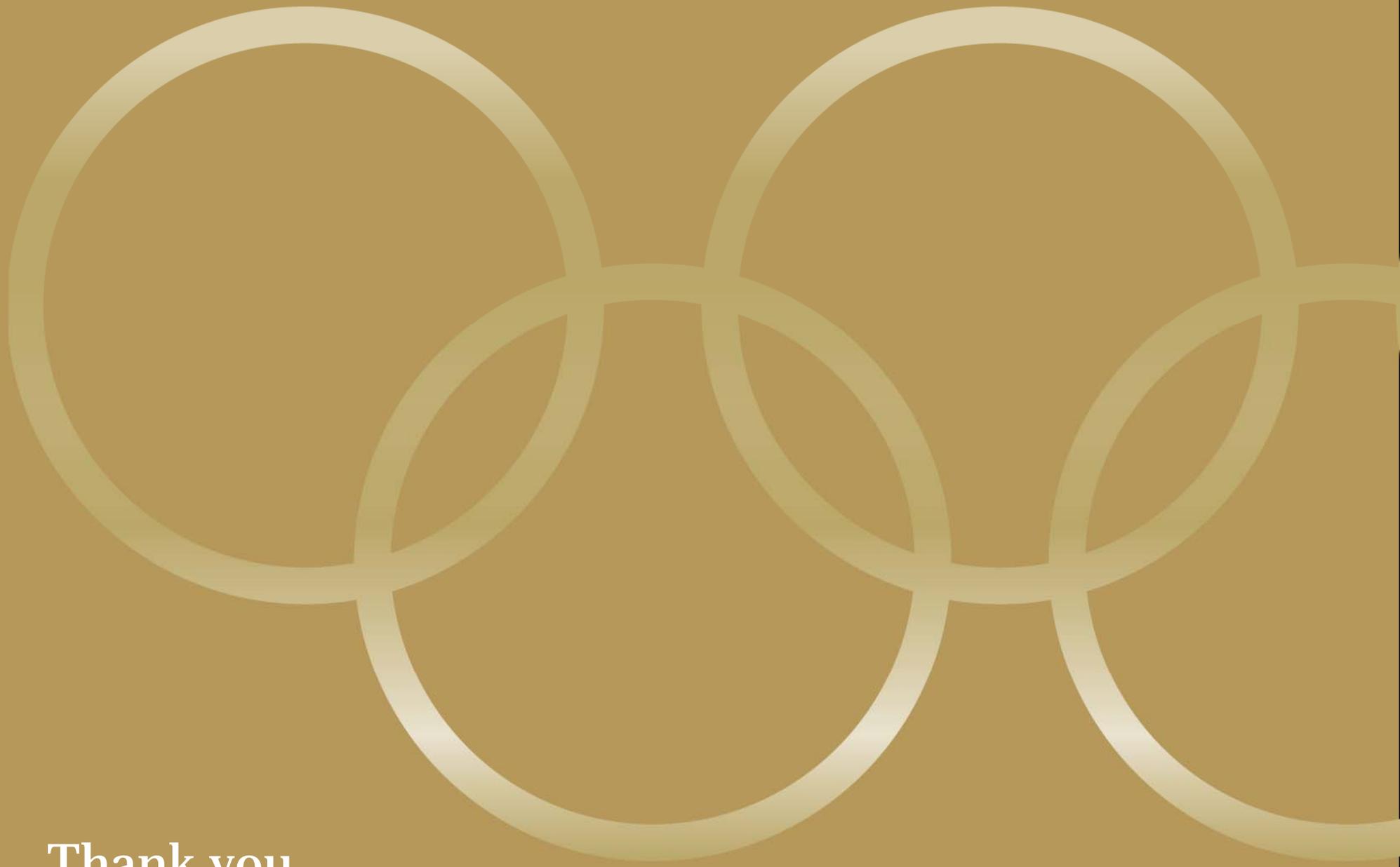
- Big sport, strong organisation
- Close relationship OLT Coach – Sports Director and Coach Team
- Leadership Challenges
 - 3 teams in one sport: OG 20 athletes
 - Women
 - Men: Distance and Sprint
- Coordinator of OLT Competence
 - Health Issues
 - Respiratory Medicine
 - Physiological Testing
 - Coaching /Team Development
 - Nutrition
- Liaison between R&D Project Ski 2010 and CC

Skiers Cross



Coach: Finn Aamodt
Coach and father of 4 times
OG Gold Winner Alpine Skiing:
Kjetil André Aamodt
5 OG

- Small sport, few resources
- Close relationship OLT Coach – National Coach
 - Skiing technique
 - Reflections
 - Pedagogy/Coaching
- Sport Development. Strategy, Long term planning.
- Team Building
- National Coach Development.
 - "Hands on"-Competence Transference
 - Direct relations OLT Coach – Athlete
 - Ad hoc, Operative
- Competence
 - Strength training
 - Coordination training
 - Endurance
 - Physiotherapy



Thank you