

NORGE



Olympiatoppen

The Norwegian Elite Sport Model

- sammen om de store prestasjonene -

Pia Mørk Andreassen
Island, 20. november 2023

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Olympiatoppen

Olympiatoppen Vision, Mission and Philosophy



Vision

World class leadership and training

Mission

Olympiatoppen is responsible for quality assuring, challenging and supporting elite sport strategies and implementation in priority sports

Philosophy

Together for world class performance



The secret behind Norway's Winter Olympic success

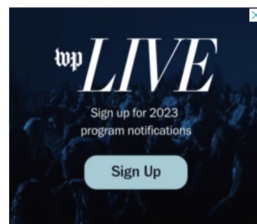
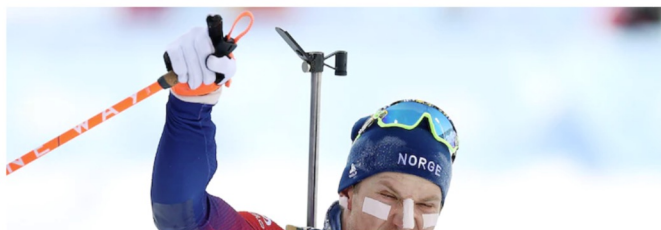
By Bianca Britton, CNN

SKIING

How does Norway dominate the Winter Olympics? By not worrying about success.

By Chuck Culpepper

Updated February 16, 2022 at 4:04 p.m. EST | Published February 15, 2022 at 2:06 p.m. EST



Not just snow: what's the secret to Norway's Winter Olympic success?

Norway are clear at the top of the medal table in Beijing, thanks to a system built on grass roots participation



TORONTO SUN

Why Norway is so dominant at the Winter Olympics

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Norway, a country of just 5.4 million people, topped the Winter Olympic medal tables in 1994 and 2018 and will do so again in Beijing

Dan Barnes

Published Jan 31, 2022 • Last updated Feb 02, 2022 • 12 minute read

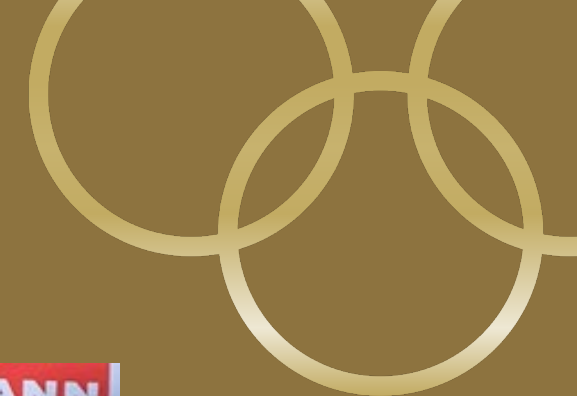
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It's Norway's Games Again. What's Its Secret?

Norway won its record 15th gold medal on Friday, the kind of success that has drawn experts from other countries trying figure out how the tiny nation keeps doing it.

Ranking Olympic Games 2022



2022 Winter Olympics medal table^[183]

Rank ↕	NOC ↕	Gold ↕	Silver ↕	Bronze ↕	Total ↕
1	 Norway	16	8	13	37
2	 Germany	12	10	5	27
3	 China*	9	4	2	15
4	 United States	8	10	7	25
5	 Sweden	8	5	5	18
6	 Netherlands	8	5	4	17
7	 Austria	7	7	4	18
8	 Switzerland	7	2	6	15
9	 ROC	6	12	14	32
10	 France	5	7	2	14
11–29	<i>Remaining</i>	23	39	48	110
Totals (29 entries)		109	109	110	328

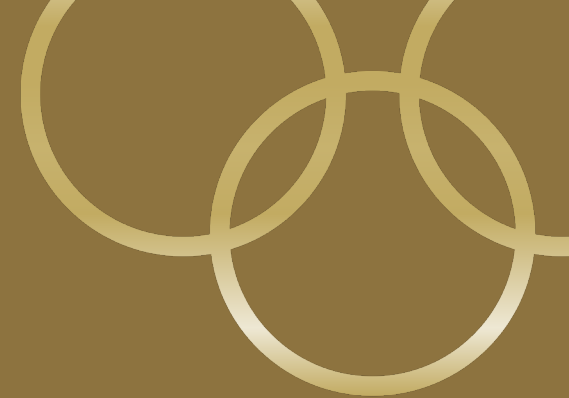


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Olympiatoppen

Norway – a leading elite sports nation





1. Children's Rights in Sports

2. The Establishment and Development of "Olympiatoppen"

3. A Shared Training Philosophy

4. The National Team Model

5. Together for the Great Achievements

6. Systematic Education of Trainers

7. The Combination of Elite Sports and Education

SPORTS

How Norway Won All That Olympic Gold (Again)

FEBRUARY 23, 2022 • INGE ANDERSEN, ØYVIND SANDBAKK & JOHANN OLAV KOSS

Editor's Note: Norway has the population of Minnesota. But that that didn't stop the tiny Scandinavian country from topping the medal standings at the recently completed Beijing Olympics, just as it did in 2018 at the PyeongChang Games. Indeed, this time, its athletes won a record 16 gold medals across six disciplines. The performance burnished Norway's reputation as having the best sport system in the world, both in elite performance and making a meaningful contribution to communities and its democracy.

Followers of the Aspen Institute's Project Play initiative are familiar with a key feature of the Norwegian sport model: its Children's Rights in Sports statement that guides the activities of every

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Olympiatoppen

values



HONESTY
as a performance
value

HEALTH
as a precondition
for quality of life and
performance

LOVE OF SPORT
as a driving force
- SPORTS JOY -

COMMUNITY As a
competitive
advantage

Foto: Office Stock

The goal is **sports joy** at the very highest level of performance



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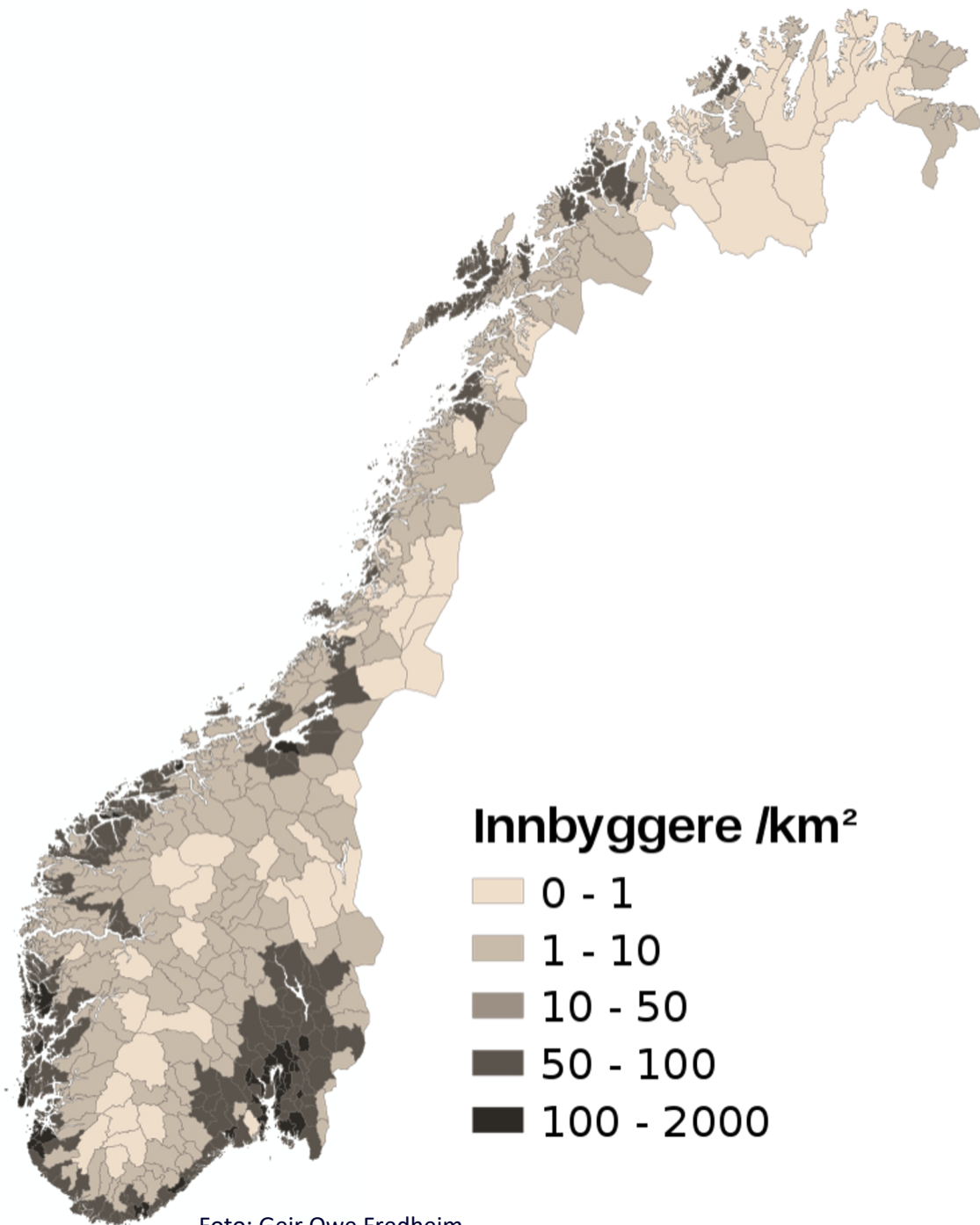


Olympiatoppen

Main features and foundations

- Development of affluence since the 50`s
- Welfare society, low inequality
- Accessibility of sports.
- State and municipality investment.
- The clubs
- Elite sports legitimacy
- Volunteering and professionalism
- Olympiatoppen cooperation with the national teams
- Elite Sport High Schools (Sports and Counties)





Innbyggere /km²

- 0 - 1
- 1 - 10
- 10 - 50
- 50 - 100
- 100 - 2000

Foto: Geir Owe Fredheim



Olympiatoppen

Norway

Aprox 5,4 million people
Aprox 380 000 square km

Vestland/ Bergen

Aprox 1 406 920 / 286.930
Aprox 58 541 km² / 465.3 km²



Island

Aprox 387 758 people (2023)
Aprox 103 000 km²

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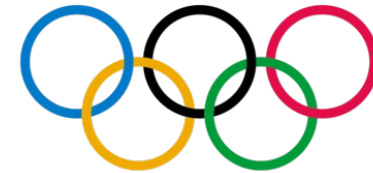
Olympiatoppen

The Norwegian Sport Model

- Norwegian Olympic Committee
- Norwegian Paralympic Committee
- Norwegian Deaf Sports Committee
- Special Olympics
- Norwegian Confederation of Sports

= All in one Sporting Body

NORGES
IDRETTSFORBUND



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Olympiatoppen

Better elite sports is one out of four priorities in NIF - focusing three key goals

1. Make the best ones even better
2. Make the good ones great
3. Develop young athletes for the future





Olympiatoppen – some history

- 1984: Poor results Olympic Games (9 + 3 medals)
- 1985: → Project 88
- 1988: Olympic results still poor (5+5 medals)
- 1988: “The decision is Lillehammer”
- 1989: Olympiatoppen established



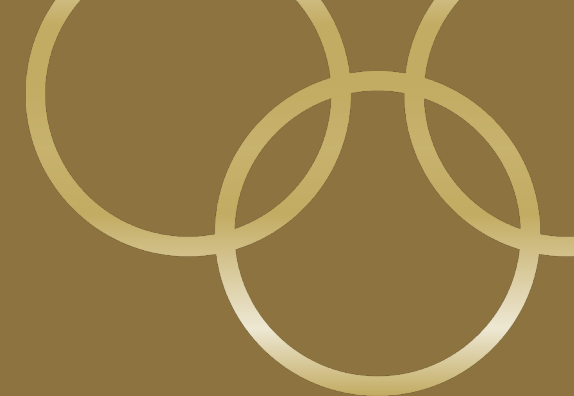
- 1990 → Investments to succeed at Lillehammer '94
- 1994: Winter Olympics – huge success
- 1994 → Momentum to drive elite sports development – build the “Norwegian model”
 - Continuous growth and development
 - Investment in R&D – extreme close to sports

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Olympiatoppen

Olympiatoppen core tasks



Olympiatoppen's core tasks are to strengthen:

QUALITY OF DAILY TRAINING



**RELATIONSHIPS IN THE
PERFORMANCE TEAMS**



**COMPETITION PREPARATION AND
EXECUTION**



What is Olympiatoppen?

- A meeting place for the Elite Sport community in Norway
- A place for development and culture for development
- Sport science specialists
- Elite Sport Senior-personnel
- Management and leadership-skilled personnel
- Health department (global collaboration)

- Staff 65/130
- 7 regional centers

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Olympiatoppen

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Olympiatoppens regional centers

Challenge, support and ensure the quality of the special federations' development of “tomorrow's top athletes” and strengthen top sports regionally

- 7 regional centers

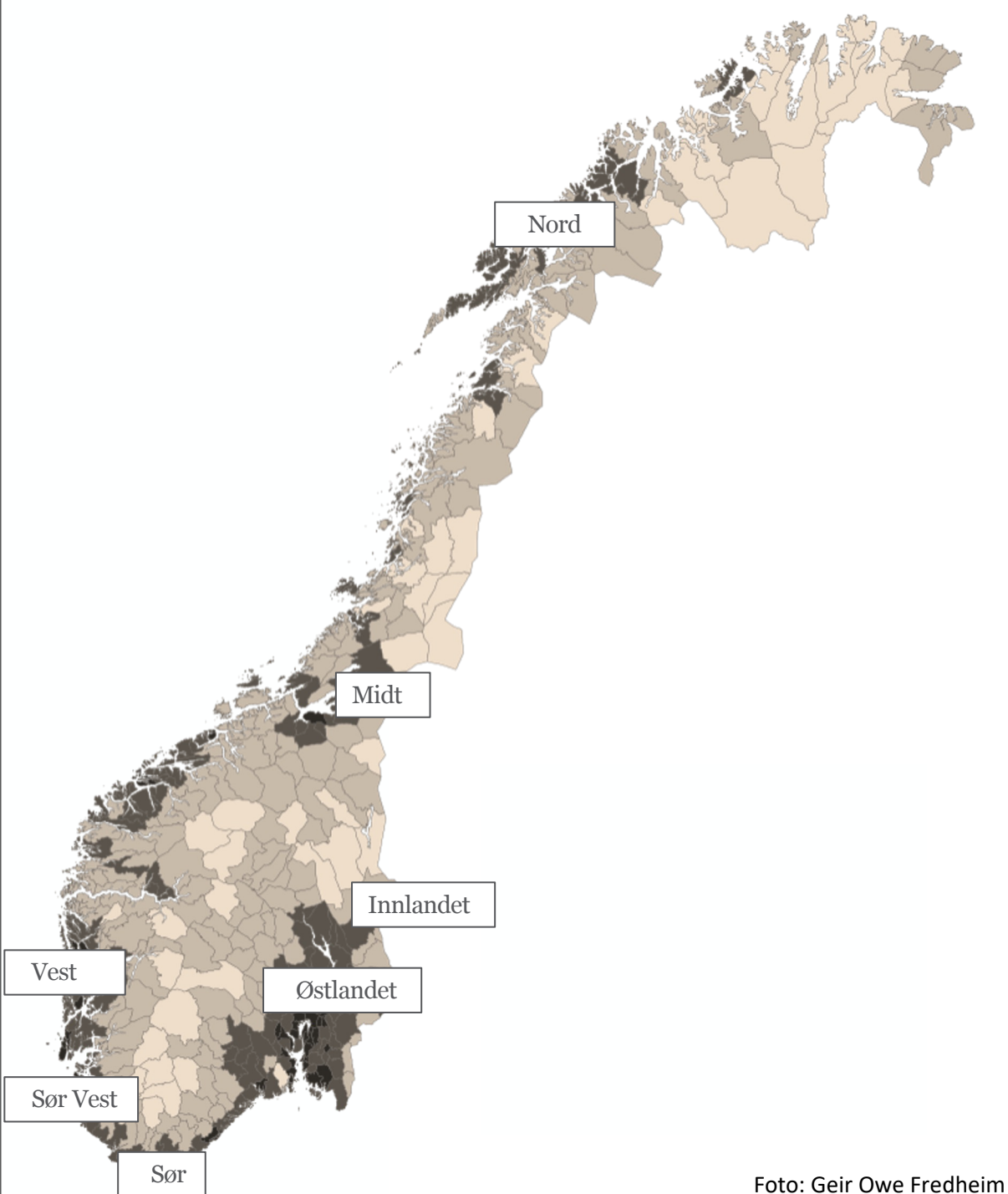
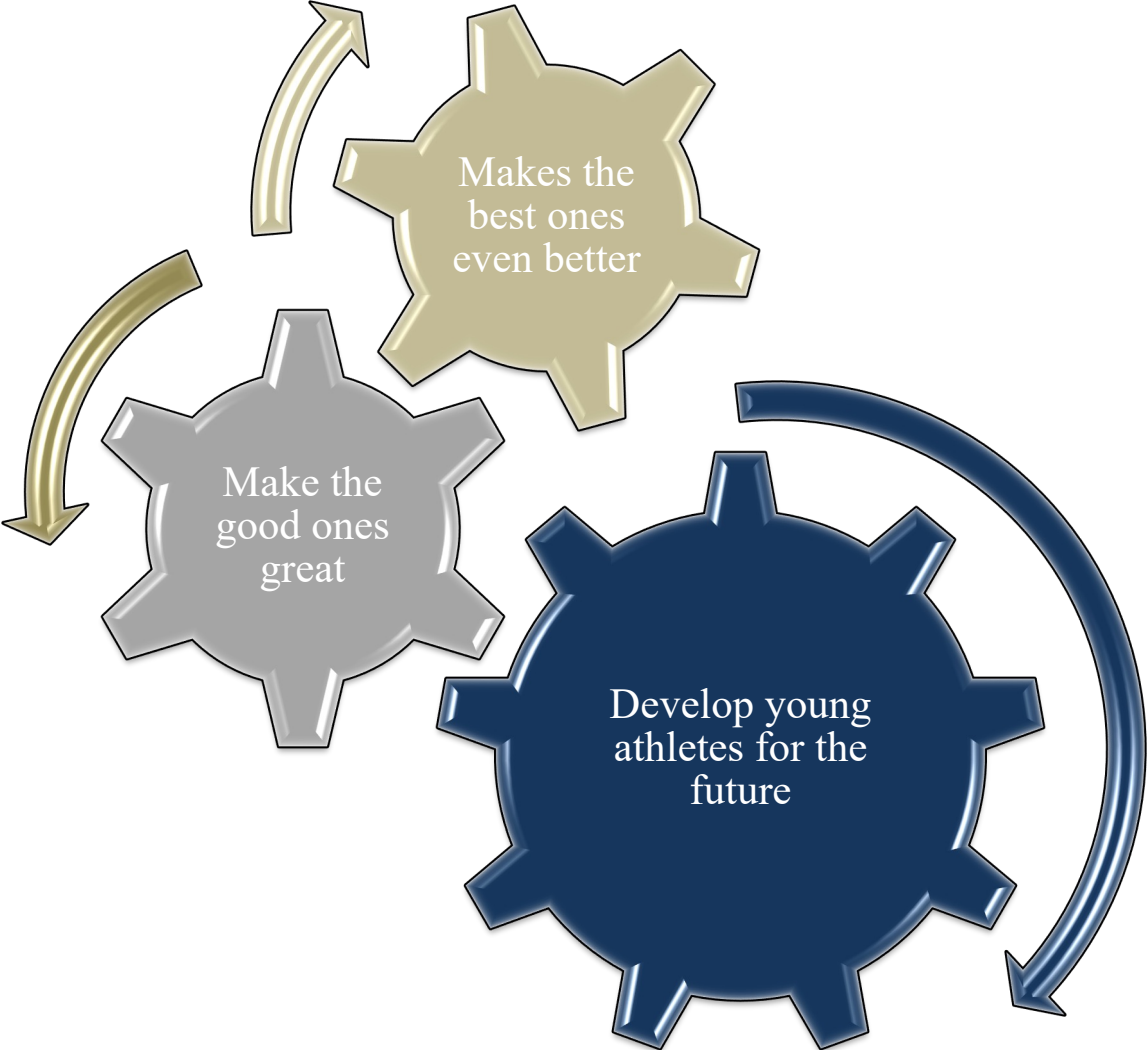


Foto: Geir Owe Fredheim

Goals Norwegian elite sports



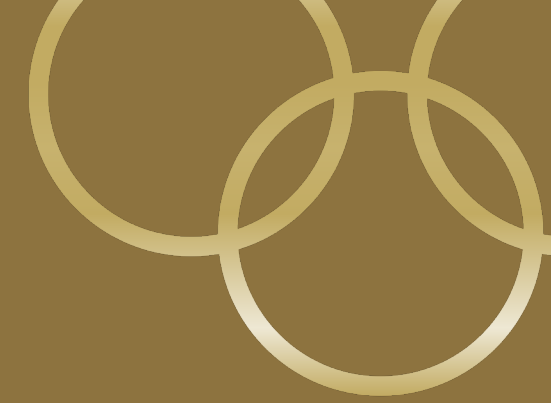
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Olympiatoppen



Olympiatoppen regional assignment in collaboration with sports



Olympiatoppen's regional presence is strategically important for Olympiatoppen's contribution to talent and elite sports development in special sports. The regions have a clear two-fold mission:

Regional assignment

Be a driving force for regional top sports development



Sports

Identify, support and strengthen prioritized regional development environments with international medal ambitions and potential.



Elite High Schools

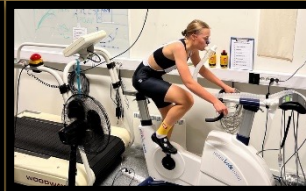
Quality assurance of elite sports in public High schools at the request of the school owner.

Create interaction zones for development with the top sports gymnasiums.



Education

Communicate Olympiatoppen's development philosophy and develop competence among coaches and other key people/environments.



Expertise

Interact with regional expertise environments to develop Norwegian top sport.

National assignment

Be Olympiatoppen's extended arm into the region



Scholarship athlete

Follow-up of scholarship practitioners.



Talent development

Follow-up of athletes and coaches in Olympiatoppen's long-term talent development project.



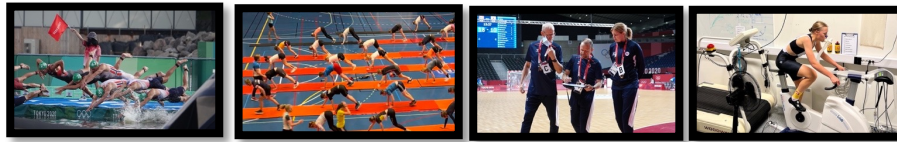
National projects

Contribute to the implementation of national projects



Olympiatoppen

Olympiatoppen Vest-Norge



Regional assignment

Regional top sports environment, Elite High Schools, formidling, Fields of expertise.



National assignment

Scholarship athleet, development projects, national projects

Sports

Elite High Schools

Education

Expertise

Scholarship athleet

Talent development

National projects

Subject areas

Endurancet

Fagansvarlig OLT:
Thomas Losnegard

Ansvarlig OLTV:
Morten Ivarsen

Konsulenter:
Morten Kristoffersen
Ørjan Olsen
Roger Gjelsvik

Power/strenght

Fagansvarlig OLT:
Paul Solberg

Ansvarlig OLTV:
Morten Kristoffersen

Til daglig:
Fredrik Larsen
Trenere:
Morten Ivarsen
Cecilie Eriksen
Arild Hafstad
Marcus Dasa

Motorskills

Fagansvarlig OLT:
Morten Bråthen

Ansvarlig OLTV:
Lars-Arne Andersen

Trenere:
Iwonka Vik
Silje Blindheim
Cecilie Eriksen
Marcus Dasa
Kristoffer Refsdal

Sportpsyk/mental

Fagansvarlig OLT:
Arne J Rise

Ansvarlig OLTV:
Per Sjöberg

Mentaltrener:
Silje Blindheim
Even Bjoarvik
Michael Haukås
Kristin Riisnes

Sportsnutrition

Fagansvarlig OLT:
Ina Garthe

Ansvarlig OLTV:
Pia MA

Konsulenter
Elisabeth Birkeland
Åslaug Matre
Anfinen
Håvard Riise
Marcus Dasa

Sportsmedisin

Fagansvarlig OLT:
Roald Bahr

Ansvarlig OLTV:
Iwonka Vik Olsen

Lege:
Hege Clemm
Magnus Myntevik
Fysio:
Iwonka Vik Olsen

FOU/tecnology

OLT:
John-Anders Bjørkøy

Ansvarlig OLTV:
Morten Kristoffersen

Testlab

Fagansvarlig OLT:
Thomas Losnegard

Ansvarlig OLTV:
Morten Kristoffersen

Testere:
Morten Ivarsen
Ørjan Olsen
Cecilie Eriksen

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Olympiatoppen's role in the career path - Support sport' talent work

Senior
Athletes



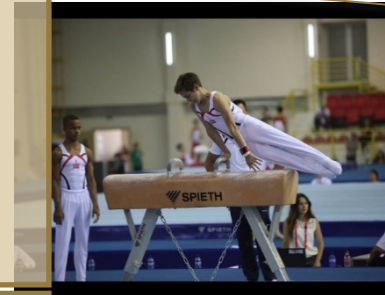
National team
Olympiatoppen
Different sport associations
Sport clubs
Studies

«Tomorrows»
top athletes



Jr./recruit national team
SF regional centers
Sport clubs
OLT regional
Studiers

Young talent



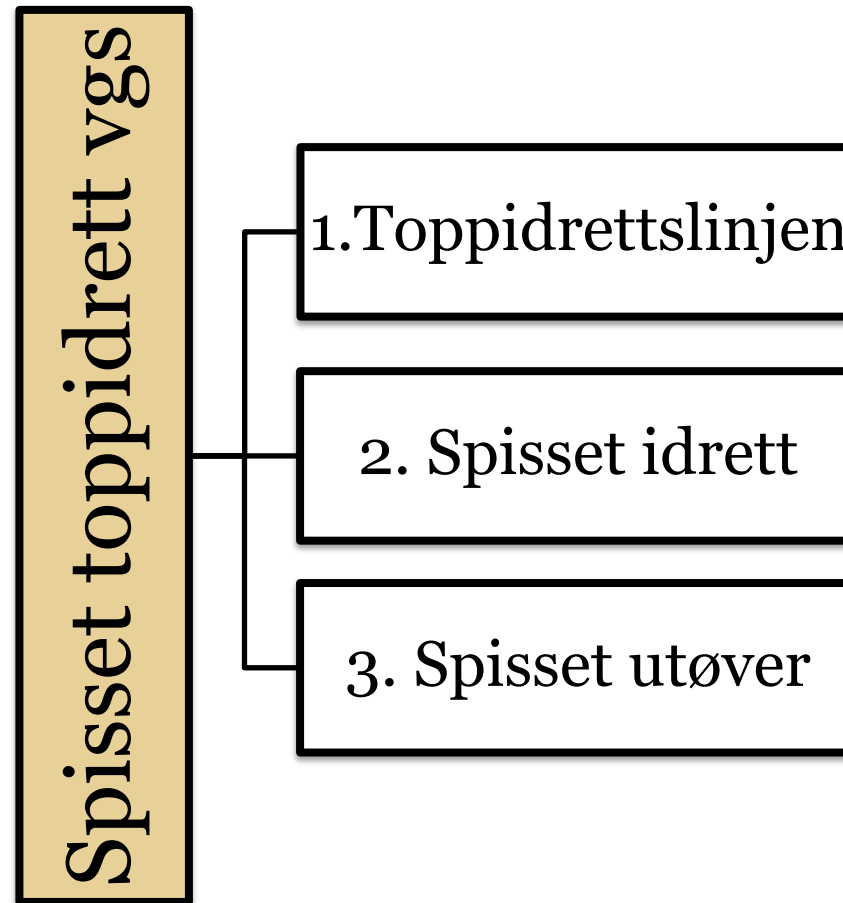
Sport clubs
Elite sports high schools
Age-specific national teams
OLT regional



«VESTLANDS»MODEL

Top Sports High schools in Vestland

Spisset tilbud





The aim of the top sports High schools at public schools is to facilitate achievements at an **international level**.
The education offer is a collaboration between Vestland County Municipality, priority upper secondary schools, Olympiatoppen Vest and the sports.

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Olympiatoppen

Overall strategy and goal for elite sports in Norway

«Norwegian elite sport shall be developed both at the top level and at the grassroots level to maintain Norway's position as a leading sporting nation and deliver great sporting experiences to the people



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Olympiatoppen

Overall goal for Norwegian elite sports is More new medals

&

Maintain our position as world leaders in winter sports
and reinforce our position in summer sports



The goal is **sports joy** at the very highest level of performance

