

# Welcome to NTNUI Orienteering!

## About NTNUI

Norges teknisk-naturvitenskapelige universitets idrettsforening (NTNUI) is the student sports association at the Norwegian University of Science and Technology. With more than 12 000 members and over 50 different activities, NTNUI is the largest sports association in Norway. If you become a member, you will have access to three great sports centres, with all the facilities you'd want.

NTNUI Orienteering is one of the largest groups in NTNUI, and we are about 150 members, some more active than others. Our daily activities consist mostly of physical trainings like running and strength training, as well as technical orienteering training.

NTNUI Orienteering is a self-driven group, where the students organize everything. This is one of the unique things about NTNUI, and enhances the team-feeling.

We also have many social happenings, like O-ball (a classy party, where we dress up, and eat dinner at "Studenterhytta"), O-dag (costume party) and cabin trips.

## FAQ:

- **What do I need to do if I want to join?**
- **Do I have to pay to become a member of the orienteering-group?**
- **Where do I get information about activities?**
- **What kind of trainings do you have?**
- **How do I enter competitions?**
- **How does the competitions get financed?**
- **Where can I buy teamwear?**
- **Do I have to be a good orienteer to join NTNUI Orienteering?**
- **What is this so-called «O-kjøkken» that I've heard about?**

## What do I need to do if I want to join?

- Come to our trainings! There are no restrictions regarding who can join us, everyone is welcome!
- To be a member of NTNUI Orienteering, you have to be a member of NTNUI. This is done by purchasing a membership-card at one of the SiT training-centers near Gløshaugen and Dragvoll. Membership costs NOK 1600 per year and NOK 900 per semester.
- To register in the member-database of the orienteering-group go to this webpage and sign up: [http://org.ntnu.no/ogruppa/wp/?page\\_id=4465](http://org.ntnu.no/ogruppa/wp/?page_id=4465)
- Then you should send an email to [orienteering-nestleder@list.stud.ntnu.no](mailto:orienteering-nestleder@list.stud.ntnu.no) saying that you want to represent NTNUI Orienteering.

## **Do I have to pay to become a member of the orienteering-group?**

If you are a member of NTNUI, there are no additional costs to joining the orienteering-group. There could be some costs if you need a ride by car to a training (30 NOK per ride) etc.

## **Where do I get information about activities?**

To get information you should sign up for our mailinglist. This is the main way of communication in NTNUI Orienteering. There are two different mailinglists; one with all the serious information (trainings, events, competitions etc.), and one with all the gossip and other activities. You should enter both - that's the best way to get integrated into the group.

The serious one you enter here: <http://list.stud.ntnu.no/mailman/listinfo/ogruppa>

The unserious one you enter here: <http://list.stud.ntnu.no/mailman/listinfo/ogruppa-bull>

There is also information on our webpage, <http://org.ntnu.no/ogruppa/wp/>, and our facebook-page, <http://www.facebook.com/NTNUIOrientering>. And – don't forget to check out our blog! : [http://org.ntnu.no/ogruppa/wp/?page\\_id=12](http://org.ntnu.no/ogruppa/wp/?page_id=12)

Unfortunately most of the information here comes in norwegian. Try to use translation tools on the web, and for all the things you don't understand - send us an email and we'll try to help you!

## **What kind of trainings do you have?**

There are trainings every week, and almost every day. The calendar on our webpage is a good information-channel, but the most important way to get information about trainings is to sign up for the mailinglist.

Commonly used words in training-descriptions:

*Dragvoll*: The sports center near the Dragvoll-campus. Used for strength-training and football!

*Store-P*: "Big-P". The big parking lot at Moholt student village. This is the meeting-point for most of the trainings, whether you go by foot or car.

*Liaåsen (90min)*, *Månen*, *Nymånen*, *Flatrunden*, *Bekken (40 min)*: All of these are places in the forest-area closest to Moholt, which is called Estenstadmarka. Common goals for longer or shorter runs.

A typical fall-week of trainings can look like this:

Mon: Short or long run followed by strength training for some

Tue: Intervals

Wed: Core-strength in the morning. O-technical training in the evening

Thu: Ball-games at Dragvoll

Fri: Track-intervals

Sat: Competition/Long run

Sun: Competition/O-technical training

## **How do I enter competitions?**

Information about competitions comes via email. Sometimes you enter through the NTNUI webpage, and other times you have to enter through the webpage of the event, or through the enter-system Eventor. On Eventor you can also find the event-schedule.

Link: <http://eventor.orientering.no/Events>

## **How does the competitions get financed?**

The financing is done by NTNUI. NTNUI covers startingfees for all runners in all competitions. You have to pay travelling-costs etc. for competitions yourself. But - if you're travelling to an important competition that NTNUI has decided to cover, the rule is that if you are less than 20% behind the winner, NTNUI will cover travelling and living costs up to a certain amount. Information about this comes after or before each competition. It usually applies to the Norwegian championships and the Norwegian cup.

## **Where can I buy teamwear?**

For teamwear you have to see the teamwear-guy. He lives in "Bananen" orienteering kitchen (o-kjøkken), in Moholt student village. The address is Moholt Allé 10-3. If you go and visit him you can buy teamwear.

## **Do I have to be a good orienteer to join NTNUI Orienteering?**

No, NTNUI is open for anyone who wants to join! There are people in NTNUI training and competing on all levels, and you will always find a training-partner that suits you! NTNUI have a lot to offer for the hobby-runner, with our social happenings and trainings.

## **The elite-team**

If you want to train and compete on a more serious level we can also offer an environment that will suit you. We have an elite-team called NTNUI Elite. In this team the people who are more serious with their training can meet and work together to become better orienteers. To get a place on the elite-team you have to apply (information will be given in October). We encourage everyone that wishes to evolve to a certain level as an orienteer to apply, as we wish for the elite-team to have many different resources to learn from. If you become a part of the elite-team you will have to participate in your own way with small tasks, and also perform in the big relays (10mila and Jukola) and championships.

## **What is this so called «O-kjøkken» that I've heard of?**

Most orienteers in Trondheim live in an O-kitchen, "o-kjøkken", a housing that you share with three other orienteers. All of the so called "o-kjøkkens" are in Moholt student village. They are owned by SiT (<http://www.sit.no/>). If you want to be a member of these O-kitchens you have to send us an e-mail, and we'll try to help you: [Ogruppa-info@list.stud.ntnu.no](mailto:Ogruppa-info@list.stud.ntnu.no)