



Creating a successful high- performance environment

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How does an athletes road to success look like in Sweden

- Starting their career in one of our clubs - USM 40 gold medals from 28 different unique clubs
- These coaches are non-profit
- ISM seniors - 34 gold medals from 21 different clubs
Over 40 clubs that score points in the championship
- Half has professional coaches

The Swedish Athletics Associations model

Five High Performance Centers

- Throwing event – Växjö
- Jump event – Karlstad
- Sprint /Hurdle event– Falun
- Medium and Long distance event – Gothenburg
- Multievent – Sollentuna

Mission - High Performance Center

- Help and support the existing elite and their coaches
- Help and support the future elite and their coaches
- Support future coaches who wants to coach the elite

Goal - Becoming one of Europe's leading nations

Support

Support for the coaches

- Education and consultations
- Biomechanical analyzes
- Collaboration between coaches and exchange of experience

Support for the athletes

- Short training camps in Sweden
- Consultations and education
- Biomechanical analyzes
- Training camps
- Tests

High Performance Center - Throwing Event in Växjö

What creates success – key points

- Collaboration and good climate between coaches
- Best possible training opportunities, outdoors and indoors
- A national sports gymnasium with employed coaches
- Two clubs operating in the environment
- Vesteynn Hafsteinsson's training group
- Many training sessions for the Swedish throw elite
- University support to athletes - ADC
- Visiting athletes
- A municipality that invests in Växjö based athletes

GOAL

When a athlete finishes his/her career

- they shall feel that Växjö had a good impact on there results.

Thanks for listening