

SNO Elite runners act in accordance with this guide. Individual contracts are developed as needed.

Communication plan

The main communication channel is SNO's website www.sno.nu > Elite

Google Drive [SNO Elit](#) > Year is used as a document store.

Eventor > Club activities are used for SNO Elite activity registration.

Messenger groups are used for communication within SNO Elite.

Relay team selection

Relay team selections are posted on a Messenger group by Tuesday before the competition.

Membership and starting fees

Guidelines

Elite runners pay SNO membership, SNO competition fee and Swedish ranking fee (if applicable).

Elite runners support club events and attend sponsor meetings unless they conflict with priority competitions. SNO Elite is funded by club events and sponsors.

Benefits

Elite runners have free starting fees for Swedish competitions, except for summer events; after Jukola in June and in July. During this period, only Swedish Championships and the top Elite class at O-Ringen are covered.

Late fees and "no start without valid reason" are always the runner's responsibility.

Camps and travelling

Guidelines

Elite runners are expected to participate in the organization of camps and competition travelling and also to arrange training sessions.

Benefits

Elite runners get free access to training camps, pre-camps and competition travelling.

Travel, training maps and accommodation are included unless stated otherwise, but food is usually excluded.

Competition and training

Guidelines

Elite runners set clear goals, make competition and training plans to develop their physical, technical, and mental skills to gain peak performance in priority competitions.

Elite runners log and evaluate competitions and training to refine their skills.

Elite runners inform coaches about illnesses or injuries, to get fast support.

Benefits

Coaches support elite runners with goal setting, competition and training planning and attend all elite activities as far as possible.

Elite runners and coaches have regular "development talks" to evaluate competition and training for development and peak performance at priority competitions.

Representative clothing

Guidelines

Elite runners wear club competition gear during races and a club jacket at ceremonies and events. Sponsor logos must remain visible and unobstructed.

Benefits

Elite runners receive new club gear and jackets as needed, free of charge when possible.

Cost reimbursement

Elite runners are reimbursed (25 SEK/10 km) for using their car for camp and competition travels. Additional cost reimbursement are made in accordance with individual contracts or case by case.

Submit "cost reimbursement form" and attached receipts to hakan.kleijn@gmail.com for approval.