How to combine studies and Cross-Country Skiing

Meråker VGS / HINT

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Background

- There is a time for everything in life
- What you achive in life as a cross-country skier is not easy to predict based on what you have performed before the age of 19-20.
- The development from 20-23 years old is crucial
  - Studies and sports
  - Friends and future life partner
  - Cultural expectations
  - The period is so essential for what one becomes later in life
- The organization of higher education complicates the combination of studies and working hard towards a future as an elite athlete.
- Economical perspective : Founding system for students
- Student-unions are also a problem

Meråker College/High school

- Sport Results of past and present students:
- Olympic medals 17
- World Champion medals: Cross Country skiing 41, Biathlon 21
- All together: 125 students have won a medal in a Championship (national and international), most of them as a seniors.
- Totally 813 medals since 1990
- Last year 25% of the partisipants in the Norwegian Championship Cross-Country skiing was from our school
- And the rifle shooting is not in this statistic.
  - Ref: www.tigerbridge.org

Study-grades and career

- Since 1996, only 2 failures of examination!
- During this time period, only 5 students stopped or failed to complete the studieprogram!
- Students deliver grade point average in the top range of the country every year
- Very many work as teachers, physiotheraphists, coaches, police, docters, manual theraphists /chiropractioners, in health care and napraphats
  - This is of crucial importants for us !!

Meråker X-C Skiing High School/ HINT

- Public school
  - One out of four official x-c skiing high schools in Norway, Certificatet by he Norwegian skifed
  - Recruit students from all over Norway (and other countries)
  - Primary school grades decide who can study at MVS
  - Totally 210 students and 45-50 university students
  - 4 years + 2-3 years at university level
- HINT (Nord-Trøndelag University College)
  - Levanger, Steinkjer, Namsos, Stjørdal and Meråker
  - 4500 students and 370 full-time employees
  - 50 students enrolled in the Meråker, program in Sports and Teachers Education. One year study ; Sports Teacher, half year study; Skills and Performanse development (30stp), and half year Bachelor in sports (30 stp).
  - Specially designed for cross-country skiers, biathletes and rifle shooters.

Philosophy

- Everyone who wants to come to Meråker is importaint to us.
- Everybody has got enough talent.
  - We must work with the students we got.
- We are running a school!
  - Education in school subjects
  - Education in sports
  - Knowledge is POWER PACKEDGE!
- Coordinate a combined system of school and developing top athletes.

Philosophy

- 1-2 grade
  - Educate them in training
  - Educate them in daily life organization
    - School, homework, making food, cleaning, sleeping and so on
  - Educate them on rules, attitude and values of training and sport (CC and Biathlon)
- 3-4 grade
  - Indipendent training
  - Guidance
- 1-3 year university level
  - Deliberated practice
  - Perfectionism
  - Detailed focus
  - First level of performance
  - Designed practise to develop specialist skills

HINT Meråker Studies

- 1 year sports and teacher training (60 stp)
  - 41 students
  - Part time 2 years
  - Aug-Nov
  - Every 4 week it is training-camps
    - Coordinated with the teams schedule for camps
    - Schedule at school is coordinated with training plan
      - ex Intervall Rollerskiing in the morning and dancing classes in the afternoon (restitution)
      - Endurance sports that can contribute to better performance and endurance in this period.
  - 2-3 hour with lectures
  - Coordinated exams with competition season in Nov and Dec

HINT Meråker Studies

- 1 year sports and teacher training (60 stp)
  - 15 april – 15 jun
  - 6-8 hours with school
  - Exams
  - Integrated trainings in school
    - Eks: every swimming class includes 35-45 min intervall swimming and a total distanse of 1800m – 3000m svimming
    - Soccer-trainng contains an interval period of playing 2 against 2 for 30-45 min organized as intervals
    - Handball 1.30t followed by 1 hour strength training

HINT Meråker Studies

- Skills and performance development in sport (FPI 30 stp).
  - Organized over 2 years
  - Contains the development of the competence and skills who is demanded to become a top athlete in Cross-Country Skiing and Biathlon
  - Development of phys/psych /social/ factors
  - Training and best practise
  - The daily deliberated practise
  - Exam (writing scientific article and evaluation of their own process working towards their goals), and a pedagogical report after practice as a coach/teacher
  - Cooperation with Olympiatoppen and Norwegian Skifed

HINT Meråker Studies

- Bachelor in Sports (30 stp)
  - 2 weeks with scientific methodology in the Autumn
  - Write an article, doing the process constructing a scientific work.
  - Training with the rest of the students

- General
  - The teachers are also the coaches
  - Very good support from HINT dept sports and admin
  - Popular study, 54 applicants to 12 available spots this year

Challenges

- Funding
  - It costs 18,000 per year to participate in the program
    - The training program (payment of the coach)
    - Training camps and access to training facilities
  - Equpment
- A question about the budget at HINT, priorities.
- 3 coaches at 50 athlets!!!

Implementing Deliberated Practice

- It isn`t enough with 10000 hours of practice
- Deliberated practice:
  - **Specifically designed to improve performance**
  - **It can be repeated a lot**
  - **It`s highly demanding mentally**
  - **Feedback on result is continously available**
  - **It isn`t much fun! ☺**

Performance period

- We look at the period after the students are finished at HINT/Meråker as the performance periode
- Many years with practice > into performance
- Have you been training 10000h with low quality, then you most likely have gained low self-esteem and by this most probably will have mentally challenges connected to perform over a prolonged period of time. You may have a win or two but you will not be best.
- Despite critisism and bad review, this is the time to bloom and glow
- Success, what is it?

The Cross Country Skiers CV

- *I am endurant and have the ability to work with a project over an extended period of time with relatively high intensity.*
- *I am task and result-oriented and find competitions developing and interesting.*
- *I am skilled in prioritizing, planning and organicing.*
- *I work best under pressure and stress.*
- *I am goal-oriented and familiar with working towards short- and long- term goals.*
- *I am effective and rational.*
- *I am used to risks and can deal with failiours and succeses.*
- *I am focused on fair play.*
- *I am concerned about my own health and I am almost never sick.*

Formula of Well-beeing

- Well-beeing = $\frac{G^2}{L_l + L_s}$

Arne Næss (23)

Formula

- G = (glow)passion
- L_l= pain body
- L_s= pain soul