

### **PURPOSE of the Teams**

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

### **DESCRIPTION OF LEVELS**

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

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

The C Team consists of athletes with potential to qualify for WOC finals during the next three years

### **TEAM SELECTION and composition**

Selection to the Teams 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 Team, as well as Team 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 February 20<sup>th</sup>.

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

### **DESCRIPTION OF TEAMS 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 Team 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, SI punching and other 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:** 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-team 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.
- 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.
- Medical care support by National Team contacts (e.g. access to best doctors, free consultation in some cases). Medical costs will be on athlete's responsibility.
- Full Team Management support for events in National Team program
- National Team gear support (to be confirmed, e.g. Trimtex clothes set + Suunto compass + Isostart products)

- Priority in selection to National Team events and international races  
NOTE: A Team membership does not guarantee automatic selection to Championships but international potential must be confirmed prior to selections
- Priority in starting group allocations in international events

#### A-team members are obliged to

- inform Team Management on their plans and training status 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 races as agreed with Team Management unless sick or injured
- start in minimum three out of seven 2015 Latvian championship races unless otherwise agreed with Team Management
- represent LOF in non-sports events (e.g. sponsor events) as agreed with Team Management

#### B team 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. There might be minor accommodation fee.
- 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.
- Full Team Management support for events in National Team program
- National team gear support (to be confirmed, e.g. Suunto compass + Isostart products)

#### B team members are obliged to

- inform Team Management on their plans and training status 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 WOC races as agreed with Team Management unless sick or injured
- start in minimum three out of seven 2015 Latvian championship races unless otherwise agreed with Team Management

#### C team members receive the following support

- Participation to National Team Training Camps in Latvia free of charge. Travelling costs are on athlete's responsibility. There might be minor accommodation fee.
- 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
- Full Team Management support for events in National Team program they are selected
- National team gear support (to be confirmed, e.g. Isostar products)

#### C team members are obliged to

- inform Team Management on their plans and trainings 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
- start in minimum three out of seven 2015 Latvian championship races unless otherwise agreed with Team Management

#### Note to 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 procedures and criteria for 2015**

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**All runners** can qualify as National Team representatives to the following Championships: World Orienteering Championships (WOC), 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 2012-2014
- Results in selection races according to the plan below
- Results in other WRE races during the last 12 months prior to selection date
- 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: 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 2015 championship selections**

1. Latvian Champs Sprint 16.May – Sprint
2. Latvian Champs Long 17.May – Long
3. Latvian Champs Sprint relay 20.June – Sprint relay
4. Kapa 3-days 4.July - Middle
5. JWOC 5.-10.July– all distances

### **Dates for team selection**

1. Baltic Championships by 18.May (BOC race dates 30.-31.May)
2. World Championships by 10.July (WOC race dates 31. July.-7. August)
3. WC according to dates in Bulletins

### **Decisions on team composition**

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

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

### **Selection to international races without LOF representation (Euromeeting and World Cup)**

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

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

- Previous international championship results (WOC, EOC, WC, BC) from 2012-2014
- Results in other WRE races during the last 12 months prior to selection date
- 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 complete or partial support:**

World Championships, European championships, Baltic championships; WOC Training camp

Runners to these events will be selected.

Other national team training camps

All runners that have submitted application are welcome to training camps. There might be a participation fee for runners outside of A, B and C teams.

**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 [lof.lv] and LOF Elite Orienteering blog <http://orientesanasizlase.blogspot.com/> 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)

**Team Management 2015:**

Jari Ikäheimonen  
Jurģis Krastiņš  
Edgars Bernāns  
Gunārs Ikaunieks

**Team composition 2015:**

A-Team

Līga Ārniece  
Laura Vīķe  
Inga Dambe

Dāvis Dišlers  
Rūdolfs Zērnis  
Mārtiņš Sirmais  
Kalvis Mihailovs  
Edgars Bertuks

B-Team

Līga Valdmāne  
Sandra Grosberga  
Kristīne Bertuka

Artūrs Pauliņš  
Andris Jubelis  
Jānis Kūms

C-Team

Laura Leiboma  
Elizabete Blūmentāle  
Rūta Plakane  
*Annija-Anna Zaļaiskalna*  
*Elina Karklina*  
*Elina Svilpe*

Jānis Tamužs  
Mikus Puriņš

Uldis Upītis  
Mārgers Kietis  
Artjoms Rekuņenko  
Valters Āboliņš  
Alvis Reinsons  
Endijs Titomers  
*Edgars Ustinovs*  
Andris Kivlenieks