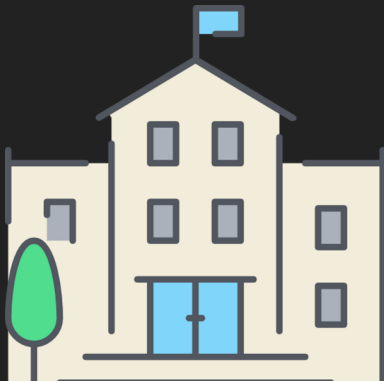


YOUTH ATHLETE DEVELOPMENT CONFERENCE

YOUNG NORWEGIAN ATHLETES

DR. ELSA KRISTIANSEN



NORWEGIAN OLYMPIC AND PARALYMPIC
COMMITTEE AND CONFEDERATION OF
SPORTS (NIF)

OLYMPIATOPPEN
Norwegian Olympic Top Sport Program



Cooperation with
different National
Sport Federations
(Norwegian Model)



Successful
development of elite
athletes at adult
level



Athletes under 13
years old restricted
from participating in
international
competition



Absence of a
systematic approach
to elite youth
development

DUE TO THE INCREASED PRESSURE TO IDENTIFY TALENT AT A YOUNGER AGES...



EMERGENCE OF SPORT SCHOOLS

- Youth elite development
- Dual career management
- Youth coaching development

TRANSITION FROM PRIMARY SCHOOL TO SPORTS SCHOOL...

Balancing Sport
& School

Balancing Social
Life & Sport



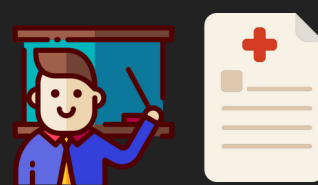
INCREASED TRAINING VOLUME
REDUCED SLEEP

Development of Severe, Long-
lasting Injuries

EFFECTIVE COPING MECHANISM



Support from and effective
communication between coaches/teachers
and parents



Education on coping strategies
combined with clinical
interventions

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Kristiansen, E., & Stensrud, T. (2017). Young female handball players and sport specialization: How do they cope with the transition from primary school into secondary sport school? *British Journal of Sports Medicine*, 51, 58-63. <https://doi.org/10.1136/bjsports-2016-096435>