Roles of Performance Centers

Dr. Nikolai Böhlke and Dr. Harry Bähr Olympic Training Centre, Berlin



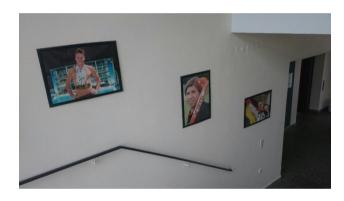




Titel vs. Story

Stating the obvious:

Roles of Performance Centres ≈ *Help* athletes (and coaches) win medals













Titel vs. Story

Starting point:

Roles of Performance Centres ≈ Responsibilities of Centre Managers

rst set of driving questions:

hat do centre managers deal ith every day?

/hat do we try to deliver at/ rough our centres?



Second set of driving ques

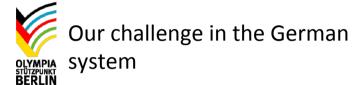
Is there a generic services responsibilities for centre mana

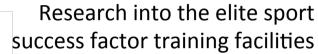
Do we try to deliver the sam through our cen



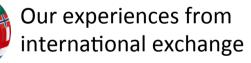


Building Blocks of the Story

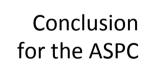








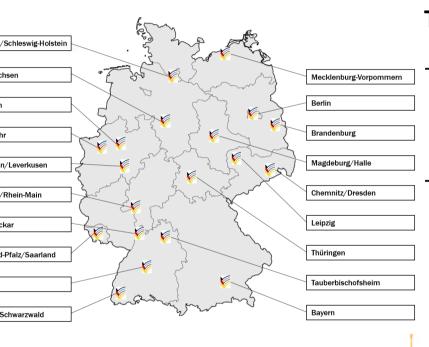












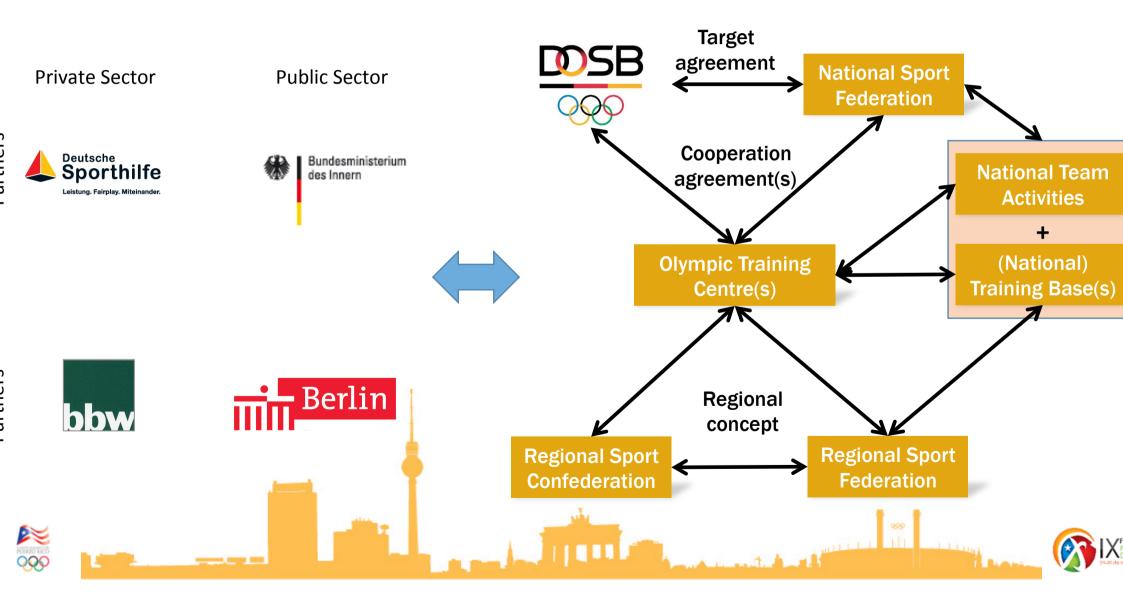
The German Elite Sport Support System, on paper

- A broad & deep support network
 - Several service/ research/ education specialists (FES/ IAT/ education)
 - Network of 19 Olympic Training Centre (OTC)
- OTCs responsibilities (**Training Base Concept, DOSB 2013**)
 - Look after national squad athletes in the region and on ca
 - Deliver scientific, medical and lifestyle support
 - "Support" development of (nat.) elite sport in the region
 - Help with development & controlling of regional con
 - Coordinate training facilities & spec. services (school
 - Employ coaches for NGBs
 - The system has a relatively clear management process ...

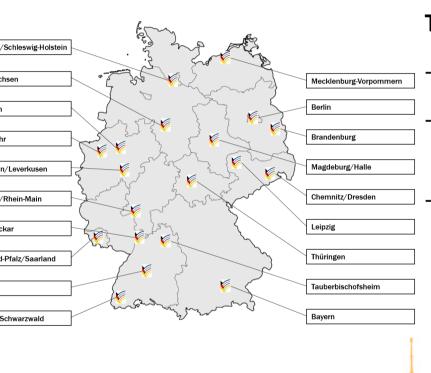












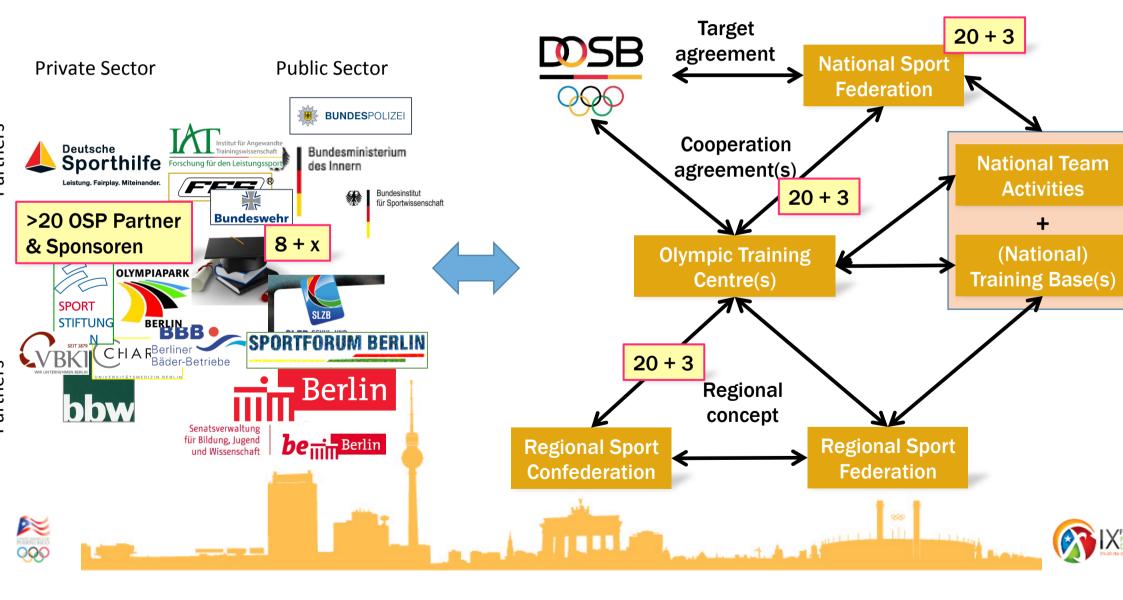
The German Elite Sport Support System, in reality

- Some considerable differences between OTCs
- Difference esp. re degree of *support development of elite* sport in region
- Difference due to varying contexts & developments:
 - # of sports (OSP B, 20 + 3 priority sports)
 - # athletes (OSP B, 450 athletes)
 - Reach re athletes & partners (B city state, most athletes
 & partners are geographically close)











Last but not least for circumstantial reasons, the OTC Berlin

- Actively supports/supported a high # of sports/ athletes
- Is/ was in regular contact with a high # of partners

Already in pre 2013 times, the OTC Berlin

- Picked up common issues & challenges across sports
- Bundled the common challenges for the sport

Today, the OTC Berlin

- Became actively involved in the coordination of elite sport in the region
- Takes up an active role re regional concepts, coordination and leadership







Overall, it is a challenge to define "the" role of a performance centre in the German system

Difference re understanding of <u>currently set</u> role & responsibilities vs. <u>previously given/ historically grown/ locally required</u> ones

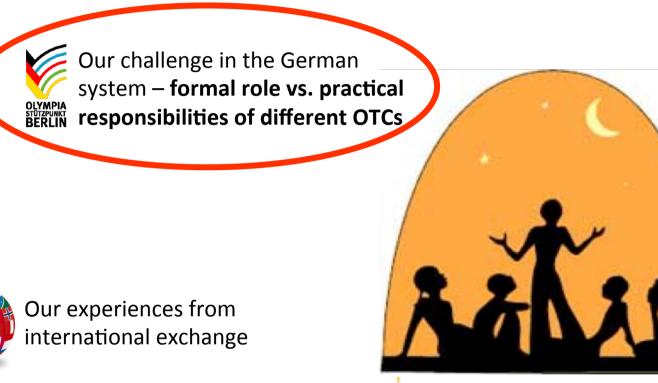
Difficult to communicate varying responsibilities

Challenge to secure <u>local solutions</u> in the (clearly required) alignment process of the German sport system





Building Blocks of the Story



Research into the elite sport success factor training facilities











What can we find in the academic

elite sport management literature

concerning the topic

role of performance centres?

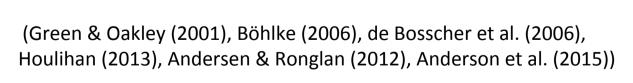






Current elite sport management research

- Known WHAT needs to be done (since 2001)
- SPLISS current industry standard for comparing systems (since 2006)
- Training facilities = one (of nine) SPLISS Pillars
- Still lacking: **2nd WHAT** and **HOW** research (since 2003)
- I.e. for training facilities
 - WHAT do state of the art training facilities actually look like
 - **HOW** do you deliver and/ or manage them in a given context









One study focussing on the elite sport success factor "training facilities"



Background – SPLISS CH 2011: revealed diversity re Pillar Training Facilities



Follow up study 2013/14: "What makes up a world class training centre?"



Published 2015:

- i) Term **training environment** (TE) vs. bricks & mortar terminolog
- ii) 5 dimensions & **33 elements** making up such a TE

(Böhlke & Neuenschwander 2015)







From sport management literature

Training environment (TE) > facilities for sports to succeed

List of 33 elements is available

Fair to assume, ASPC members find list reasonably complete

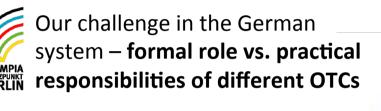
Open: who to quality control the TE - sport or centre managers

Doubt: list = generic set of responsibilities for centre managers



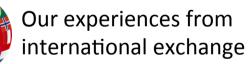


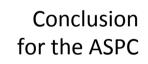
Building Blocks of the Story



Research into the elite sport success factor training facilities – + list of elements defining a TE, a generic set of responsibilities for centre managers













When "chatting" to (international) colleagues

- Experienced centre managers share vision re what a sport programme requires (i.e. list of TE)
- "Perceived" responsibilities re the delivery of different elements varies (i.e. situation in GER)

Potentially results in ...

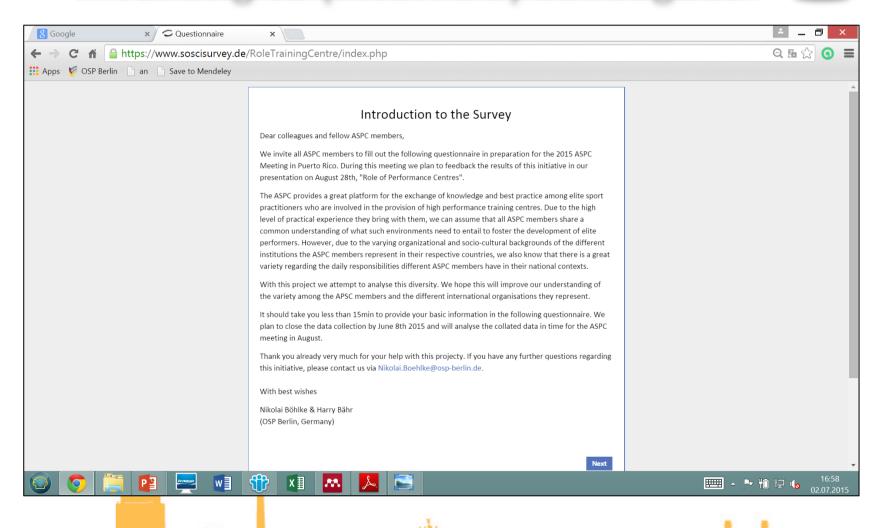
- ⇒ Misunderstanding of what colleagues talk about
- ⇒ Wrong (e) valuation of what colleague do and do not do
- ⇒ Potential conflicts when exchanging ideas, experiences & practices













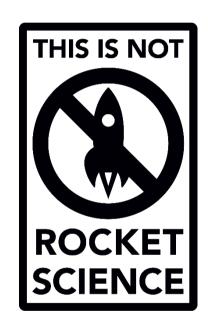




The survey, three disclaimers

"Research is Me-search"

Can we make our experiences more tangible?











The survey, its idea & design

- Starting point: list of elements (22 elements, 4 Dimensions) of a training environment
- Idea: let's profile how different ASPC members position themselves concerning these eleme
- Question: looking at each element as a centre manager, do you consider them to be ...?

	Our core responsibility		Delivered together with others		We (help) coordinate, others deliver		Responsibilty of others	′ .
de access to ies and ment of ient quality uantity to out all sary training.		0		0	0	0		



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- Idea: let's profile how different ASPC members position themselves concerning these eleme
- Question: looking at each element as a centre manager, do you consider them to be ...?

Responsibility & control with centre management

Effort to coordinate & manage partners/ stakeholders

sibilty

de access to ies and ment of ient quality uantity to out all

sary training.

Us/ DIY

This is our job, our responsibility, all under our control!

Partnership

We are involved in & jointly responsible for the delivery but do it together with someone else

Coordination

We are involved in the initiation, organisation, coordination of the delivery but are not involved in the actual deliver itself.

Others

Someone else is delivering this

rele fo



The survey, an overview of the respondents

An international picture:

- 26 complete responses (incl. pilot data)
- From 15 countries (6 AUS, 3 CAN & NLD, 2 Spain)
- 23 answers from actual centre managers

Same structures:

- Multi-sport set ups, no "hard" prioritization
- Majority (65%) have a number of priority sports but remain open for others
- The "priortisers" focus in average on 15 sports (big spread: 6 to 30)









The survey, an overview of the respondents (cntd.)

Similar focus:

All focus (to some extend) on podium performance (4 - 12 years from podium)

Varying scales of operations, similar athlete/ FTE ratio:

- Centres are of different sizes (big spread, 4 to 350 FTEs)
- However, ratio # athletes vs. # all FTEs appears to converge (6 resp. 9)
- With only 2 "outliers" (>30)









The survey, an overview of the respondents (cntd.)

Dominant "business model", tax payer funded:

- 90% are (somewhat) government funded
- For these, government money makes up 80% of budget
- Still: 2 not government funded

Similar stakeholders, government being a key "partner":

- 60% see government as key stakeholder
- 70% high performance sport partners









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The survey, what sets of responsibilities were reported

Quick reminder

- Based on the training environment study, we provided 22 elements, structured in 4 dimensio
- We offered a 7 + 1 point scale, then analysed data in a 4 + 1 scale matrix

			We (help)	
		Delivered	coordinate,	
	Our core	together	others	Responsibilty
	responsibility	with others	deliver	of others
de access to ies and	<u>Us</u>	<u>Partnership</u>	<u>Coordination</u>	<u>Others</u>
ment of ient quality uantity to out all sary training.	This is our job, our responsibility, all under our control!	We are involved in & jointly responsible for the delivery but do it together with someone else	We are involved in the initiation, organisation, coordination of the delivery but are not involved in the actual deliver itself.	Someone else is delivering this
			• •• •• •• ••	

Dimension A	Us	Partnership	Coordinate	Others	n
nt x	a %	b %	c %	d %	e
nt y					
nt z					

Infrastructure	Us	Partnership	Coordinate	Others	n
rovide access to facilities and equipment of nt quality and quantity to carry out all ary training.	61%	35%	4%	0%	0
Essentials: train & rest - done often "in house"	43%	52%	4%	0%	0
Provide access to appropriate dining facilities er a sport-appropriate menu.	39%	17%	17%	9%	17
rovide access to appropriate resting areas comes for athletes and coaches to retreat the course of a training day.	57%	22%	13%	0%	9
Provide access to appropriate nodation facilities with bedding suitable for s.	43%	13%	9%	17%	17
f not all information are available Also essentials: eat & sleep — variety of solutions nt venues.	26%	35%	22%	9%	9
Ensure that the training centre is easily ole with private and/ or public transportation.	9%	22%	22%	22%	26

Services	Us	Partnership	Coordinate	Others	n
Provide access to specific facilities and s to provide state of the art recovery entions and modalities.	74%	26%	Classic in	house jobs –	0
Provide access to state of the art sport and sport medicine support services (incl. utrition, psychology, physiotherapy etc. s).	78%	17%		pport services	
Provide access to fast and efficient ns in cases of medical emergencies.	35%	61%	4%		0
Provide access to research & development unities to continuously develop training es, sport medicine and sport science t services.	17%	61%	Total Control of the	sic partnershi Iedical ER and	
Provide access to effective lifestyle support tancy to develop realistic dual career plans letes (and coaches).	52%	35%	9%	4%	0
Develop and deliver solutions to realize s' (and coaches') dual career plans (incl. ion programmes, financial support, etc.).	35%	52%	13%	0%	o
Decide what athletes from which sport what type of support services to maximise erformance.	17%	57%	4%	13%	9
Manage and coordinate access to and Key success factor, big spread	48%	39%	13%	0%	9
- the wholly grail, managing who needs what to perform sures the service team members.	39%	48%	13%	0%	0

Performance coaching		Us	Partnership	Coordinate	Others	n
ensure that coaches are highly knowled ea lot of technical competence.	geable	13%	43%	26%	17%	C
Insure that coaches work as a performal and performance driven team.	ance	12%	39%	22%	26%	-
Provide access to a performance-focuse dge mans and system contact system core challenges – high % not	<u> </u>	22%	43%	22%	13%	C
under direct control		Us	Partnership	Coordinate	Others	n
sed and carried out in a way that is ossible explanation - are coaches		43%	26%	17%	13%	(
employed by centres?	ality nes.	35%	30%	22%	13%	0
13 centres do, 10 do not employ Open: Employ vs. management	ality	48%	26%	22%	4%	(
			Acres de la constitución de la c		Lietin	24-30 de o



nfrastructure	Un	artnershi	Coordinate	Others	n/a
access to facilities and ufficient quality and quantity	61×	35%	4×	0%	0%
pessary training.	612	35%	***	0%	02.
access to equipment to					
s and feedback key data from		52%	4%	0%	0%
mpetition to athletes and					
access to appropriate dining	39%	17%	17%	9%	17%
fer a sport-appropriate menu. access to appropriate rest					
g room for athletes and	57%	22%	13%	0%	9%
reat during the course of a					
access to appropriate		40		47	47
on facilities with bedding	43%	13%	9%	17%	17%
letes. Infrastructure elements are					
one stop shop" set up,					
utions to manage the da	26%	35%	22%	9%	9%
n different venues.					
hat the training centre is easily	9%	22%	22%	22%	26%
private and/ or public	٥/-				
Services		artnershi'	Coordinate	Others	nła
access to specific facilities provide state of the art	74%	26%	0%	0%	0%
entions and modalities.	142	26%	0%	0%	02
access to state of the art					
and sport medicine support	78%	17%	4%	0%	0%
&C, nutrition, psychology,	18%	II Z	4%	0%	0%
etc. services).					
access to fast and efficient	35%	61%	4%	0%	0%
ses of medical emergencies. access to research &	_				
pportunities to continuously					
g practices, sport medicine	17%	61%	22%	0%	0%
ce support services.					
access to effective lifestyle					
tanoy to develop realistic dual	52%	3000	9%	4%	0%
r athletes (and coaches). and deliver solutions to					
' (and coaches') dual career	35%	52%	13%	0%	0%
cation programmes, financial					
what athletes from which sport					
e of support services to	17%	57%	4%	13%	9%
performance.					
and coordinate access to and support services athletes are	48%	39%	13%	0%	9%
support services atmetes are	70%	33%	13%	02.	32.
access to a performance-					
edge management &		40	****		
ystem that ensures the	39%	48%	13%	0%	0%
ressional development of the					
rmance coaching		artnershi	Coordinate	Others	19
hat coaches are highly	13%	43%	26%	17%	0%
and have a lot of technic					
hat coaches work as a	13%	39%	22%	26%	0%
access to a performan					
edge management &					
ustern that ensures the	22%	43%	22%	13%	0%
fessional development of the					
ormance culture		artnershi	Coordinate	Other	4a
hat the daily training is well	43%	26%	17%	13%	0%
carried out in a way that	43%	26%	17%	13%	0%

Findings

- Some strong similarities (>60%):
 - Classic in house job: Providing training facilities, recovery solutions, SS/
 - Classic partnership job: Providing Medical ER and R&D
- Some considerable diversity:
 - Across specific elements (e.g. dining and accommodation)
 - But esp. re specific dimensions (performance coaching & culture)





nfrastructure	Us	artnershi	Coordinate	Others	n/a
access to facilities and ufficient quality and quantity to	61%	35%	4%	0%	0%
sessary training, access to equipment to and feedback key data from	43%	52×	4%	0%	0%
npetition to athletes and access to appropriate dining	39%	17%	17%	9%	17%
fer a sport-appropriate menu. access to appropriate resting proom for athletes and eat during the course of a	57%	22%	13%	0%	9%
access to appropriate on facilities with bedding letes.	43%	13%	9%	17%	17%
nfrastructure elements are ne stop shop" set up, provide utions to manage the daily n different venues. nat the training centre is easily	26%	35%	22%	9%	9%
nat the training centre is easily private and/ or public	9%	22%	22%	22%	26%
Services	Us	artnershi'	Coordinate	Others	nła
access to specific facilities provide state of the art entions and modalities.	74%	26%	0%	0%	0%
access to state of the art nd sport medicine support &C, nutrition, psychology, etc. services).	78%	17%	4%	0%	0%
access to fast and efficient ses of medical emergencies.	35%	61%	4%	0%	0%
access to research & pportunities to continuously gpractices, sport medicine ce support services.	17%	61×	22%	0%	0%
access to effective lifestyle tancy to develop realistic dual rathletes (and coaches).	52%	35%	9%	4×	0%
and deliver solutions to * (and coaches*) dual career cation programmes, financial	35%	52×	13%	0%	0%
what athletes from which sport e of support services to performance.	17%	57×	4%	13%	9%
and coordinate access to and support services athletes are re.	48%	39%	13%	0%	9%
access to a performance- edge management & gstem that ensures the fessional development of the	39%	48%	13%	0%	0%
rmance coaching	Us	artnershi	Coordinate	Others	n/a
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hat coaches work as a cused and performance	13%	39%	22%	26%	0%
access to a performance- edge management & ystem that ensures the fessional development of the	22%	43%	22%	13%	0%
ormance culture	Us	artnershi'	Coordinate	Others	n/a
hat the daily training is well carried out in a way that is athletes.	43%	26%	17%	13%	0%
and foster a performance inning mind set among	35%	30%	22%	13%	0%
and foster a performance inning mind set among the nce/ service team.	48%	26%	22%	4%	0%

Findings (cntd.)

- The bottom line, across all elements
 - 39% of elements provided "in house" (++ control, no externals involver
 - > 60% not exclusively provided by centres (? control, ! stakeholder/ par
 - > 20% not even in partnership (?/- control, !! stakeholder/ partners)







Partnership coordination & stakeholder management => PR Activities?

- Only 65% of centres HAVE to do some sort of PR
- But 96% of centres actually DO some sort of PR
- => Only **ONE** respondent does not seem to get involved in PR ...









36% of elements provided in partnership (ER, R&D but also dual carrier and competence of coaches)

At the same time, no PR activities reported

Q: How do you find, engage and keep your partners without talking about yourself & your work?









Keeping the focus on the centres as independent variables ...









ppears there are different "types of centres"

DIY

Partnership

Coordinator

Specialiser

uld be interesting to know from centres ...

Is this is a surprise? Would you agree?

Why do you have this profile today? By decision/

evolution?

What is your key strength/ weakness

due to this profile?

Centres	US	Partnership	Jordina	Others	n/:
Centre 1	23%	14%	59%	0%	5%
Centre 2	14%	50%	32%	0%	5%
Centre 3	64%	9%	23%	0%	5%
Centre 4	18%	55%	27%	0%	0%
Centre 5	36%	32%	23%	9%	0%
Centre 6	59%	32%	0%	0%	9%
Centre 7	32%	27%	5%	36%	0%
Centre 8	32%	55%	0%	5%	9%
Centre 9	32%	23%	14%	32%	0%
Centre 10	73%	9%	0%	0%	189
Centre 11	45%	45%	5%	0%	5%
Centre 12	18%	64%	9%	9%	0%
Centre 13	45%	55%	0%	0%	0%
Centre 14	41%	50%	9%	0%	0%
Centre 15	18%	64%	0%	0%	189
Centre 16	27%	36%	23%	14%	0%
Centre 17	27%	32%	32%	9%	0%
Centre 18	64%	18%	5%	14%	0%
Centre 19	73%	18%	5%	0%	5%
Centre 20	55%	9%	5%	32%	0%
Centre 21	25%	36%	41%	0%	0%
Centre 22	45%	36%	0%	9%	9%
Centre 23	23%	68%	5%	0%	5%







coordinator centre" –



Is this is a surprise? Would you agree?

Why do you have this profile today? By decision/

evolution?

Centres	US	Partnership	oordinat	Others	n/a
Centre 1	23%	14%	59%	0%	5%
Centre 2	14%	50%	32%	0%	5%
Centre 3	64%	9%	23%	0%	5%
Centre 4	18%	55%	27%	0%	0%
Centre 5	36%	32%	23%	9%	0%
Centre 6	59%	32%	0%	0%	9%
Centre 7	32%	27%	5%	36%	0%
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Centre 19	73%	18%	5%	0%	5%
Centre 20	55%	9%	5%	32%	0%
Centre 21	23%	36%	41%	0%	0%
Centre 22	45%	36%	0%	9%	9%
Centre 23	23%	68%	5%	0%	5%







do it yourself centre" –



Is this is a surprise? Would you agree?

Why do you have this profile today? By decision/

evolution?

	LIC			O.I.	,
Centres	US	Partnership	Coordinate	Others	n/a
Centre 1	23%	14%	59%	0%	5%
Centre 2	14%	50%	32%	0%	5%
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Centre 6	59%	32%	0%	0%	9%
Centre 7	32%	27%	5%	36%	0%
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Centre 19	73%	18%	5%	0%	5%
Centre 20	55%	9%	5%	32%	0%
Centre 21	25%	36%	41%	0%	0%
Centre 22	45%	36%	0%	9%	9%
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partnership centre" –



Is this is a surprise? Would you agree?

Why do you have this profile today? By decision/

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Centres	US	Partnership	Coordinate	Others	n/:
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Centre 4	18%	55%	27%	0%	0%
Centre 5	36%	32%	23%	9%	0%
Centre 6	59%	3L%	0%	0%	9%
Centre 7	32%	27%	5%	36%	0%
Centre 8	32%	55%	0%	5%	9%
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Centre 19	73%	18%	5%	0%	5%
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Centre 21	23%	36%	41%	0%	0%
Centre 22	45%	36%	0%	9%	9%
Centre 23	23%	68%	5%	0%	5%







specialiser" –



Is this is a surprise? Would you agree?

Why do you have this profile today? By decision/

evolution?

Centres	US	Partnership	Coordinate	Others	n/
Centre 1	23%	14%	59%	0%	59
Centre 2	14%	50%	32%	0%	5%
Centre 3	64%	9%	23%	0%	59
Centre 4	18%	55%	27%	0%	09
Centre 5	36%	32%	23%	9%	09
Centre 6	59%	32%	0%	0%	99
Centre 7	32%	27%	5%	36%	09
Centre 8	32%	55%	0%	5%	99
Centre 9	32%	23%	14%	32%	09
Centre 10	73%	9%	0%	0%	18
Centre 11	45%	45%	5%	0%	59
Centre 12	18%	64%	9%	9%	09
Centre 13	45%	55%	0%	0%	09
Centre 14	41%	50%	9%	0%	09
Centre 15	18%	64%	0%	0%	18
Centre 16	27%	36%	23%	14%	09
Centre 17	27%	32%	32%	9%	09
Centre 18	64%	18%	5%	14%	09
Centre 19	73%	18%	5%	0%	59
Centre 20	55%	9%	5%	32%	09
Centre 21	23%	36%	41%	0%	09
Centre 22	45%	36%	0%	9%	99
Centre 23	23%	68%	5%	0%	59







types of centres a nation-specific solution? oes not seem like it ...

Is this is a surprise? Would you agree? Why do you have this diversity? By decision/evolution?

Centres	US	Partnership	Coordinate	Others	n/a
Centre 1	23%	14%	59%	0%	5%
Centre 2	14%	50%	32%	0%	5%
Centre 3	64%	9%	23%	0%	5%
Centre 4	18%	55%	27%	0%	0%
Centre 5	36%	32%	23%	9%	0%
Centre 6	59%	₹VIS 32%	0%	0%	9%
Centre 7	32%	7704	5%	36%	(
	32%	55%	0%	5%	1
Centre 9	Northern Territory Government	23%	14%	32%	
Centre 10	73%	9%	2005	U%	189
Centre 11	45%	45%	ACT; Government	0%	5%
Centre 12	18%	64%	370	9%	0%
Centre 13	45%	55%	0%	0%	0%
Centre 14	41% Q	AS 50%	9%	0%	0%
Centre 15	18%	STRONGER 64%	0%	0%	189
Centre 16	27%	36%	23%	14%	0%
Centre 17	77%	32%	32%	9%	0%
Centre 18	64%	18%	5%	14%	0%
Centre 19	73% ш	ais 18%	5%	0%	5%
Centre 20	55%	9%	5%	32%	0%
Centre 21	23%	36%	41%	0%	0%
Centre 22	45%	36%	0%	9%	9%
Centre 23	23%	68%	5%	0%	5%





Building Blocks of the Story

Our challenge in the German system – **formal role vs. practical responsibilities of different OTCs**

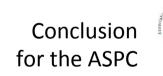
Research into the elite sport success factor training facilities –

+ list of elements defining a TE,

? A generic set of responsibilities

for centre managers









Conclusion



Overall aim was to highlight diversity

- Aim was not to look for a "right way" or "best practice"
- Survey was not rocket science







Going forward, consider when talking to fellow ASPC members

- We probably share a vision for a TE
- Fellow members might have different responsibilities re delivering its element

Going forward, consider when planning CPD for ASPC

- Partner & stakeholder management seems to be a big common responsibility
- Can we find good lessons in other public/ private sector management areas?







Roles of Performance Centers

Dr. Nikolai Böhlke and Dr. Harry Bähr Olympic Training Centre, Berlin









Why bother with the additional responsibilities and creating conflicts in the system ...

... because we experienced the following story too often:

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.







Ton E Florents	Considered priority by		Element delivered as				
Top 5 Elements			Us Partnersh		Coordination Others		n/a
m: Provide access to state of the art ence and sport medicine support incl. S&C, nutrition, psychology,	17	74%	78%	17%	4%	0%	0%
m: Provide access to facilities and nt of sufficient quality and quantity out all necessary training.	15	65%	61%	35%	4%	0%	0%
m: Provide access to equipment to nalysis and feedback key data from and competition to athletes and	12	52%	43%	52%	4%	0%	0%
m: Develop and foster a nce mentality and winning mind set hletes and coaches.	12	52%	35%	30%	22%	13%	0%
m: Provide access to research & nent opportunities to continuously training practices, sport medicine to science support services.	10	43%	17%	61%	22%	0%	0%

Q: Top 5 development

- 2 being currently un direct control of cen
- 2 being mainly deliver in partnership
- 1 under little direct control of centre management



