**ÖFOL ELITE TEAM FOOT ORIENTEERING**

QUESTIONNAIRE – TEAM APPLICATION 2025

(To be filled in in English, please.)

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| E V A L U A T I O N |
| **Where did you do your best orienteering performances of season 2024? Please list up 2-3 races (all levels) with best orienteering PERFORMANCES (flow, control, offensivity, perfectionism - not purely results).** |
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| **How would you (briefly) evaluate your 2024 season? Did you reach your goals? Yes / partly / no – in all cases WHY? What went well and where did you face the main challenges?** |
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| A N A L Y S I S |
| **How about the structure of your season / training year? Did you recently have clear priorities? Were they well set? Are you designing it together with someone?** |
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| **Daily training – is your training system sufficient to reach your goals?**  **Do you consider your training approach effective? Are you happy with the progress? If in doubts, are you planning some systematic changes? Could you (very briefly) specify them?** |
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| **Is your training generally specific enough? Is the way how you train matching the demands of the target races? Have you recently tried to improve in that respect?** |
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| **Are you able to create a sufficient performance basis during winter time – so that you can built your season performance an a steady basements?** |
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| **Are you using any regular testing of your performance level? Especially in build-up period. If yes, please briefly specify.** |
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| **Please give your estimation of 3k track time which are currently giving good chances to be competitive in sprint-O at international level in your class.** |
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| **What could you generally improve to reach even better RESULTS in orienteering at international level? Please name (briefly) just 2-3 most important points in your case.** |
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| **Please name 2-3 specific points where you see you reserves when it comes to the navigation + mental part of orienteering – what hinders you most from achieving those idealistic „perfect races“ and get closer to the optimal performance?** |
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| **How old is your compass? Can you 100% trust it?** |
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| **What are the key success factors when it comes to WOC 2025 in Finland according to you?** |
| **What are the key Success factors when it comes to sprint EOC 2025 in Belgium according to you?** |
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| T R A I N I N G F I G U R E S |
| **How do you record your training?** |
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| **How many HOURS of physical training have you done during training year 2024 (including races)?** |
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| **Out of that - how many RUNNING HOURS?** |
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| **Out of that - could you give how many hours of running in TERRAIN (outside any paths – orienteering style)?** |
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| **How many orienteering races (forest+sprint) did your run during 2024 (november-october, all levels)?** |
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| **How many orienteering trainings (forest + sprint)?** |
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| **What is your PB at 3k / 5k? (Which year?)** |
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| G O A L S & F U T U R E |
| **What are your RESULT goals for 2025 season in orienteering?**  **Will you aim for both sprint and forest orienteering at international level (WOC, EOC, WC, WG)?** |
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| **What are your PERFORMANCE goals for 2025 season in orienteering?** |
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| **What are your TRAINING goals for 2025 season in orienteering?** |
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| **What will you do in your private life during the 2025 season? (Work – where? how much? Study – where, how much? Becoming a rentier – how much? ;)** |
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| **Where will you live during the 2025 season (town)?** |
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| **What are your preliminary midlle-term plans 2-5 years ahead when it comes to orienteering?** |
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| FEEDBACK |
| **How are you using the support ÖFOL offers for Physio/Athletic (Max & Omid), Sport psychology (Karin), LSA (testing & consulting).** |
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| **Anything else you would like to share with national team coaches? We would appreciate any feedback – either positive or constructive ;)** |

Thank you very much for your answers! Hope finding them was somehow bringing and worth time invested for you as well!

Radek Novotný, Martin Binder