



IFK Mora OK WOC Project

Goal:

IFK Mora OK enables Elite athletes with ambition to participate in World Orienteering Champs to prepare in the best way possible for this event. The support of the club should complete the program from the national teams. Runners within the project share their experiences and knowledges with each other so everyone gets as much inputs as possible. We begin with WOC 2019 in Norway.

Key facts WOC19 Norway Project:

- IFK Mora OK will provide a fix accommodation to the athletes close to the competition area during summer 2018 and 2019 (which months will be decided as soon as the programs from the national teams will be public)
- IFK Mora OK will provide fix trainings and maps in the most relevant terrain in cooperation with the local clubs
- The athletes will get support for their travels to the training camps
- The elite coach of IFK Mora OK will update the athletes about the trainings, local races and special events
- The elite coach will frequently put mental challenges and specific information for WOC19 in a shared folder, which is open for all athletes and should be used to exchange ideas and information
- The first camp in Norway will be in Spring 2018
- To take part in the project you need to be selected in IFK Mora OK's A Team. You can anyway qualify for the project later during the process and all members of the IFK Mora OK Elite groupe are of course allowed to join the regular Elite program, which will be combined with the WOC project.

Vision:

IFK Mora OK wants to support athletes in the best possible way to reach their individual goals and to be successful at the big relays in Scandinavia. The vision is to have similar projects every second year with focus on forest disciplines - the WOC19 Project will therefore be followed by a WOC21 Project in Czech Republic.

Interested in knowing more and apply to the project:

Contact details:

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IFK MORA orienteringsklubb

