



International Perspective on High Performance Athlete Development

Anders Hestdalen

Background

- National Team Athlete
- Strength and Conditioning and Assistant ski coach for Norway's Alpine Ski Team
- Director of Sports
- General Manager BC Alpine
- Business
- Economics, Literature and Philosophy
- Elite Coaching Degree
- Master Business Management





asvindal



♥ 16 535 likerklukk

asvindal Sometimes a 2nd place is more than OK. Today was amazing, and very unexpected. A team victory! Not only because we were 1st and 2nd. But more so because I'm a part of the best team in the world. I only had two weeks of real skiing before this race, but skiing with Kjetil, Aleksander and the rest of the boys means those two weeks were the best training anywhere in the world. Thanks!

Se alle kommentarer for 185

pepshred Hero!

norwailongboards The best of the best 🌟🌟🌟🌟



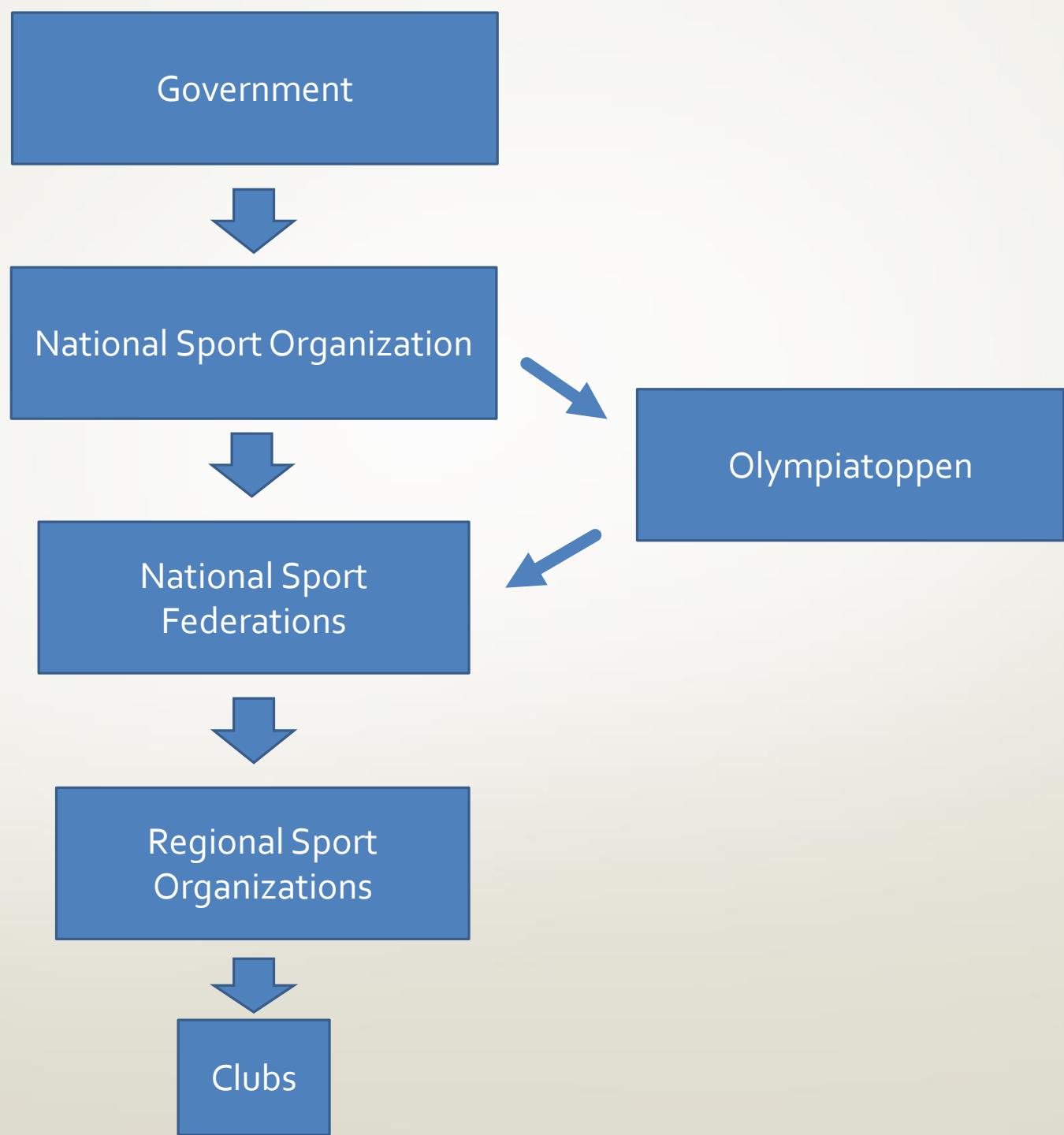
“Skiing is a team sport except from the two minutes you’re on the course”

Aksel Lund Svindal,
Olympic Downhill Gold
2018



**To be better than the rest, you
have to create an environment that
allows you to practice at the
optimal level**





The Norwegian National Team Model – the foundation

- Agreement between OLT and the NSO – only National team athletes can compete for Norway
- Ensures marketing rights for the NSO but also for the athletes – a balance between communal and individual needs
- The sports we are identifying ourselves with are organized sports
- 'We' is more important than I – the National team model builds the community culture. No one becomes a World Champion alone
- Everyone brings their experience and knowledge to the community so the total benefit for every individual becomes greater
- The National Team should be best place for development and can only survive if it is – OLT

Olympiatoppen / OTP

Philosophy: Together for the great achievements

- Built to support and challenge the national teams and the National sport federations
- Contribute to development of athletes, National Teams and Sport Federations
- A culture of performance where you train best in the world, share experiences and learn from each other, enjoy each others success, and where the values are the fundamentals
- Main focus: Quality of daily practice, relationships in the teams, quality of competition performances



In the end the National team model is about values, not just financial values, but the values that defines us as athletes, National Teams, leaders and as a Sport Nation



«In an era in which every world-class athlete seems fixated on personal brand-building and competing for the most Facebook likes and Twitter followers, the Norwegians embrace an altogether different approach to success. It is a contrarian mix of humility, egalitarianism and basic respect...»

New York Times, 2018

