

A proposal for LOF Foot Orienteering National Training Groups in 2016

We are proposing the following groups for season 2016. The proposal is done based on group selection criteria for 2016 (attached) and after individual discussions about the training status and life situation with each A and G group candidate. All runners who applied for the groups also submitted their training goals and development plans for the next three years.

The purpose of the groups is to offer an environment, assistance and benefits for preparations towards World Orienteering Championship races. The groups are aimed at runners willing to invest in developing towards international elite. NOTE: **Being selected in a group does not guarantee place in any Championship race, and one does not have to belong to a Group to become selected to Championship team.**

GROUP PROPOSALS

A group: responsible coach Jari Ikäheimonen, Team Manager Jurgis Krasts runners with potential qualify for Latvian Relay team in WOC 2016 (incl. sprint relay)	
Inga Dambe	Edgars Bertuks
Līga Valdmāne	Andris Jubelis
Laura Vīķe	Martins Sirmāis
	Rudolfs Zērnis
	Dāvis Dišlers (sprint)
	Arturs Pauliņš (sprint)

B group: responsible coach Jari Ikäheimonen, Team Manager Jurgis Krasts runners with potential to qualify to Latvian EOC or WOC 2016 team	
Una Arama	Janis Kūms
Kristīne Bertuka	Janis Tamužs
Sandra Grosberga	
Irita Puķīte	

C group: responsible coach Jari Ikäheimonen, Team Manager Jurgis Krasts runners with potential to qualify for Latvian WOC team in 2018	
Elizabete Blumentāle	Valters Abolins
Laura Leiboma	Ainārs Lupiķis
	Alvis Reinsons
	Artjoms Rekuņenko
	Matīss Sliksjanis
	Endžins Titomers
	Uldis Upītis

Sincerely,

Jari Ikäheimonen and Jurgis Krasts
Team Management