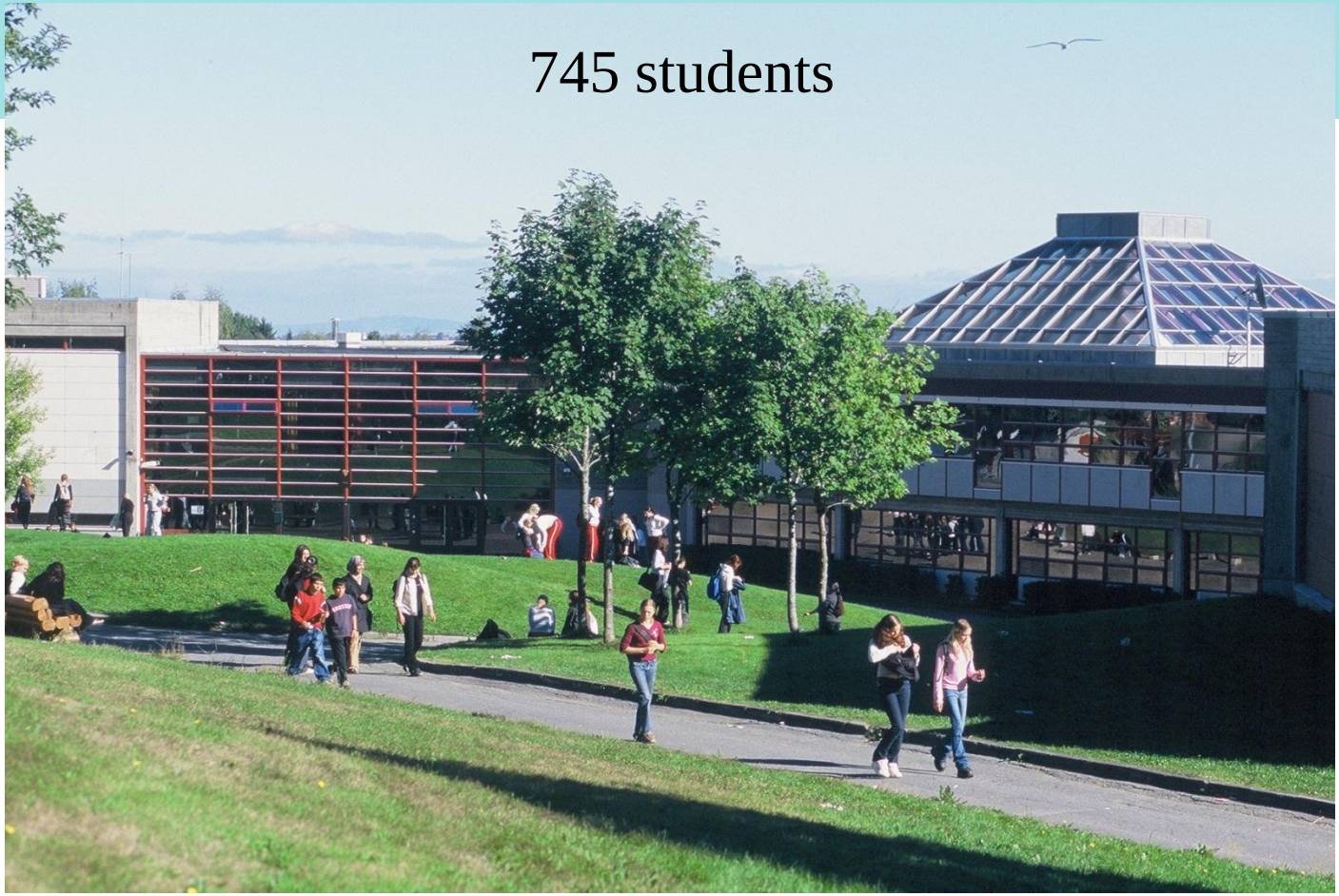
Sports Education at Heimdal Upper Secondary School



EAS Conference, 20 Sep 2013

Ivar Husby

Heimdal Upper Sec. School



5 educational programmes

Programme for

- Specialization in General Studies (270)
- Sports and Physical Education (240)
- Music, Dance and Drama (90)
- Electricity and Electronics (90)
- Service and Transport (55)

Programme for Sports and Physical Education



Programme for Sports at Heimdal

- 4 years
- up to 50 % of applicants to 1st year can be admitted on the basis of documented skills in combination with grades.
- National courses in ski jumping and Nordic combined
- Top-level sports education
- “Sharpened top-level sports” (6 disciplines)
- Access to advanced courses in Maths, Physics, Chemistry

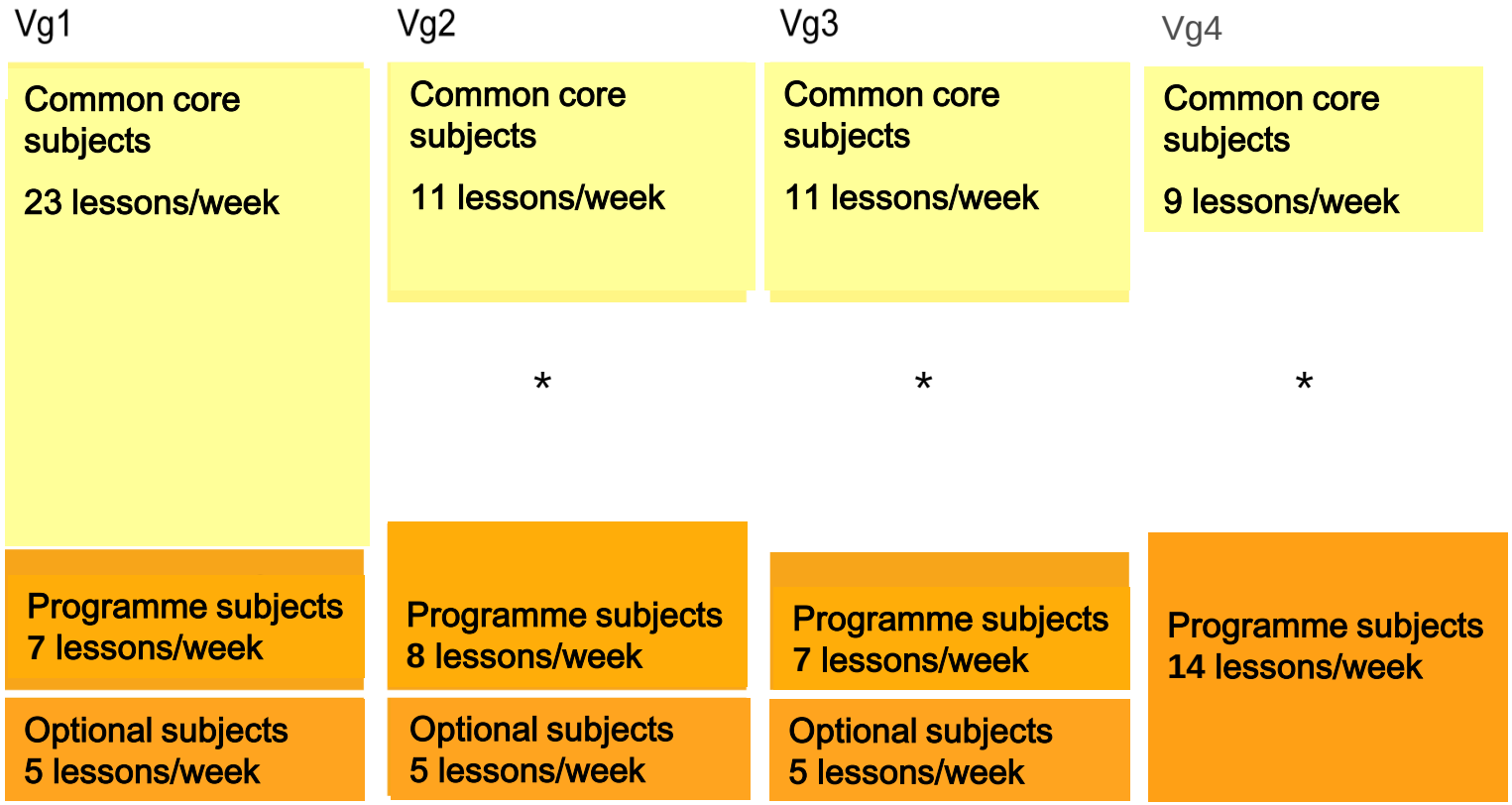
Sports offered at Heimdal

- In 2013/2014 there are 238 students. Most of them has an in-depth sport:

Handball (67 students)
Cross-country skiing (59 students)
Biathlon (31 students)
Ski jumping (24 students)
Nordic combined (10 students)
Orienteering (10 students)
Speed skating (6 students)
Swimming (5 students)
Figure skating (2 students)
Boxing (1 student)
Taekwondo (1 student)

- 21 students have chosen the programme subject Recreational sports.

Distribution of periods and subjects 4 years



University admission requirements

- Programme for Sports = *general* university admission
- Programme for Sports
  + additional science subjects = *special* university admission

A typical timetable 2nd year

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Subject	Training	Math R1	Training	Subject
2	Subject		Math R1		Subject
3	Subject		Subject		Physics 1
4	Subject		Subject		Physics 1
5	Physics 1	Subject	Subject	Physics 1	
6	Physics 1	Subject		Math R1	Training
7		Math R1			
8		Math R1			

Our philosophy

- A holistic view of the student athlete (sports, education, values, health)
- Young athletes should not have to choose between top-level sports and education
  - Educational and sports institutions should encourage and aid a dual career
  - It is a public responsibility to provide career planning
  - Top athletes who are also good at school are good role models
  - A broad basis: bigger chance to identify top athletes

What is required?

- Close cooperation between
  the sports organizations - the local authorities - the school
- Money and political goodwill
- Highly qualified coaches/trainers and good training and competition facilities
- Teacher/trainer at school – trainer in club (Trønderhopp and Granåsen Skiteam)
- Extended time (4 years) and flexibility (distance teaching, tests, absence)
- Access to extra subjects (advanced courses in science subjects)

Adresseavisen | Lørdag 6. april 2013

Trønderhopp

Trønderhopp har også i vinter
bidratt til mange stolte hoppøyeblikk.
Vi er stolte og glade over alle prestasjoner, og nevner spesielt



Sondre Vestøl Bråtane deltok i europeisk ungdoms-OL i Romania.



Karoline Røstad debuterte i WC damer på hjemmebane i Granåsen.



Jonas Sandell representerte Norge i Japan under Miyasama Games.



Johann Andre Forfang deltok i junior VM i Liberec og vant sitt første internasjonale hopprenn i COC Vikersund.



Andreas Stjernen slo gjennom internasjonalt med sin første pallplassering, 2. plass skiflyvning i Oberstdorf.



Anders Bardal tok gullet hjem fra VM i Val de Fiemme, 47 år etter Wirkola.

GRANÅSEN Skiteam TRONDHEIM

Granåsen skiteam takker

Heimdal vgs

for støtten sesongen 2012-2013

GRANÅSEN Skiteam TRONDHEIM

VM sølv: Magnus Moan, Magnus Krog, Håvard Klemetsen og Jørgen Graabak.
Rent bord i Jr. NM: Gull til Espen Bjørnstad, sølv til Christian Ingebrigtsen og bronse til Emil Vilhelmsen





Example: Trønderhopp

Heimdal – Trønderhopp – NSF (Norwegian Skiing Federation)

- Athletes on the national team: Håvard Lie (financed by NSF)
- Elite (sharpened top-level Heimdal) - Henning Stensrud (50% Heimdal, 50 % Trønderhopp)
- Group 1 - Morten Solem (35 % Heimdal, 65 % Trønderhopp)
- Group 2 - Geir Johnsen (50 % Heimdal, 5 % Trønderhopp)
  - Roar Ljøkelsøy (100 % Trønderhopp)

«Sharpened» top-level sports

- 1978: Heimdal upper sec. school introduces an extended optional subject (ski) that provides for a dual career in both education and sports
- 1989: The school initiates a pilot project «Top-level sports in public schools». A 4-year course supported by the Norwegian Skiing Federation, the County Council and the Education department.
- 1995: Two national courses are established at Heimdal: Ski jumping and Nordic combined
- 2008: «Sharpened top-level sports» is introduced

«Sharpened» top-level sports

A joint regional initiative:
the Olympic Sports Centre (excellence criteria and support) -
the County Council (money) – the sports schools (executive)

Sør-Trøndelag County Council



Mid-Norway's Olympic Sports Centre

Sports organizations

«Sharpened» top-level sports

- Main goals
  - Provide enhanced, individualized coaching and quality training AND good education in the public schools to «the high-performing athletes of tomorrow with a potential to gaining medals in future championships»
  - Fulfilling the demanding goal in the county's sports manifest: «Broad basis – best at the top».

«Sharpened» top-level sports

- Ca 8 students in each ‘sharpened’ group
- Closer follow-up, tests, training camps, individual coaching
- Extended time (4 years)
- Holistic view of the athletes («the 24 hour youth»)
- Close cooperation between the school and the clubs/regional organizations and the Olympic Sports Centre
- Teacher in school – trainer in club (preferred)
- Money: ca 50 % teacher position per sharpened sport
- Access to good training facilities and competition arenas

«Sharpened» top-level sports

Heimdal has sharpened groups i 6 sports:

- Handball (ladies): Claus Mogensen
- Biathlon: Knut Kuvås Brevik
- Orienteering Terje Maroni
- Nordic combined: Kristian Dahl and Bjørn Kåre Ingebrigtsen
- Ski jumping Henning Stensrud
- Cross-country skiing: Maj Helen Nymoen

Former students with international merits

- **Ski jumping:** Geir Johnsen, Steinar Bråten, Kristian Brenden, Helge Brendryen, Ole Christian Eidhammer, Geir Ole Berdahl, Tommy Ingebrigtsen, Roar Ljøkelsøy, Bjørn Myrbakken, Morten Solem, Henning Stensrud, Håvard Lie, Stein Henrik Tuff, Andreas Stjernen, Anette Sagen, Johan Remmen Evensen.
- **Nordic combined**: Frode Moen, Magnus Krog, Jan Schmid, Jørgen Gråbak, Petter Tande, Magnus Moan.
- **Cross-country skiing:** Øyvind Skaanes, Grete Ingeborg Nykkelmo, Didrik Tønseth, Vegard Dale, Petter Eliassen.
- **Handball:** Trine Haltvik, Gøril Snorroeggen, Marte Snorroeggen, Mari Molid, Marie Henriksen, Rune Skjervold
- **Other sports:** Atle Kvålsvoll, Harald Martin Brattbakk

Former students with international merits









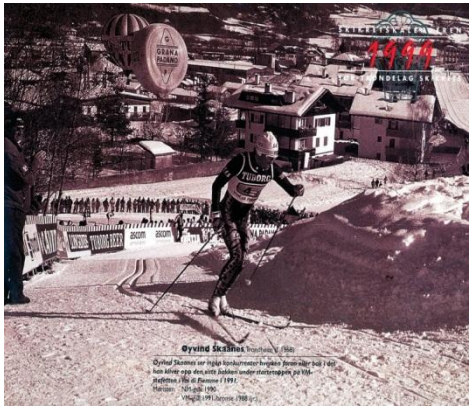




Former students with international merits













What became of them?

Athlete	Education	Vocation
Steinar Bråten	MA Sports	OLTMN
Kristian Brenden	MA /Bsc	Counsellor regional college
Roar Ljøkelsøy		Trainer Trønderhopp
Håvard Lie		Trainer national team
Henning Stensrud		Trainer Trønderhopp
Frode Moen	PhD coaching	Head of OLTMN
Gard Myhre	Physiotherapy	Physiotherapist
Jakob Gunnes		Accountant
Ola Morten Græsli	agronomy	Agronomist / nurse

What became of them?

Athlete	Education	Vocation
Petter Tande		Fisherman
Espen Rian		Engineer /electrical trades
Jan Schmid	BSc sports	
Magnus Krog	BSc sports	
Jørgen Graabak	Economy	
Tommy Schmid	BSc IT/MA	
Jo Wesche Fossheim	MA economy	
Øyvind Skaanes	BA	Teacher Heimdal
Astrid Øvstedal	Medicine	Medical doctor

What became of them?

Athlete	Education	Vocation
Ola Berger	Medicine	Medical doctor
Stein Vidar Thun	Physiotherapy	Physiotherapist
Petter Eliassen	Physiotherapy	
Vegard Dahle	Economy	
Henrik Brovoll	Medicine	Medical doctor
Grete I Nykkelmo	Civil engineer	
Martin Skogset, student (biathlon)		