

Olympic Squad Regulations

valid: 2017-2020

version: 2, february 2017

The objective of this document is to give insight in how The Norwegian Sailing Federation will organise all the activities towards the highest possible quality support for it's sailors to reach the highest results and sport technical development, within the means that are available for this purpose at this time.

At the same time we request the reader to realise that it's also the NSF responsibility to structure things in such a way which helps obtaining means from external institutes and will indirectly support the above stated goal. (The status of these regulations are for guidance only, as from 2018 they can become an appendix to the sailor-federation contract.)

In case of a conflict the sailors-federation contract or sponsor contract will always prevail.

Olympic Squad Regulations

Content:

1 The Norwegian Sailing Team

- 1.1 Pre ample
- 1.2 Goals
- 1.3 Disciplines and groups structure
- 1.4 Sailors
- 1.5 Support
- 1.6 Decision making bodies

2 Project TOKYO 2020

- 2.1 Periodisation of activities towards the Tokyo Olympic Games in 2017, 2018, 2019 and 2020
- 2.2 Partners for this project

3 Youth Development

- 3.1 Goals, Disciplines, Sailors, Support and decision making structure

4 Olympiatoppen structure and ways of operating

- 4.1 Status rules at Olympiatoppen for OL Landslag sailor (OLT A and B athletes)
- 4.2 Status rules at Olympiatoppen for Utfordrer team (OLT U stipend)
- 4.3 Intake procedure Olympiatoppen
- 4.4 Support and facilities at OLT for OL Landslag sailor (OLT A and B athletes)
- 4.5 Support and facilities at OLT for Development team

5 Financial support system Norwegian Sailing Team

- 5.1 Funding for training and regatta participation
- 5.2 Financial support for special events (ISAF worlds Test events and Olympics) and special projects.
- 5.3 Procedure and guidelines for financial support NST OL Landslag
- 5.4 Procedure and guidelines for financial support NST Utfordrer Landslag

6 Sponsoring

- 6.1 General consideration Norwegian Sailing Federation
- 6.2 Position Norwegian Sailing Team
- 6.3 Individual sponsorship
- 6.4 Advertising sponsors from NSF or Norwegian Sailing Team

Olympic Squad Regulations**7 Member of the Norwegian Sailing Team**

- 7.1 intake procedure of a OL Landslag Norwegian sailing team member
- 7.2 Intake procedure of Utfordrer Landslag and Utviklings Landslag Norwegian Sailing team member
- 7.3 Responsibilities as a member of the Norwegian Sailing Team
- 7.5 Duration of membership of the Norwegian Sailing Team
- 7.6 Special rules, suspensions or ending membership of the Norwegian Sailing Team
- 7.7 Committee of appeals in case of conflicts
- 7.8 Force Majeur and unforeseen circumstances

8 Facilities and support on behalf of the Norwegian Sailing Team Member

- 8.1 Sport technical support
- 8.2 Financial support
- 8.3 Medical and para-medical support
- 8.4 Mental support
- 8.5 Administrative support
- 8.6 Logistical support
- 8.7 Social-cultural support
- 8.8 Promotional support
- 8.9 Knowledge base

9 Selection Rules and regulations for Events

- 9.1 Eligibility for competing.
- 9.2 Selection Rules for the 2020 Olympic Games in Tokyo
- 9.3 Selection Rules for the 2018 World Sailing Aarhus Worlds in Denmark. (Olympic Nations Qualifier)

Attachments:

- 1-Norwegian Sailing Team 2017 members
- 2-Schedule 2017 by class
- 3-Norwegian Sailing Team OL Landslag and Utfordrer Landslag agreement
- 4-NSF standard sponsoring agreement
- 5-NSF stipend form (OLT stipend)
- 6-NSF event form (NSF)
- 7-Wada rules and regulations
- 8-OLT acknowledge and supplement forms

Olympic Squad Regulations

1 The Norwegian Sailing Team

1.1 Pre ample

The objective of this document is to give insight in how The Norwegian Sailing Federation (NSF) will organise all the activities towards the highest possible quality support for it's sailors to reach the highest results and sport technical development, within the means that are available for this purpose at this time. No rights or unintended riches can be taken from these regulations in order to gain any rights in a dispute in court against NSF or it's members and employers.

(The status of these regulations are for guidance only, as from 2018 they can become an appendix to the sailor-federation contract.

In case of a conflict the sailors contract and/or sponsor contract will always prevail.

The NSF acknowledges that in line with the policies of Olympiatoppen, the highest level of the sailing sport takes place at the Olympic Games, and have therefore organised the preparation to this event by grounding a Norwegian Sailing Team (NST).

This document describes most relevant procedures and operations which are valid for the present phase in this Olympiad and will be yearly updated. This version 2017 will be valid until the version 2018 is available. It is targeted to have the next versions available before January 1st 2018.

By establishing the Norwegian Sailing Team the NSF tries to support and organise the sailing disciplines that will be held at the Olympic Games in Tokyo 2020.

1.2 Goals

The goals of the NSF for the Norwegian Sailing Team are to provide the best possible support for it's acknowledged sailors performing at the Olympic Classes Events and especially at the Olympic Games in 2020 and 2024. It's also trying to support the development of any professional sailor in the 'exotic circuits' (for example YAC, CG32, Extreme sailing series, WMR tour). This is, however not described in these regulations.

1.3 Disciplines and groups structure

'OL Landslag' of the Norwegian Sailing Team (targeted entry level is at 'a medal race' result at Worlds or Europeans or Worlds cup events*)

- Single handed men with the Laser class,
- Single handed women with Laser radial class,
- Single Handed Heavy weight in the Finn class,
- Double handed men in the 470 class*,
- Double handed women in the 470 class*,
- Double handed skiff men in the 49er class,
- Double handed skiff women in the 49er FX class,
- Mixed Catamaran in the Nacra 17
- Windsurfing men in RSX
- Windsurfing women in RSX

Olympic Squad Regulations

* = no activities or support is planned for in these classes

'Utfordrer Landslag' of the Norwegian Sailing Team (targeted min. entry level at top 10% Junior Worlds or Europeans Championship or similar in each respective class.)

-Only Olympic disciplines (see above)

'Utviklingslag' of the Norwegian Sailing Team (entry level set by talent manager jan steven johannesen)

-Olympic Classes plus:

- Laser 4.7
- Laser Radial men
- 29er class
- Techno
- 49er FX men
- Nacra 15 (2018)
- Waszp (2018)

1.4 Sailors

Sailors in the Norwegian Sailing Team are those sailors that fulfil the criteria set by the NSF for the 3 different levels. Fundamental within these criteria is that it's the sailors intention to reach for it's highest performance at Worlds and/or European Championships in it's class each year.

The maximum number of boats per class in the OI landslag is 2, but under the condition that all members are in a well functioning 'training group', exceptions can be made. In the NST Utfordrer Landslag there is no limit on participating boats.

For the 2017 Sailors names; see attachment 1.

1.5 Support

The support team is the primary means of supporting this project. By installing coaches with vision, experience and up to date knowledge, the NSF sees a sustainable and successful future for its Norwegian Sailing Team, now and for the years to come.

This group of technical support, related to the specific classes and the specific actual needs of the sailors can fluctuate over the Olympiad, but will also attribute to the growing knowledge base of Norwegian Sailing. The senior-coaches team consist of the technical discipline heads. Apart from coaching their classes directly on the water they'll oversee the training and development of the assigned discipline group and advise the sport director.

Single handed senior national coach: Anton Garrote

Double handed senior national coach Jacob Haug

Olympic Squad Regulations

National coaches are directly coaching the sailors within assigned programs with clear targets set by sailors and the core coaches team

<u>class</u>	<u>coach</u>
49er, 49er FX coach	Jacob Haug
Finn national coach	Peer Moberg
Laser radial national coach	t.b.a.
Laser standard	Anton Garrote
RSX national coach	Jochem Brenninkmeier
Nacra class	t.b.a.

Apart from this, land support will be organised on areas like: medical, meteorology, fitness, racing rules, boatwork/logistics, nutrition., etc. These experts can all be coordinated and assigned by the sport director in coordination with partners like Olympiatoppen, clubs or possible companies.

On Utfordrer and Utviklings Landslag a differentiated approach and an intensified level of education will be formulated by the NSF talent manager Jan Steven Johannessen in cooperation with the NSF sport manager and Olympiatoppen.

1.6 Decision-making bodies.

The sport director (SD) Rigo de Nijs is responsible for the overall management of the National Sailing Team within the National Sailing Federation, attuned with the secretary general Espen Guttormsen and the NSF board-member 'racing delegate' Kristian Faeste. His decisions will always be in close call with, and informed by, the senior national coaches.

2 Project TOKYO 2020

2.1 Periodisation of activities towards the Tokyo Olympic Games in 2017, 2018, 2019 and 2020.

Since sail-racing is for a big part about finding the fastest route on the course, the preparation to a peak event in sailing comes with an important focus on local strategic effects in wind-, waves- and current- differences. Apart from logistics, this is basically what project Tokyo is focused on:

Following stages are targeted:

2017 sept.	-small team, local orienteering for prioritisation of projects
2018	-possible some training camps plus small team at test event, with meteorologist, and possibly other experts
2019	-more training camps full team test event, with meteorologist, and possibly other experts
2020	-depending on Olympic qualification phase several training camps finalising equipment choices, and strategy project.

Olympic Squad Regulations

During the Olympiad other events can be organised at the site. Per season and in coordination with OLT the SD can decide to integrate this event in this project.

2.2 Partners for this project.

Since during the Olympic Games no advertising is allowed during competition, it becomes more attractive for sponsors to be involved in Olympic preparation by supporting possible aspects of the 'Pre Olympic activities' like these activities.

All this is in a conceptual phase and more arrangements will be available during 2017 from the NSF.

3 Youth Development

The development of young sailors is realised together with Olympiatoppen considered a 'priority project' and the NSF 'Talent-manager' (TM) Jan Steven Johannesen. This is a new project since January 2017 and in its start up phase.

The Utfordrer Landslag is parallel structured in the 'lower/younger' level of the 'Olympic' classes, and will be under joint coordination of the SD and the TM.

A) Main goal is here to optimise the learning curve of 'young ambitious potential top-sailors' intending an olympic and possible professional sailing career.

Support will mainly be coaching and educational activities like:

- national training camps where 'landslag' and 'junior landslag' sailors train together.
- train and participate at the German Kiel Week.
- the 'NST Conference' in Hvasser.
- de-centralised national and international (winter) block training (Starmaker-project)

B) Secondary goal is to continue the coaching and support of sailors approaching the OL lands lag level and need to temporarily combine the Olympic Campaign with other priorities.

Initially these sailors will still be guided by the SD and or senior coaches but in close call with the TM a possible switch to national program can also be agreed upon.

In 2017 only those sailors that had been invited by the SD for the intake procedure and that have already had an Olympic campaign under their belt, are eligible for the financial arrangements as per §5.3. For the sailors in their 1st 'Olympic Cycle' and that had their intake with the TM, only the peak performance event will be compensated as stated in §5.3.

The 'Utviklings landslag' will be regionally organised in the Norwegian Sailing Federation by Talent manager Jan Steven Johannesen.

Targeted programs will lead towards the future of 'apparent wind' sailing. (foiling) and follow up from introduction in sail racing in Feva, Optimist and Bic (windsurfing), in prevailed classes like 49er FX (boys), Laser Radial (boys), 29er, Nacra 15, Bic Techno, Waszp. (2018

Olympic Squad Regulations**4 Olympiatoppen structure and ways of operating**

Olympiatoppen (OLT) was established to put a stronger focus on top sport and move Norway up on the medal statistics. The principle of sharing was a very important strategy to do so. Sharing both between sports and between experts. Norway as a small country has to use smallness as a competition advantage.

OLT's vision is "Together on big performances."

Tore Øvrebø as OLT's top sport director, has three things that he wants us all to focus our attention at, and that is:

1. Quality in training on a daily basis. Highest possible quality, every day, for many years..
2. The quality of the relations in the team. How to get the most out of the people in the team?
3. Competition handling. How do we prepare to compete on the absolutely top level?

4.1 Status rules at Olympiatoppen for OL Landslag sailor (OLT A and B athletes)

The criteria's for an A-stipend are medals in World Championships or Olympic Games, or results very close.

For the B-stipend, medals in European Champs, or close to a medal in Worlds or Olympics is required.

4.2 Status rules at Olympiatoppen for Utdanner Landslag team (OLT U stipend)

For the U-stipend, a medal in the world junior championship or U23 etc., top results or rankings at a top level internationally are required. The athlete has to be under 24 years, and have a positive development.

If an athlete has performed and won medals, and received a stipend, he or she has to prove (through the SDs application) that she or he does the work required and is in a positive development as an athlete to possibly receive the stipend for a following year.

Based on process related development, a 'follow up' on a stipend for a new year can be decided upon only by OLT.

4.3 Intake procedure Olympiatoppen

The sports director applies for all the stipends and project resources in November 2017. After the application for project resources and Olympiatoppen stipend, the annual Styringsgruppemøte is held. Invited is a responsible NSF Board member, the general secretary, the sports director and if possible the national coach. From Olympiatoppen the Elite sport Director, the summer sport Director and the Olympiatoppen coach meet. Olympiatoppen then announces who gets the different status and the economic resources.

Olympic Squad Regulations

Before using the support, facilities and resources from OLT two forms (acknowledgements form and usage of supplements form) needs to be filled out and signed. Please see attachment 8

4.4 Support and facilities at OLT for OL landslag sailor (OLT A and B athletes)

In coordination with OLT the NSF is responsible for the correct usage of the stipend by following procedure:

If a OL landslag sailor is awarded an OLT stipend, he/she shall:

- 1 provide a quarterly overview from costs (with digital receipt copies in one folder) not exceeding the 1/4 of the yearly stipend for the following posts, has to be sent each quarter to the SD at: rigo.denijs@seiling.no
- 2 the posts are: travel (tickets and gas), boat equipment (sails, masts hulls, gear etc.), on site fitness membership, accommodation during training/regatta, fysio costs (if not covered by insurance),
- 3 a NSF stipend form can be found as attachment in these regulations, or requested at the SD

4.5 Support and facilities at OLT for Utfordrer and Utviklings Landslag

Using Olympiatoppen's experts and facilities for Utfordrers and Utviklings Landslag will take place one after coordination with NSF talent manager Jan Steven Johannesen and/or the SD.

More information on OLT goals, services, support and facilities can be found on:

http://www.olympiatoppen.no/om_olympiatoppen/stoetteordninger/individuell_utoeverstipend/page5457.html

5 Financial support Norwegian Sailing Team

5.1 Funding for training and regatta participation

The NSF has prioritised the support of the sailors to the most costly but also most sustainable aspect of reaching results, which is coaching.

As a development policy for 2017, being a post Olympic year, it's common practice to seek for opportunities in future long term development projects/classes, but the classes at a higher level of it's discipline, with a bigger training group will be prioritised in the coaching budget.

Base for the coaching budget to be established is the amount of days this group/class will actually be on the water and sail.

After the amount of coaching days has been made, the exact planning for the coaching activities will be set by the relevant senior coach and possible class coach with his sailors.

Olympic Squad Regulations

With the rest of the total budget a NSF basic support system for sailors is in place. This system is also based to encourage sailing days and on water practice for prioritised events.

In general, after receiving the training and racing calendar upon the intake the SD will in communication with sailors and coaches determinate which events are prioritised for support and depending on the status of the sailor, funding will be assigned to certain events.

In the attached racing program the marked events 'S' will be supported according to the described rules stated in § 5.3

5.2 Financial support for special events (ISAF worlds Test events and Olympics) and special projects.

Depending on procedures from governing bodies like Olympiatoppen, NIF or other commercial institutes, separate funding is possible for the exclusive marketing rights of the Norwegian Sailing Team during these events. If such funding takes place, separate financial arrangements can be made.

5.3 Procedure and guidelines for financial support NST 'OL Landslag' and 'Utfordrer Landslag'

According to the fundamentals in 5.1 following rules apply for receiving compensation:

- only one NSF expenses form per boat and event can be sent to the SD at NSF office or to his email address: rigo.denijs@seiling.no
- only for the **events marked with S** in attachment 3 Schedule by Class 2017 a compensation is available.
- the daily allowance per day is 1200 NOK for 'OL Landslag' sailors, and 300 NOK per day for Utfordrer Landslag. (double handed 1000 NOK/day/pp and 250 NOK/day/pp (please see §3 'TM campaigners')

event		max days	
World- and European Championship		10	days
World Cup Test events or similar		8	days
Grade 3 events		6	days

- depending on the type of event a maximum amount of days can be compensated as follows:
- per marked 'S' event, the entry fee will be can be compensated to a maximum of 2000 NOK for single handed and 3000 for double handed disciplines
- the form needs to be sent to the SD with maximum 3 weeks after the ending of the event.
- the form needs to be correctly filled in and signed by the sailor

Olympic Squad Regulations

- h) the NSF expenses form can be found as attachment in these regulations or digitally from the SD
- i) the SD will check each form and if necessary correct according to the published rules of this regulations book.
- j) it is the goal to have each form paid out within 2 weeks after receipt.

5.4 Procedure and guidelines for financial support NST Utviklings Landslag.

In general for the 'utviklings landslag' only funds for 'coaching and education' will be available for this year. In case occasional funding for sailors becomes available, separate financial arrangements can be made.

6 Sponsoring

6.1 General consideration Norwegian Sailing Federation

Following are 'general policy thoughts' at the Marketing Strategy of the NSF which is to developed over the season 2017.

- a) Project Tokyo 2020, and it's following Olympiad, is another step in the development of the olympic sailing department. This not only requires an A priority, full time sailing week for 52 weeks per year, but also the highest standards of elite sailing coaching/training program that is effective for the qualified sailor in their respective squad of the Norwegian Sailing Team. Developing this and at the same time trying to educate the younger generation at an earlier point in their career has huge financial consequences
- b) In order to try and full-fill this, we will have to take our present partners (OLT and present sponsors) at the table and bind ourselves to other parties.
- c) The goal for Tokyo Olympic Games in 2020 of all parties involved is: **“to participate in 5 classes, resulting in 1 olympic medal and 2 top 5 end scores”**.
- d) This requires from all partners and people involved a professional attitude, discipline, greatness and respect in our the sport.
- e) In 2017 the NSF will take steps to increase the value, identity and visibility of the product NST and it's path to the Tokyo Olympic Medals. This partially to enhance possible means in order to keep up with the growing demands of performing at the highest olympic level, but also on finding means for structured optimising the sailing careers of the young athletes that we need for future medals.

6.2 Position Norwegian Sailing Federation towards Individual sponsorship and team sponsors.

The NSF acknowledges that sailors should also be assisted in finding individual sponsors. However, if a 'Norwegian Sailing Team Premium Sponsor' is found, a clear prioritisation towards it's partner(s) will be stated and integrated.

In order to combine exposure in 2017 for all parties, NSF will look for an exposure-opportunity on specific sail-technical clothing (BIB) to also be used as a possible option to deal with the interest of all involved parties. It will however emphasise that it's the responsibility of the OL- and Utfordrer

Olympic Squad Regulations

Landslag sailors to provide the NSF and its partners with up to date suited and relevant visual material. Pictures, Videos, etc.. The development of such a database is under construction but already during the Sophia Trophy Team event a start up for this will take place.

In case a private sponsor is found it is strongly recommended to use the attached NSF standard sponsor agreement as attachment 5 to these regulations.

6.3 Partnership for sailors in search of sponsorship.

For NST 'OL Landslag' sailors professional support for sponsorship search for their campaign will become available at the marketing department at the NSF office. As soon this service is available more information about will be presented to the sailors.

7 Member of the Norwegian Sailing Team

7.1 Intake procedure 2017 of **OL Landslag** Norwegian sailing team member(s)

The invitation for intake for the National Squad of the Norwegian Sailing Team by the SD, is based on campaigns before and at the Rio olympic games 2016, and on the advice of the relevant technical coaches and officers. At the intake meeting with the SD the sailor(s) and senior-coach will present:

- a) A written detailed and sport relevant **technical evaluation** of last season's peak performance (as a result of the season)
- b) An upcoming **season training and regatta planning 2017**
- c) A specific **minimum result goal** at a European- or World Championship as a seasons peak performance.
- d) **Two specific process goals** and their timeline towards implementation towards the seasons peak performance event.
- e) a basic **budget of costs** showing that finances are in overview (obligatory from 2018)

In the meeting sailor(s) and coach will have to convince the SD about the efficiency, validity and relation of the presented information towards a successful campaign 2017, and how this campaign is related to achieving the medal chances at the Tokyo olympic games in 2020.

After reaching agreement the above goals will be recorded and function as an evaluation target/threshold for 2018 NSF support.

7.2 Intake procedure of **Utfordrer Landslag** and **Utviklings Landslag** Norwegian Sailing Team Member

The invitation for intake for the initial Utfordrer and Utviklings landslag is based on last seasons development and results and will be on advice by the NSF talent manager, the senior coaches and the SD.

Olympic Squad Regulations

At the intake meeting with the SD and/or Talentmanager the sailor(s) and senior-coach will present:

- a) A written detailed and sport relevant technical **evaluation** of last season's peak performance (as a result of the season)
- b) An upcoming **season training and regatta planning 2017**
- c) A specific **result goal** at a European- or World Championship as a **seasons peak performance**. (Personal Best!)
- d) **Two specific process goals** and their timeline towards implementation towards the seasons peak performance event.

In the meeting sailor(s) and coach will have to convince the SD/TM about the efficiency, validity and relation of the presented information towards a successful campaign 2017. After reaching agreement the above goals will be recorded and function as an evaluation target/threshold for 2018 NSF support.

The intake procedure for the utviklings landslag will be linked to a possible invitation for the NST Conference in Hvasser in October 2017

7.3 Responsibilities as a member of the Norwegian Sailing Team.

Following are binding responsibilities of a Norwegian Sailing team member in the 'OL Landslag' and the 'Utfordrer Landslag', and will be valid during this 2017 membership of each member and his related staff. (including non-NSF staff and therefore the responsibility of the sailor!)

- 1) Only club members of the Norwegian Sailing Federation can be eligible for the Norwegian Sailing Team
- 2) Only after signing the 'NSF squad contract 2017' a sailor can call himself a member of the Norwegian Sailing Team by (see attachment 3)
- 3) The 'NSF squad contract' which will arrange all financial aspects, liabilities, mutual interests, and rights and obligations for both sailors and NSF. (in case of a conflict the contract overrides this document)
- 4) For all members it is considered a matter of having the right norms and values to actively participate in activities in Norway that helps showcase our team and culture. This is expected for instance during the Norwegian Sailing Team Conference in Hvasser, and the Norwegian Championships in any the relevant classes.
- 5) By communicating these Squad regulations early only participation at Worlds and or Europeans or the direct local preparation for this, will be considered as a reasonable excuse for a no show, and needs to be communicated at the earliest opportunity.
- 6) Failure to comply with the above membership responsibilities can be reason for possible sanctions by the SD.

7.4 NSF position on fair sport, sexual intimidation, match fixing and doping

It is the NSF's mission to create a culture of clean sport and see it's elite athlete to play a key role in achieving this.

Olympic Squad Regulations

Competing at an elite level requires athletes make important choices. He/she needs to ensure that he is fully aware of the potential pitfalls, the effect the choices have on a career, and the responsibility one has as a role model for the next generation of athletes.

It is important to remember that a fair sport (not only doping), is not simply about those looking to cheat through the use of performance-enhancing drugs or ill-practice. All athletes need to be aware of the dangers of inadvertently; taking unfair actions during a race, taking prohibited medicines and supplements and the need to comply with out-of-competition testing programmes.

Doping:

The principle of strict liability is central to anti-doping. Athletes are responsible for any prohibited substance found in their system, whether there was an intention to cheat or not.

Elite athletes need to be familiar with the following:

- The main sporting agencies that play a role in clean sport. Find out more at: www.antidoping.no/
- How to integrate anti-doping essentials into everyday life as an elite performer
- How to comply with their whereabouts requirements <https://adams.wada-ama.org/adams/>
- How to manage risks when competing and travelling abroad
- How to manage your food preparations purity on the site: <http://www.informed-sport.com/>
- Participate and fulfil Antidoping Norges e-learning program "Ren Utøver" at www.renutover.no
- Understanding the impact of decisions on an athlete's sporting career and the consequences of doping
- What you can do for the NSF and the movement towards 'clean sport'.

Therefore as an internal part of the NSF contract once signed the sailor underlies the rules and regulations issued by World Sailing, the NSF, Olympiatoppen and Wada for a clean and fair sport.

7.5 Duration of membership of the Norwegian Sailing Team

A sailor or team of sailors on one boat, are member of the Norwegian Sailing Team for the duration of one -calendar- year, i.e until next January 1st. The membership ends automatically when no new 'invitation for intake' for the next season from the SD or TM follows within this period.

It is possible to get a new invitation for another team level within the NST as the year before.

No squad sailors can be in the NST 'Utfordrer Landslag' for more than total of 4 years.

7.6 Special rules, suspensions or ending membership of the Norwegian Sailing Team

The SD can alter and/or end any sailor's Norwegian Sailing Team membership on grounds of:

- a) -infringements against the squad contract or these squad regulations 2017

Olympic Squad Regulations

- b) -indecent, unfair or un-sportsmanship behaviour, that are in conflict with the interests of the Norwegian Sailing Federation, NIF, Olympiatoppen including it's members, employers and partners.

7.7 'Committee of appeal' in case of conflicts

In case of conflict about interpretations, explanations or implementations of these squad regulations between a sailor and the SD representing the NSF, a written request can be filed for arbitration at the 'Committee of appeal'.

This committee will exist of independent unbiased expert members of adequate knowledge and respect by the sailing community in dealing with these issues, and will proceed solving this conflict in a way they seem fit.

7.8 Force Majeur and unforeseen circumstances

In unforeseen situations or when 'force majeure' occurs in which these squad regulation cannot be applied, the Sport Director in close coordination with the Chief Executive will decide.

8 Facilities and support on behalf of the Norwegian Sailing Team member

The procedure on how to receive expert help at Olympiatoppen are as follows: When the national team coaches, athlete and sport director have evaluated last season, the SD will arrange an "oppstartsmøte" at OLT, and within the capabilities and the status of the sailors the exact quality and quantity of support will be set.

8.1 Sport technical support

The Norwegian Sailing Federation will provide sport technical coaching/trainings available for the majority of the program of it's sailors.

Though it realises that quality of coaching becomes more and more decisive at the ultimate olympic medal level and individual coaching is an important part in this, in 2017 it will try to have training groups formed to obtain maximum sustainable efficiency of coaching of the majority of the team.

Also in 2017 the use of extra high expert coaches for selected short periods are used for short training periods deepening both staff and sailors experience and possibilities later in this quad.

8.2 Financial support

A sailor receives financial support as regulated in §5 of these squad regulations. Please be advised that these are for a big part 3rd parties funding, meaning that if these parties decide to hold their funds the NSF will have to seize this funding and cannot be held accountable.

Olympic Squad Regulations

8.3 Medical and para-medical support at Olympiatoppen

- 1 Obligatory yearly medical examinations at OLT are for only OL Landslag sailors of the Norwegian Sailing Team. These medical exams have to be taken in the 1st quarter of the year.

The dates planned at OLT for 2017 are: april 5 th and 18 th 2017 from 09:00 till 13:00 hrs

It's the sailors responsibility to sent a copy of his test report at the SD before April 31st 2016.

- 2 In case of **medical emergencies abroad** it's advised to have the coach contact the:

doctor on watch at: OLT nrs.: +47 22025739 and the SD as soon as possible, and maintain in close contact during the first 24 hrs.

With any injury of a serious athlete, it's the desired goal to have a 100% correct diagnose within 48 hrs after the injury where ever this happens.

In case of a rehabilitation after injury only OL landslag sailors, can have rehabilitation treatment and -training at OLT supervised by a Team of OLT specialists only after acknowledgement from the SD.

Extra costs for any medical assistance is to be arranged within the personal health insurance as per squad contract, unless the dr. Thomas Torgalsen decides otherwise.

8.4 Mental/Physical/Nutritional specialist Olympiatoppen support

Mental skill training

Optimal and intense mental skills are essential for excelling at the highest level in our sport. However each individual sailor requires an ex- and intensive learning path, which needs all sorts of experiences and forms of guidance.

Respecting this, and at an early stage of the Olympiad, the SD, in coordination with his coaches and the OLT expert will only selectively consider some top OI Landslag sailors to be assisted in this aspect of their development.

For it's coaching staff and for the Utfordrer Landslag sailors, the primary goal is to introduce and educate about all the mental aspects of performing, and this will be set and organised by the Jan Steven Johannessen, with the OLT mental expert.

In 2017 a project on 'group dynamics and teams' will be started under the supervision of OLT specialist Liv Hemmestad and Carl Axel Hageskog.

Olympic Squad Regulations

Physical Training

For the Physical fitness program OI Landslag sailors can receive coaching, training and advice from an OLT physical trainer Eirik Verås Larsen after acknowledgement from the SD

Nutritional support

The OL landslag sailors can receive specialist advice on nutritional aspects from an OLT nutritionist Siri Marte Hollekim-Strand, only after acknowledgement from the SD

8.5 Administrative support

For events in which no personal entry is accepted and is only to be made by Member National Authorities (MNA) , like ISAF worlds and Olympics plus test events, etc, the NSF will administer the entry- procedure for the eligible and qualified sailors (also for non olympic disciplines).

8.6 Logistical support

The NSF will coordinate with the team members logistics of travel by car, ferry, accommodation and flight on several but not all activities. Together with the training group and coach combined transports can be organised in order to optimise the logistical side of our sports.

When transportation of coach-equipment is handled by the sailor, a small financial compensation can be set.

8.7 Social-cultural support

In collaboration with Olympiatoppen, counselling is available for it's OL- and Utfordrer Landslag on 'social-cultural' issues of combining sports in the Norwegian culture.

This could lead to networking for sport friendly schools and universities, and or when ending a sports career a reintegration via Job counselling and 'down'-training. (if necessary).

Also to provide an wider social acceptance and networking support for a possible professional sailor career is a topic inside the NSF and it's partners.

8.8 Promotional Support

During events sailors and coaches will be required to assist on external communication towards press and partners. Following support is in place:

Catharina Frosted (saillogic) will approximately 4 days before an event contact the relevant coach and/or sailor to produce some material for an event announcement.

During the event on a daily base there will be contact between Catharina and the sailors/coach in order to produce material and possible contact with interested press.

Olympic Squad Regulations

Which material to produce is at the discretion of sailor, coach and Catharina and can range from a simple telephone call up until a complete 'video production'.

Contact details: email: catharina.frostad@gmail.com
 phone: +4798696001

8.9 Knowledge Base

In 2017 the NSF will start to build a database or library of sailing related knowledge by efficient recording of experiences made by it's coaches and squad sailors.

This can be on all the various aspects of sail racing and coaching: like met-reports, video-recordings, training plans and more. Access to this is only for Norwegian Sailing Team members, other Norwegian sailors that represent Norway at international regatta's and it's coaches and is managed by the SD and senior coaches.

9 Selection Rules and regulations for Events

9.1 Eligibility for competing.

It's the responsibility of the sailor to fulfil the demands of the eligibility code as set by World Sailing as the international governing body, and possible international Class Organisations, in order to participate at the relevant events belonging to this Olympiad campaign. In case of problems the NSF is willing to support to find a reasonable solution in the interest of all parties involved.

9.2 Selection Rules for the 2020 Olympic Games in Tokyo

It is the goal to have a presentation of final version of the Norwegian Selection Rules for the Olympics ratified by board NSF and Olympiatoppen by July 2017.

9.3 Selection Rules for the 2018 World Sailing Aarhus Worlds in Denmark. (Olympic Nations Qualifier)

In case needed, and by individual class only, the 2018 version of the Squad regulations will present the Selection Rule for the Aarhus Worlds. This system will be set by the SD in close coordination with the relevant senior coach and national coach.

SAMARBEIDSAVTALE

mellom

Norges Seilforbund

og

xxxxx AS

heretter kalt «sponsor»

Vedrørende sponning av xxxxxx heretter kalt «utøver»

1. BAGRUNN/FORMÅL

Norges Seilforbund forvalter sine landslagsutøvers markedsrettigheter innenfor omfanget av Norges Seilforbunds landslagsvirksomhet, jf. avtale med landslagsutøver. Gjennom herværende avtale gis «sponsor» rett til å profilere sin virksomhet ved å benytte utøver i sin markedsføring, og får rett til å profilere seg på utøvers seilbåt.

2. SPONSORS RETTIGHETER

2.1 Betegnelser

Sponsor får gjennom denne avtalen rett til å benytte følgende betegnelser:
Sponsor for xxxxxxxx og tilsvarende benevnelser.

2.2 Rett til kommersiell utnyttelse av navn, bilde signatur

Sponsor har i avtaleperioden rett til å benytte xxxxx navn, bilde og signatur i intern og ekstern markedsføring, samt i enhver presentasjon av virksomheten.

Sponsors bruk av forannevnte rettigheter sammen med egne emblem/logo skal skriftlig forhånds godkjennes av Norges Seilforbund.

Sponsor er innforstått med at ingen firmanavn, varenavn, emblem/logo eller liknende som betegner eller identifiserer eventuell tredjemann, tredjemannsprodukt eller tjeneste skal kunne knyttes til sponsors benyttelse av rettighetene etter pkt 2.1 eller 2.2.

2.3 Eksponeringsrettigheter

Sponsor gis i avtaleperioden rett til å eksponerer sin virksomhet på følgende måte:

Profilering: Profilering på skrog - begge sider, bil, web, sosiale medier som Facebook

3. PROSEDYRE FOR BRUK AV RETTIGHETER- FORHOLDET TIL NORGES SEILFORBUNDS SPONSORER

Alle kampanjer og annen markedsføring av sponsor som utnytter rettighetene i denne avtale, skal på forhånd oversendes Norges Seilforbund og utøver for godkjenning.

4. SPONSORS FORPLIKTELSER

4.1 Godtgjørelse

For rettigheter i henhold til denne avtale skal sponsor betale NOK 000,- (eks. mva.) pr kalenderår, og forfaller til innbetaling i to terminer etter faktura med forfallsdato 1.4.2017 (00 kr) og 30.10.2017 (00 kr)

I tillegg til overnevnte beløp kommer merverdiavgift for avgiftspliktige tjenester.

Beløpet skal overføres til Norges Seilforbund på bankkonto nr. 5134.06.06160

Sponsor bekoster alt materiell i forbindelse med eksponering.

Ved forsinket betaling skal sponsor betale forsinkelsesrente i henhold til lov om rente ved forsinket betaling

4.2 Utforming av reklame

Sponsor skal utvise varsomhet ved utforming av reklame tilknyttet idretten. I henhold til NIF's lov kapittel 13 må reklamen ikke fremstå som forstyrrende eller skjemmende, og må ikke komme i konflikt med idrettens etiske grunnverdier.

5. UTØVERS FORPLIKTELSER

Utøver forplikter å vise lojalitet for sponsors interesser etter denne avtale.

Utøver står fritt til å avslutte sin karriere når han/hun selv måtte ønske uten at dette på noen måte får økonomiske konsekvenser for utøver eller Norges seilforbund.

6. FORHOLDET TIL IDRETTENS REGELVERK

Sponsor gjøres herved kjent med at utøver og Norges Seilforbund er underlagt følgende idrettsorganisasjoners til en hver til gjeldene bestemmelser:

- Den Internasjonale Olympiske Komité (IOC)
- Det internasjonale særforbundet (ISAF)
- Norges Idrettsforbund og Olympiske Komité (NIF)
- Norges Seilforbunds lover, vedtak og konkurransebestemmelser, herunder markedsbestemmelser
- Utøvers Landslagskontrakt

Hver av partene har et selvstendig ansvar for å gjøre seg kjent med disse reglene. Idrettens regelverk skal legges til grunn mellom partene ved eventuell motstrid mellom bestemmelser i denne avtale og idrettens regler. De nasjonale reglene finnes på www.idrett.no

Denne avtalen gir ikke sponsor rett til å utnytte utøvere eller støtteapparat i reklamesammenheng under eller i forbindelse med Olympiske og Paralympiske Leker.

En slik tillatelse kan kun gis av Norges Idrettsforbund og Olympiske og Paralympiske komite (NIF) og av Internasjonal Olympic Committee (IOC) i henhold til det til en hver tid gjeldende olympisk charter og etter forutgående godkjenning av eksponering fra NIF eller IOC.

En hver reklamekampanje som inneholder utøvere som deltar i OL må således inndras i OL-perioden. Norges seilforbund skal videresende NIF's reklamereglement som gjelder under OL når disse foreligger fra NIF.

7. AVTALEPERIODEN

Denne avtalen gjelder for perioden 01.01.2017 til 31.12.2017.

Sponsor gis opsjon til å forhandle om videreføring av avtalen etter avtaleperiodens utløp.

Ved avtalens opphør/utløp bortfaller partenes rettigheter og forpliktelser etter denne avtale, dog slik at allerede påbegynte markeds kampanjer kan ferdigstilles dersom begge parter ønsker det.

8. MISLIGHOLD

Dersom en av partene unnlater å overholde eller oppfylle noen av sine vesentlige forpliktelser i henhold til denne avtale eller unnlater å rette opp et mislighold av denne avtalen innen 30 dager etter å ha blitt oppfordret til det ved skriftlig varsel fra den andre part, kan den annen part heve avtalen.

Overnevnte bestemmelser avskjærer ikke partenes rettigheter til å gjøre gjeldende andre misligholdsbeføyelser (krav om retting, omlevering, erstatning mv.)

9. OVERFØRING AV RETTIGHETER OG PLIKTER

Partenes rettigheter og forpliktelser i henhold til denne avtalen kan ikke overdras uten forutgående skriftlig samtykke fra den annen part.

10. KONFIDENSIALITET

Begge parter forplikter seg til å holde avtalens innhold hemmelig. Enhver offentliggjøring skal på forhånd være godkjent av begge parter.

11. TVISTER

Enhver tvist eller uoverensstemmelse vedrørende denne avtalen skal søkes løst i minnelighet. Partene skal lojalt og etter beste evne søke å bidra til at løsning skjer ved forhandlinger.

Dersom løsning ikke oppnås i minnelighet innen 30 dager etter at en av partene har krevd forhandlinger, jf. avsnittet ovenfor, skal tvisten løses ved de sivile domstoler.

Verneting avtales å være i Oslo.

Kontrakten er utferdiget i 3 – tre – eksemplarer, et til hver av partene samt ett til landslagsutøver.

Oslo, xx.xx.xxxx

Norges Seilforbund

Sponsor

EGENERKLÆRING

Navn

Adresse

.....

Telefon

E-post

Idrett

Idrettslag

Særforbund

Formålet med Olympiatoppens stipendutøverordning

Olympiatoppen har det operative ansvar og myndighet til å utvikle norsk toppidrett, og et overordnet ansvar for resultatutviklingen i norsk toppidrett. Olympiatoppen har gjennomføringsansvar for Norges deltakelse i de olympiske leker og de paralympiske leker, samt multiidrettsarrangementer som European Games, Ungdoms-OL, EYOF osv.

Olympiatoppens støtteordninger skal bidra til å gi forutsetninger for at de beste norske utøverne utvikler seg til å nå verdenstoppen.

Som stipendutøver kan utøveren etter avtale benytte seg av en rekke ressurser ved Olympiatoppen, som test- og treningsfasiliteter, helsetjenester, ernærings- og treningsveiledning, mental trening mm. Tilbud om å få status som Olympiatoppens stipendutøver, forutsetter undertegning av denne egenerklæringen.

Det presiseres at utøverstipendordningen ikke har som formål å etablere et ansettelsesforhold.

Utøverens egenerklæring:

Jeg (heretter «utøveren») anerkjenner formålet med Olympiatoppens stipendutøverordning, og aksepterer herved følgende:

1. Satsing, trening og medisinsk oppfølging

Idrettssatsingen er utøverens hovedbeskjeftigelse, og er en del av det aktuelle særforbunds landslagsopplegg. Annen satsingsmodell kan også aksepteres, forutsatt at dette gjøres i samråd med særforbundet og Olympiatoppen.

De plan- og treningsregistreringsverktøy som Olympiatoppen og særforbundet til enhver tid tilbyr skal benyttes av utøveren, med mindre annet avtales. Treningsdokumentasjon og treningsplaner skal gjøres tilgjengelig for de personer i Olympiatoppen som bistår utøveren og særforbundet. Olympiatoppen behandler informasjon fra utøver på en fortrolig måte.

Utøveren skal ta hensyn til de råd Olympiatoppens medisinske ansvarlige gir. Bruk av helsepersonell som ikke er tilknyttet Olympiatoppen, skal på forhånd avklares med helseavdelingen i Olympiatoppen og kun gjøres i samråd med Olympiatoppen og forbundets medisinske ansvarlige.

2. Kosttilskudd

Olympiatoppen har en restriktiv holdning til bruk og markedsføring av kosttilskudd. Ved bruk av kosttilskudd skal utøveren følge Olympiatoppens gjeldende retningslinjer for bruk og markedsføring av kosttilskudd. Dette innebærer blant annet restriksjoner på hva slags type kosttilskudd utøvere kan benytte seg av, samt en forpliktelse til å rapportere eventuell bruk av kosttilskudd til Olympiatoppen.

En stipendutøver kan ikke inngå avtale med noen som har økonomisk interesse i utvikling, salg eller markedsføring av kosttilskudd (kosttilskuddsavtaler) uten skriftlig forhåndsgodkjenning fra Olympiatoppen. Enhver avtale knyttet til markedsføring av kosttilskudd skal være i tråd med Olympiatoppens retningslinjer på området. Brudd på dette kan medføre plikt til å tilbakebetale tildelt stipend.

Utøver skal alltid skriftlig opplyse om eventuelle kosttilskuddsavtaler i forbindelse med innsending av egenerklæringen. Olympiatoppen kan ta stilling til om en eventuell avtale avskjærer utøver fra å kunne bli stipendutøver.

3. Idrettens regelverk og verdigrunnlag

Utøveren aksepterer å være underlagt NIF og tilsluttede organisasjonsledds regelverk, herunder NIFs straffe- og dopingbestemmelser, og at sanksjoner etter nevnte regelverk kan ilegges dersom regelverket brytes. For utøvere med meldeplikt forutsettes det at utøveren har god kjennskap til, og etterlever, NIFs forskrift om meldeplikt og annen utøverinformasjon.

Utøveren samtykker til at saker vedrørende brudd på dopingbestemmelsene kan avgjøres med endelig virkning av Court of Arbitration for Sport (CAS). Dette innebærer at utøveren ved denne avtaleinngåelsen aksepterer en voldgiftsavgjørelse i CAS som endelig, og at dette normalt avskjærer adgang til prøving for alminnelige domstoler.

Stipendutøvere skal opptre i samsvar med NIFs formål, virksomhet og kjerneverdier, og plikter å innrette seg etter gjeldende regler, retningslinjer og vedtak fattet av NIFs styrende organer. Utøveren skal avstå fra å opptre på en måte som er uforenlig med plikter/rollen som stipendutøver og som kan skade idrettens anseelse og omdømme.

Utøver innestår for å ikke tidligere ha utført handlinger som kan sanksjoneres etter NIFs lov (eksempelvis bruk av høydehus (etter 2003), manipulasjon av idrettskonkurranser, doping mm.), og forplikter seg til å avstå fra slike handlinger. Stipendutøveren har et særlig ansvar for å ta avstand fra, og arbeide mot, doping og manipulasjon av idrettskonkurranser.

Utøver innestår for å ha gjennomført Antidoping Norges e-læringsprogram «Ren utøver».

Stipendutøvere skal ha kjennskap til de regler som gjelder for deltakelse i OL og PL, herunder de begrensninger dette medfører i adgangen til å bli benyttet i markedsføring. Utøver som vurderer inngåelse av markedsavtaler må kontakte Olympiatoppen før avtalen inngås for å få nærmere kjennskap til regelverket.

4. Inntekts og formuesforhold

Tildeling av stipend er gjenstand for behovsprøving, og utøveren plikter å gi opplysninger om inntekts- og formuesforhold.

Avkortning av stipend starter ved en inntekt på 500.000 kroner for alle stipendkategorier, og blir redusert krone for krone på inntekt fra 500.000-620.000 kroner (A-stipend), fra 500.000-570.000 kroner for B-stipend, og fra 500.000- 560.000 kroner for U-stipend. Avkortningen av stipendutbetalingen vil altså tilsvare det inntektsbeløp som overstiger kr 500.000. Tjener en stipendutøver mer enn 620.000 (A), 570.000 (B) og 560.000 (U) vil stipendet følgelig ikke komme til utbetaling, men utøveren beholder sine øvrige rettigheter som stipendutøver.

Utøvere som opplyser at de overstiger Olympiatoppens øvre inntektsgrense for den aktuelle stipendkategorien, behøver ikke å opplyse om inntekts- og formuesforhold.

For mer informasjon om beløpsgrenser og avkortning se Olympiatoppens hjemmeside:
(http://www.olympiatoppen.no/om_olympiatoppen/stoetteordninger/individuell_utoeverstipend/page5457.html)

I siste inntektsår hadde utøveren følgende:

- Inntekt kr
- Formue kr

Merk at følgende skal tas med i inntektsbeløpet:

- lønn/honorar
- stipend fra andre enn Olympiatoppen
- bonuser
- premiepenger
- sponsoravtaler
- inntekt eller utbytte opptjent i AS evt. andre selskapsformer tilknyttet idrettsaktiviteten
- eventuell andre inntekter som ikke er nevnt ovenfor

Inntektene oppgis i det året man har opptjent/vunnet, uavhengig om dette er plassert i idrettsfond.

Utøveren bør legge ved en egen redegjørelse eller ta kontakt dersom det er usikkerhet knyttet til utregning av inntekt eller formue, eller det er særlige forhold Olympiatoppen bør være kjent med.

Ved undertegnelse av erklæringen bekrefter utøveren at de oppførte opplysningene er korrekte og er gitt etter beste evne, og det aksepteres at Olympiatoppen, Norges idrettsforbund og det aktuelle særforbund kan innhente nødvendige dokumenter for å verifisere de opplysningene som er gitt.

Norwegian Sailing Team

Olympiatoppen Stipend Form				
name:			Stipend	OLT A / OLT B / OLT U
date:				
receipt nrs	post	amount	remarks	
1				
2				
3				
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24				
25				
	sum		0 NOK	
please transfer to:			signed	
IBAN				
BIC			date / place	

Norwegian Sailing Team

Event compensation form				
Name			Date	
Class			Place	
NST level	OL landslag / Utf. landslag			
Event			Dates	to:
Place			Result	
Entry Fee:	NOK		receipt	yes / no
Amount of days to be compensated	10 / 8 / 6 days at rate:			
Compensation total:	NOK			
Event total:	NOK			
Account details			signed by sailor	
Iban				
bic			signed by SD	
name bank				

Events OL-Landslag and Utfordrer Landslag 2017

dates	event	Place	remarks
LASER			
24 march-1 april	Eurosaf Spain	Palma ESP	A
22-30 april	World cup 2 France	Hyeres, FRA	S
7-13 aug	ISAF worlds test event	Aarhus, DEN	S,
12-19 sept	Worlds Laser	Split CRO	S,PP
16-22 okt	WC Japan	tokyo, JAP	S
3-8 okt	Norwegian Sailing Team Conference	Vasser, NOR	A
LASER RADIAL			
24 march-1 april	Eurosaf Spain	Palma ESP	A
22-30 april	World cup 2 France	Hyeres, FRA	S
23-27 may	Delta loydd regatta	Medemblik, NED	S
7-13 aug	ISAF worlds test event	Aarhus, DEN	S
19-26 aug	Worlds Laser Radial	Medemblik,NED	S, PP
3-8 okt	Norwegian Sailing Team Conference	Vasser, NOR	A
FINN			
24 march-1 april	Eurosaf Spain	Palma ESP	A
22-30 april	World cup 2 France	Hyeres, FRA	S
6-13 may	European Championship Finn	Marseille, FRA	S
6-14 june	WC final 2017	Santander, ESP	S
19-26 aug	ISAF Test event	Aarhus, DEN	S
3-8 okt	Norwegian Sailing Team Conference	Vasser, NOR	A
49ER F/M			
24 march-1 april	Eurosaf Spain	Palma ESP	A
22-30 april	World cup 2 France	Hyeres, FRA	S
30 july- 4 aug	Europeans 49er / 49er FX	Kiel GER	S
7-13 aug	ISAF worlds test event	Aarhus, DEN	S
28 aug - 2 sept	Worlds 49er / 49er FX	Porto, POR	S, PP
3-8 okt	Norwegian Sailing Team Conference	Vasser, NOR	A
RSX F/M			
24 march-1 april	Eurosaf Spain	Palma ESP	A
22-30 april	World cup 2 France	Hyeres, FRA	S
23-27 may	Europeans RSX F/M	Marseille, FRA	S
7-13 aug	ISAF worlds test event	Aarhus, DEN	S
16-23 sept	Worlds RSX F/M	Endoshima, JAP	S,PP
3-8 okt	Norwegian Sailing Team Conference	Vasser, NOR	A
470 F/M			

Events OL-Landslag and Utfordrer Landslag 2017

NACRA 17			
24 march-1 april	Eurosaf Spain	Palma ESP	A
22-30 april	World cup 2 France	Hyeres, FRA	S
30 july- 4 aug	Europeans Nacra 17	Kiel GER	S
7-13 aug	ISAF worlds test event	Aarhus, DEN	S
5-10 sept	Worlds Nacra 17	Grande Motte FRA	S,PP
3-8 okt	Norwegian Sailing Team Conference	Vasser, NOR	A
	S' means Compensation as per § 5 NST Reguslatiosn		
	A' means Accommodation (partially) paid for by NSF		
	'PP' means Peak performance event		