

# NORGE



Olympiatoppen

## Services to Athletes and Coaches



Else-Marthe Sørli Lybekk,  
Head of performance Olympiatoppen Norway



# What about Norway

A small country far north with average temperature at 16,4 degrees Celsius in July

# NORGE



Olympiatoppen



Population 5 324 000

Climate

Sted	Hoh.	Temp. – januar (°C)	Temp. – juli (°C)
Oslo / Blindern	94	-4,3	16,4
Lillehammer	242	-9,1	14,7
















# Ranking Olympic Games 2018



## Medal Standings

All Sports ▾

Rank	NOC				Total
1	 Norway	14	14	11	39
2	 Germany	14	10	7	31
3	 Canada	11	8	10	29
4	 United States	9	8	6	23
5	 Netherlands	8	6	6	20
6	 Sweden	7	6	1	14
7	 Republic of Korea	5	8	4	17
8	 Switzerland	5	6	4	15
9	 France	5	4	6	15
10	 Austria	5	3	6	14

# Is Norway all about winter sports?

Source: Greatest sporting nations



**GREATEST SPORTING NATION**  
The Quest For The Best

How It Works Press Area G



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Home				
Global Cup 2019				
	Overview	Results	Men	Women
2019				
2018				
2017				
2016				
2015				
2014				
2013				
2012				
2011				
2010				
2009				
2008				
Per Capita Cup				
Sports				
Football				
Athletics				
Basketball				
Golf				
Tennis				
Cycling				
Rugby Union				
Swimming				
Volleyball				

Year	Top Positions	Points	%	Chg
2019	1 United States	3852	9.7%	
2018	2 Russia	2533	6.4%	
2017	3 Germany	1901	4.8%	3
2016	4 Italy	1788	4.5%	-1
2015	5 France	1775	4.5%	-1
2014	6 China	1734	4.4%	2
2013	7 Norway	1669	4.2%	-2
2012	8 Great Britain	1657	4.2%	-1
2011	9 Japan	1544	3.9%	2
2010	10 Netherlands	1393	3.5%	
2009	11 Australia	1384	3.5%	-2
2008	12 Sweden	1225	3.1%	1
	13 Canada	1099	2.8%	-1
	14 south Korea	1039	2.6%	
	15 Switzerland	982	2.5%	
	16 Austria	853	2.2%	
	17 Spain	810	2.0%	1
	18 Brazil	768	1.9%	-1
	19 Hungary	647	1.6%	3
	20 Czech Republic	550	1.4%	4
	21 Ukraine	498	1.3%	
	22 Poland	492	1.2%	5
	23 New Zealand	485	1.2%	-4
	24 Finland	385	1.0%	1
	25 Kenya	382	1.0%	-5

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Per Capita Cup 2019				
	Overview	Results	Men	Women
2019				
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Golf				
Tennis				
Cycling				
Rugby Union				
Swimming				
Volleyball				

Year	Top Positions	People Per Point	Chg
2019	1 Norway	3163	
2018	2 Slovenia	7855	5
2017	3 Sweden	8233	
2016	4 Switzerland	8608	-2
2015	5 New Zealand	9949	-1
2014	6 Austria	10310	-1
2013	7 Netherlands	12326	-1
2012	8 Finland	14308	
2011	9 Hungary	15145	3
2010	10 Australia	17832	-1
2009	11 Denmark	18434	
2008	12 Czech Republic	19251	3
	13 Croatia	19924	-3
	14 Slovakia	22982	
	15 Latvia	27835	-2
	16 Belarus	29307	
	17 Serbia	29595	
	18 Canada	33401	-2
	19 Italy	33849	-2
	20 Belgium	36271	
	21 Portugal	37152	
	22 France	37820	-4
	23 Great Britain	39615	-4
	24 Germany	43567	-2
	25 south Korea	49499	-4

Home			
Best Sports 2017 - Norway			
	Top Positions	Points	% Chg
Global Cup			
Per Capita Cup	1 Cross Country Skiing	426	25.3% 4
	2 Handball	384	22.8% 1
Sports	3 Alpine Skiing	218	13.0% -1
Football	4 Biathlon	104	6.2% -3
Athletics	5 Orienteering	98	5.8% -1
Basketball	6 Athletics	80	4.8% 4
Golf	7 Rowing	52	3.1% 7
Tennis	8 Freestyle Skiing	41	2.4%
Cycling	9 Ski Jumping	40	2.4% 3
Rugby Union	10 Snowboarding	40	2.4%
Swimming	11 Bandy	35	2.1% -4
Volleyball	12 Speedskating	32	1.9% -6
Boxing	13 Road Cycling	28	1.7%
Skiing	14 Swimming	27	1.6% 3
All Sports	15 Nordic Combined	16	1.0%
	16 Golf	15	0.9%
	17 Triathlon	12	0.7%
Tournaments	18 Shooting	12	0.7%
All	19 Taekwondo	10	0.6%
Recent	20 Canoe/Kayak Sprint	6	0.4%
Olympics	21 Curling	5	0.3% -5

## Diversity

- 21 scoring sports
- 10 winter sports and 11 summer sports
- 19 olympic og 2 non-olympic sports

# Olympiatoppen's vision, mission and philosophy



Olympiatoppen

## Vision

*Lead and train best in the world*

## Mission

*Olympiatoppen has the overall responsibility for the results in Norwegian elite sport and has the operational responsibility for preparation and participation in Olympic and Paralympic Games.*

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

## Philosophy

*Working together for the big performances*

## Definition

- 1. World class training*
- 2. International top results*
- 3. Sport is first priority*



Lead and train best in the world

Sports – Federations – National Teams – Coaches – Teams - Athletes



Track'n Field



Ski



Team Handball



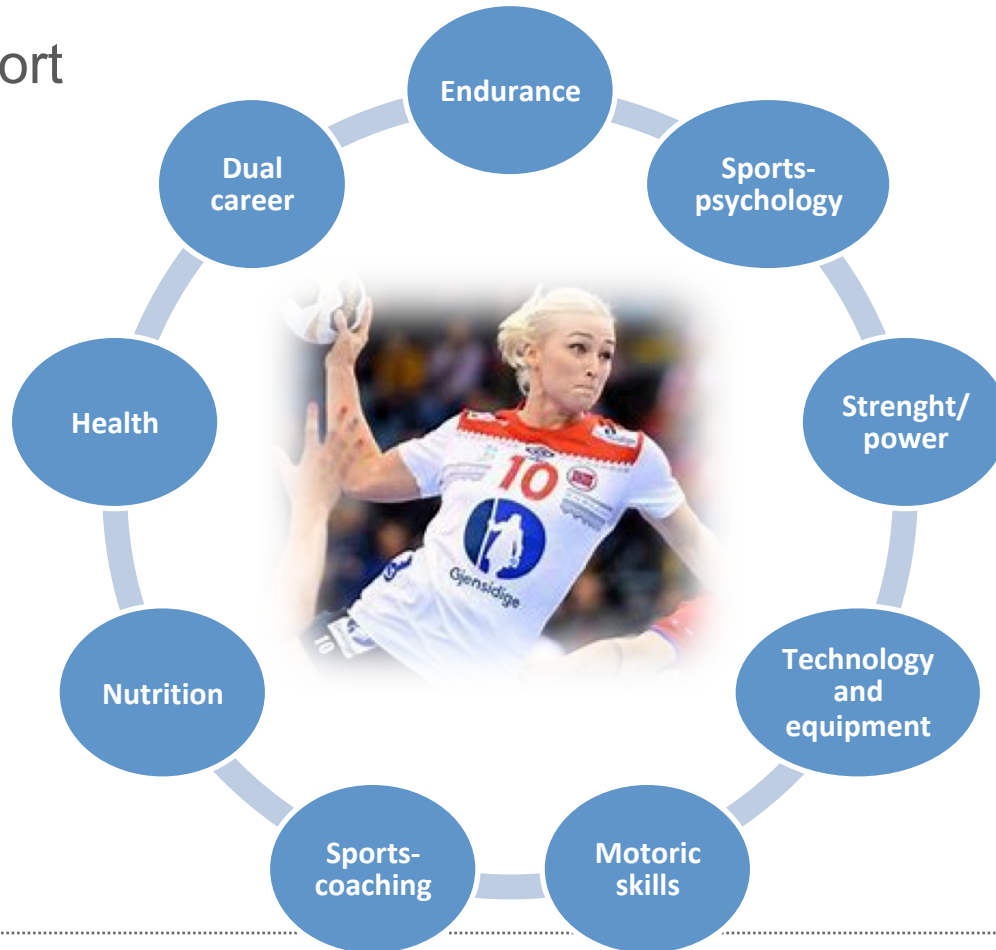
Swimming



Rowing

**Meeting place for training and advanced sports science,  
for coaches, teams and athletes - across sports**

# Athlete support



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Olympiatoppen









Research and  
Development



Olympiatoppen`s core tasks are to strenghten:

<p><b>QUALITY OF DAILY TRAINING</b></p>		
<p><b>RELATIONSHIPS IN THE PERFORMANCE TEAMS</b></p>		
<p><b>COMPETITION PREPARATION AND EXECUTION</b></p>		







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# Lead and train best in the world



Olympiatoppen



## Goal Setting

- Specification
- Involvement
- Consequences
- Delivery
- Evaluation

Understanding of goals



## Organization

- Organisation in relation to the goal
- Role clarification
- Competancy requirements
- Leadership

Optimal organization



## Training Process

- Daily training quality
- Relationships in the performance team
- Execution in competition

The training organization

**Development of a performance culture**  
Ethics, attitudes and values

**-00:00.01**

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Olympiatoppen

*Building a  
performance culture  
based on world class  
training, thrust and  
relationships*

*Working together  
and learn from each  
other*

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Olympiatoppen



Thank you for your  
attention!

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