

## **PURPOSE of the Groups**

The Group support mechanism is for athletes who are aiming to qualify into WOC finals within next three years. Qualifying into Group credits the athletes LOF support for their training towards World Orienteering Championships. Team membership is not a reward for past results.

## **DESCRIPTION OF GROUPS**

The A and B Groups consist of candidates to qualify into WOC final during the selection year:

- A Group members are judged to have potential to qualify for Latvian WOC relay team in the selection year
- B Group members are judged to have potential to qualify for a WOC or EOC team for an individual distance.

The C Group consists of athletes with potential to qualify for WOC team during 2017-2018

## **GROUP SELECTION and composition**

Selection to the Groups is done yearly with an aim 1) to maximize the athletic success in World Orienteering Championship races in that year, and 2) to prepare runners for future World Orienteering Championship races. The exact number of athletes for each Group, as well as Group member benefits and obligations will be decided for each year separately depending on the international championship schedule and regulations (e.g. what distances in WOC is realistic for a single athlete to run; how many start slots are available for Latvia), as well as the available LOF Elite budget and other resources.

## **SELECTION METHOD**

All runners willing to receive support should apply to Team Management by an announced time to be considered eligible for LOF support. The Team Management will make the selection based on their judgment of each athlete's level and the selection years' championship program and budget. The deadline for selection is end of January.

The Team Management members will be decided per year, and will be announced with the selection criteria.

## **DESCRIPTION OF GROUPS AND SUPPORT**

The Latvian Orienteering Federation **can** support the athletes in the following ways. The extent of support depends on Elite budget and on the Group the athlete belongs to, and it will be decided per year.

**Coaching support:** consultation for training planning; race and training analyses; regular personal contact; providing articles, maps & courses and other support material; contact with foreign clubs, experts and athletes; creation of education material e.g. presentations, example courses, videos

**Expert support:** lecturers, special coaching (e.g. mental training, strength training), massage, health care

**Financial support:** expense compensation, stipends

**Training camps:** coordination of food, accommodation and logistics; training session organizing; training analyses; lectures; discussions; maps, gear

**Team management:** championship entries; travelling arrangements, logistics, accommodation, food; payments to organizers; material coordination (e.g. national team clothes, supplements); official communications e.g. IOF information, changes in rules, selection criteria etc.

**Material support:** e.g. clothes, shoes, nutrition supplements, compasses, GPS watches

**A-level support** is reserved for runners who have already proven to be international top-level athletes and have expressed their willingness to continue their career at top-level. Specifically, the athletes that are judged to be candidates for the relay team belong to this group, as well as all runners with potential to individual top-10 position in a WOC final.

### A group will receive the following support

- Participation to all Training Camps in National Team program free of charge. Travelling costs are on athlete's responsibility unless otherwise agreed. Accommodation and food fees might occur.
- Participation to International Championships races in which they are selected free of charge
- Travelling support for events in National Team program as agreed with Team Management
- Regular Coaching and Expert support. Personal Coaching contact minimum once a month.
- Priority Team Management support for events in National Team program
- National Team gear support A (details to be confirmed)
- Priority in selection to National Team events and international races

- Priority in starting group allocations in international events

A group members are obliged to

- inform Team Management on their plans, training status, and results monthly
- participate in National Team events as agreed with Team Management
- perform a standardized running test / other proof of physical form before championship selections
- start in WOC and EOC races as agreed with Team Management unless sick or injured
- represent LOF in non-sports events (e.g. sponsor events) as agreed with Team Management

**B-level support** is reserved for runners who are aiming at international top-level in 2016 and have expressed willingness to make an effort required to reach this level. Specifically, the athletes that are judged to be candidates for WOC or EOC team in 2016 belong to this level.

B group members will receive the following support

- Participation to all National Team Training Camps in Latvia free of charge. Travelling costs are on athlete's responsibility. Accommodation and food fees might occur.
- Participation to International Championships races in which they are selected free of charge
- Possibility for travelling support to events in National Team program
- Regular Coaching and Expert support. Personal Coaching contact minimum every three months.
- Team Management support for events in National Team program
- National team gear support B (details to be confirmed)

B group members are obliged to

- inform Team Management on their plans, training status and results every three months
- participate in National Team events as agreed with Team Management
- perform a standardized running test / other proof of physical form before championship selections
- start in races in Team program as agreed with Team Management unless sick or injured

**C-level support** is for runners who are aiming at international level latest in 2018. Specifically, athletes in Junior classes in 2016 belong to this level.

C group members receive the following support

- Participation to National Team Training Camps in Latvia free of charge. Travelling costs are on athlete's responsibility. Accommodation and food fees might occur.
- Participation to International Championships races in which they are selected free of charge
- Coaching support by national team coaches and experts at National Team Training Camps
- Team Management support for events in National Team program they are selected
- National team gear support C (details to be confirmed)

C group members are obliged to

- inform Team Management on their plans, trainings and results every six months
- participate to Training Camps as agreed with Team Management
- perform a standardized running test / other proof of physical form before championship selections

*Note to all runners:*

*All runners selected to any National Team events must immediately inform Team Management about any health issues or problems with trainings that can influence their condition.*

## **LOF Elite Championship race selection in 2016 – PENDING FOR LOF BOARD APPROVAL**

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**All runners** can qualify as National Team representatives to the following events: World Orienteering Championships (WOC), European Orienteering Championships (EOC) World Cup (WC), and Baltic Championships (BC)

Team selection to all Championship will be based on

- Previous international championship results (WOC, EOC, WC, BC) from 2013-2015
- Results in test races according to the plan below
- Results in other WRE races as shown in official WRE ranking at the selection date (Sprint and Forest WRE races are considered separately)
- Future potential as judged by the Team Management
- Physical condition / progress based on standardized running test (tests organized by LOF prior to selections) or result in an officially measured running race during the last 30 days prior to selection
- Optimal team composition for the specific championship: at least the following to be considered: Championship schedule, runners' profiles (sprint vs forest) and terrain type.

All criteria will be taken in consideration, but any single criteria are not obligatory for selection.

### **Test races for 2016 championship selections**

1. Lieldienu balva 28. March – WC, EOC, BC / Sprint
2. Kurzemes Pavasaris 9-10. April – WC, EOC, BC / Forest
3. Kapa 3-days 8-10. July – WOC / Forest
4. JWOC 5.-10. July – WOC / All races

### **Dates for team selection**

1. European Championships by 11. April (EOC race dates 21.- 28. May)
2. World Championships by 11. August (WOC race dates 21.- 27. August)

WC, BC and Euromeeting according to final entry dates in respective Bulletins.

### **Decisions on team composition**

The team selection will be conducted by LOF Elite Team Management. Runners and coaches will be informed.

LOF Team Management is responsible for decisions taken. Runners involved or their coaches have right to get explanation of the decisions; However Team Management is not obliged to give public explanation for the decisions.

### **Selection to international races without Team Management representation (e.g. World Cup)**

Runners to these events are approved by LOF Elite Team Management.

In case there are more applicants than places the selection will be done based on

- Previous international championship results (WOC, EOC, WC, BC) from 2013-2015
- Results in other WRE races in official WRE ranking at the date of selection
- Future potential as judged by the LOF Selection Group

The selection dates are one day prior to the official entry date to the event in question.

### **Finance**

#### **Events with full support:**

World Championships, European championships

Runners to these events will be selected.

#### **Events with full or partial support:**

Baltic championships; WOC Training camp, EOC Training camp

Runners to these events will be selected.

#### Other national team training camps

All runners in the Training Groups are welcome to training camps. A participation fee might occur.

**With partial or no support:**

World Cup and Euromeeting events

Final support will be known after budget approval in LOF Congress.

**Communication and information**

Training camps etc: invitations and detailed information will be available in official LOF channels. Each runner should follow information sent to e-mail or publications in official LOF channels. Personal information to e-mail will be sent if runner has sent application.

Both Elite Team Management and Team Members are responsible for communication. Resources of team are limited therefore each runner must take care of raising his/her personal questions. Candidates are expected to show their initiative in communication (except for announcements, changes in principles etc. that are responsibility of team management)