

OUSA Ski Orienteering Team Policy: Expectations of Team Members

The statement from the Strategic Plan regarding the direction of the National Team is as follows:

“Strategy: The National Team will improve the performance of its athletes to world-class levels, being competitive with the best orienteering athletes in the world.”

To accomplish this goal we need to not only hold our athletes to a high degree of accountability but also support them with coaching, financial assistance and encouragement. OUSA currently is working hard at securing financial support. To present a more formal picture of the National Team we would like to start with the following expectations to help the Team reach their utmost potential as efficiently as possible and give the Team credibility in the eyes of potential sponsors.

The expectations will be implemented beginning with the 2013 World Ski-O Championship Team selection.

A designated member of the ESC will monitor the accomplishments of each team member, provide reminders to Team members as needed, and report to the ESC. The amount of funding for travel grants, WC, WRE and WOC events will be contingent upon compliance with these expectations. There will be exceptions made for extenuating circumstances that may include, but are not restricted to illness, injury, and personal tragedy.

Expectations for National Team Members:

1. Team members must submit an annual training plan using a form approved by the Ski-O Team ESC.
2. Team members are expected to log training, preferably on Attackpoint, (<http://www.attackpoint.org/group.isp.group>), but if not, in a form that is periodically shared with a coach or mentor, so that progress of each Team member's annual plan can be evaluated.
3. Team members are expected to log a minimum of 300 training hours per year.
4. Team Members are expected to have a personal coach OR if self-coached, must submit quarterly updates of their training plan using the same format as the annual plan plus a review of the previous 3 months with respect to the plan.

5. Team members are expected to attend at least two training camps per year. One of these may be a foot-o training camp, and another may be for training in ski technique.

6. The Team will work with friends and supporters to help generate a list of six North American key ski races and ski-orienteeing races for Team members and others to target for attendance.

7. Team members are expected to furnish requested documentation in a timely manner.