

OLYMPIATOPPEN



# How to develop a Successful Olympic Coach/Athlete

Anne Grethe Jeppesen  
Olympiatoppen, Norway

OLYMPIATOPPEN



My olympic history.. 30 years

Athlete Los Angeles 84

Riflecoach (men/women)Barcelona 92

Riflecoach (men/women) Atlanta 96

Coach for athlete Sydney 2000

Coach for athlete Beijing 2008



# How to develop a Successful Olympic Coach/Athlete?

From my perspective:

- as a woman,
  - an olympic athlete,
  - an olympic trainer, coach and therapist.
1. Fokus on female athletes/coaches in Norway.
  2. AG - one who got tired, but did not give up.

# I. Norwegian sport today

- Many female athletes, female leaders/gen.sekr
- Female fysio/doctors
- When it comes to female headcoaches/trainers for national teams, it is still a big challenge!

# Olympic projects for female athletes (started 1995).

”Kvinneløftet” a project for female athletes and their coaches from 2006-2012(14)

”Kvinneløftet” a project for female coaches (on and off). From 2010.



## Why? Female athletes ....

- part of small groups and small individual sports.
- the best athletes gets most of the attentions from the coaches...
- in generell: optimalisation and fokus on the work/training in some spesial choosen national teams (female).

OLYMPIATOPPEN



## Our task is

Develop a place for the female athletes and coaches to meet.

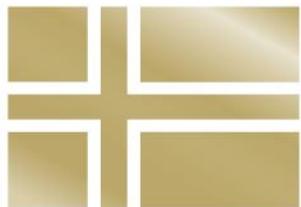


## Program:



- sharing what is ...
- discussing "my plan" to move forward.
- listen to success stories.
- listen to other athletes "difficult" situations and how to cope.
- new knowledge about chosen subjects.
- give out small economic contributions.

OLYMPIATOPPEN



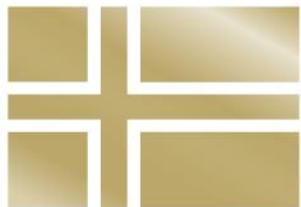
Female athletes from : sailing, weightlifting, boxing, kickboxing, swimming and kayak.

OLYMPIATOPPEN



Some times we meet at the seaside and work there...

OLYMPIATOPPEN



2. time World Champion Kickboxing  
Thea Næss.



## **2. A sport project.**

AG - an example of one who got tired, but did not give up.



A history.  
A change in life.  
A change in focus.



How to have more fun and joy in my life?

How to keep my motivation and energy?

How to develop my own self support?

How to develop as a coach?

How to develop my way of communicating?

How (to continue) to play in the men's league?

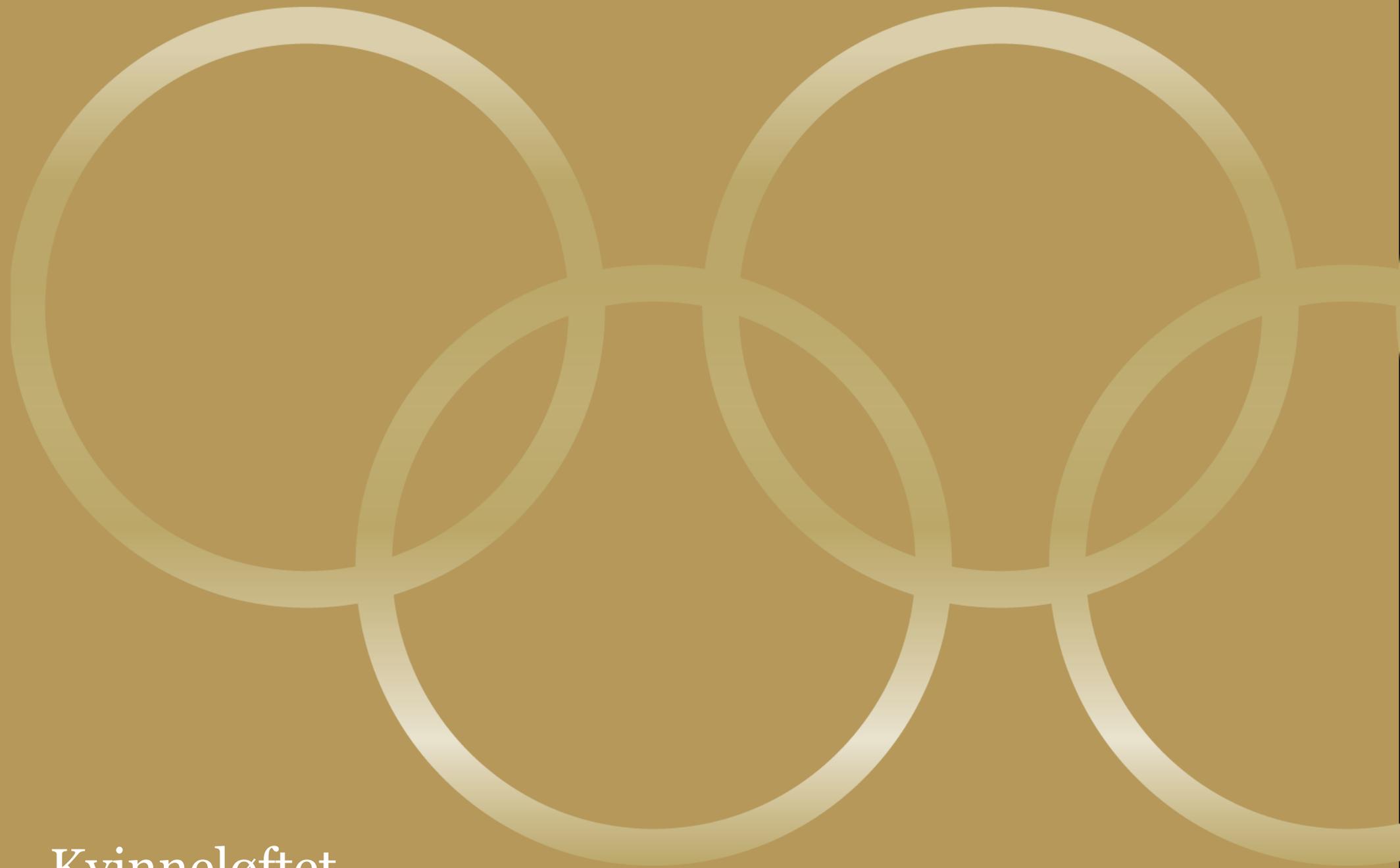
Stay in elite sport or get out?



- From them to me!
- Planning my education and training.
  - a. Education: Gestalt Coaching.
  - b. Started to develop rifle sessions/.., working individually as a trainer and a coach.
  - c. Getting a trainer A-licence.(rifle)
  - d. Private practice (ind.coaching)
  - e. ...education as a psychoterapist.



Summary...  
See article...



Kvinneløftet  
Norway