



# ORIENTEERING CANADA

Published by the Canadian Orienteering Federation  
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## OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

Vol. 34 , No. 4, WINTER 2006, published February 2006

ISSN 0227-6658

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### MAPPERS WANTED

**We have several interesting projects for 2006 in**

**Alberta,  
Saskatchewan and  
Ontario.**

**These positions will be coordinated through**

**The Alberta Orienteering Association**

**Please enquire by February 21 to:**

**Alberta Orienteering Association  
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2nd Floor, 818- 16 Ave. NW  
Calgary, AB T2M 0K1  
Email: [orienteering@shaw.ca](mailto:orienteering@shaw.ca)  
Phone: (403) 297-2724**

### “Make Ethical Decisions” New Online Evaluation

The National Coaching Certification Programme (NCCP) and the Coaching Association of Canada have a new online evaluation for the module from the new level A theory course called “Make Ethical Decisions”. This is entirely new material that was not offered to coaches who have participated in the older NCCP programmes. Many sports are now requiring all coaches to pass certification on this topic by taking the online evaluation. This is the only method of getting accredited as there is no paper based evaluation option. The whole project will take you about 1 hour. Currently it is free.

Once you pass (75% grade required) your file on the NCCP database is automatically updated. To start all you need is your CC number and then go to <http://nccpdb.coach.ca/production/>. Use this website to “sign me up” and once registered click on the online evaluation “Make Ethical Decisions”.

The two scenarios provided in the evaluation are certainly relevant to many sports and introduce the coach to the ethical decision making process. The examination takes you through the steps of 1. establishing the facts. 2. determining whether a legal issue is involved. 3. to consider potential options. 4. to consider the consequences of various options. 5. to the selection of the best option and 6. implementation of the decision. If you slip up on the online evaluation then you have to attend a local NCCP one evening session on the subject before reattempting the online exam. Try it out. I think you will find it thought provoking and fun

David Ross

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# **WHAT WE ARE UP TO AT THE COF**

At the COF's AGM in the fall, a new Executive was elected. The Executive is charged with running the Canadian Orienteering Federation. The 2006 Executive has a lot of new faces and a lot of energy and we are looking forward to doing what we can to move orienteering forward in Canada. We encourage Canadian orienteers to 'think nationally' and to imagine how their volunteer and competitive efforts can be used to enhance and further develop our great sport and wonderful orienteering community. The 2006 Executive is:

Charlotte MacNaughton / President / Alberta  
Andrée Power / Vice-President Finance / Alberta  
Ted de St. Croix / Board Member / BC  
Jennifer Hamilton / Board Member / Manitoba  
Hans Fransson / Board Member / Ontario  
Mike Smith / Board Member / New Brunswick

Since the AGM, we have gone through a brain storming process and we approved the following plan:

## **TECHNICAL RACES GUIDELINES**

In light of the change from two day classic to a sprint, middle, long format, there is a need to update the COF guidelines re course lengths and winning times, etc. There is also a need to revisit the current A meet 8 course structure – are the current guidelines meeting the needs/abilities of competitors in the various age categories (this is especially a concern in the older age categories)? We need to ensure that the COF is keeping its rules and standards up to date in light of changes at the IOF level, trends in international orienteering and the challenges of organizing events in Canada without creating excessive requirements for volunteers.

## **EVENTS AND SCHEDULING**

It is a priority to develop and well publicize a process for bidding for and assigning championships events in Canada (COCs and NAOs). It is our desire to have the hosts for these events assigned well in advance. In that regard, it is absolutely crucial that a host for the 2007 COCs be identified immediately. (Update: the COF board has approved in principal a bid from the to-be-formed Saskatchewan Orienteering Association – with assistance from the AB Orienteering Association – to host the 2007

COCs)

The COF will create a national event listing on its website and will ask event organizers to submit their event dates and information to the COF as early as possible to facilitate travel planning for orienteers and to help avoid scheduling conflicts between events.

The COF is very supportive of the initiative developed by the Foothills Wanderers Orienteering Club to develop "Orienteering Week in Canada" – a week selected each year when clubs across Canada organize events under the "Orienteering Week in Canada" banner. This initiative provides good promotional opportunities and foster good communication between clubs. The COF will provide promotional support to this project.

The COF would like to ensure that 2+ World Ranking Events (WREs) are held each year in Canada. These events provide greater opportunities for North American elite orienteers to get ranking points on the international ranking list maintained by the COF. WREs can be incorporated into existing events.

The COF supports the work being done by some Canadian orienteers to develop a "Canada Multi-Day" event concept – an annual or bi-annual multi-day event (similar to the Swiss 6 Day or the Scottish 6 Day, etc.)

## **HIGH PERFORMANCE DEVELOPMENT**

The COF Board supports the continued development of the High Performance Program, and specifically the creation of a longer term approach to elite athlete development. The COF will provide more information on its website to potential high performance orienteers about the process for ultimately representing Canada at the Junior World Orienteering Championships and the World Orienteering Championships. The COF supports increased fund-raising initiatives for the high performance program and will provide promotional support. We will look at the HPP fund to see if new guidelines are required.

## **GRASSROOTS DEVELOPMENT**

The COF sees that it has a role in facilitating information sharing between the clubs across Canada which have developed various school and junior programs. And the COF will improve relevant content on its web site. The COF will encourage Newfoundland and Saskatchewan to join the COF.

## MEMBERSHIP

We will revisit the membership structure to ensure effectiveness and efficiency.

## COMMUNICATIONS

The COF web site will be significantly revamped and expanded to provide greater information and assistance to Canadian orienteers. The new web site will endeavour to increase information sharing between clubs and associations by including “best practices” information. The COF will create an email list to facilitate communication between Canadian clubs and associations. The COF newsletter will evolve to include fewer results and more information about future events. We will also endeavor to increase our profile within the Canadian amateur sport community. The new website will include a “Route Gadget” database system which can be accessed by all clubs in Canada. (Route Gadget is a great race analysis tool). Having a central Route Gadget database will ease the volunteer burden in individual clubs and associations wanting to use this web-base software.

## VOLUNTEER DEVELOPMENT

COF will facilitate communication between clubs and associations regarding volunteer issues and volunteer recognition . The COF will look for ways to reduce the amount of volunteer effort required to stage events and will also look for ways to reduce the amount of duplicated volunteer effort between clubs by encouraging nation-wide sharing of tools and resources (for example, the development of a national RouteGadget course analysis tool, the potential for a national event registration software system, the potential for a national membership signup/renewal database). The COF board acknowledges that volunteer burn-out and a general lack of volunteers is an issue for the development of orienteering in Canada. Acknowledging the importance of recognizing the significant volunteer efforts by Canadian orienteers, the revamped COF website will include a volunteer recognition element.

## OFFICIATING

It is a high priority for the COF to update the officials course materials, especially to keep current with new technologies.

## COACHING

The COF Board fully supports the coaching program

redevelopment currently underway, being spearheaded by Bill Anderson. The COF will do what it can to assist with this initiative.

## ADMINISTRATION AND PLANNING

The COF will prioritize succession planning in preparation for the Executive Directors’ retirement. The COF Board will write a yearly plan. The COF will investigate other opportunities to increase revenues. The COF Board will solicit ideas and feedback from Canadian orienteers.

We are in the process of doing volunteer recruitment to help us with these tasks. Please do contact me if you are interested in lending a hand. Also, the COF Board welcomes feedback from orienteers. Please do contact us if you have any questions, concerns, suggestions, etc. We want to hear from you!

*Charlotte MacNaughton*  
*President, COF*  
*charlotte@barebones.ca*

### **OANS – ECO CHALLENGE – EDURANCE CHALLENGE, MAY 6-7**

The Orienteering Association of Nova Scotia (OANS) will again be a co-sponsor of the 6th Eco-Challenge-Endurance Challenge organized by the Halifax Regional Ground Search and Rescue Team. This event has quickly earned a reputation as one of the most challenging and well-organized endurance Orienteering Events in North America.

There will again be both 8 Hour and 24 Hour events with Competitive and Recreational divisions in both events. Former OANS Executive Director, Michael Haynes, despite his move to Ottawa, ON, continues to be our course planner. This year the course promises to be as challenging as previous years with new experiences for returning participants.

This year’s event will be held on the weekend of May 6-7th.

For detailed information and registration: visit the Official Event Web-Site at –  
<http://www.hrsar.ca/e2c/index.htm>

Note: There is a \$20 discount for registrations prior to March 1<sup>st</sup>.

# **THE NCCP TRANSITION PROJECT MOVES AHEAD – SLOWLY BUT SURELY.**

A couple of milestones have been reached since my last report in O-Canada. The first was the approval of the Participant Development (PDM) and Coach Development (CDM) Models by the AGM in October. These models presented the profiles of the various participants in orienteering and the Coaching Streams they best fit into. For example, a new orienteer would initially join the Community (club) Coaching Stream and then move to the Competitive Coaching Stream if his/her objective is to compete at a provincial or higher level.

The second milestone was the decision by the working group to tackle the development of the Community Coaching Stream modules first. The main reason is that we need to improve and expand our training programs at the club level. We need to provide our Club and Community (schools, cadets, etc.) coaches with the techniques and supporting material to build up the skills and participation level of the new orienteer.

X-C Canada introduced their Community Coach program last year. It was very well received by the local X-C ski coaches that I know, so I decided to attend the course myself in December. X-C Canada presents the Community Coach (CC) training in two stages. The first (Introduction to CC) focuses on the very young (4-8) “bunnyrabbits” and the second stage (Community Coach) on the older (9-12) “jackrabbits”. The course material provided lots of training aids in the form of games, exercises, and challenges to make the coaches’ planning job easier. It is assumed that enthusiastic older kids (12+) would progress into the Competitive Coaching Stream. There was no training material specifically directed towards older youth or adult participants.

In orienteering we have a very large component of new participants at the teenage and adult level. We must remember to include training programs for our Community Coaches that will assist us to cultivate the enthusiasm of the older orienteers.

I am very pleased to have representatives from every active province and territory who will support the

development of the new coaching programs. They include:

Jim Blanchard (NS), Stig Skarborn (NB), Pascal Vincent (QC), Charles Delisle (QC), Randy Kemp (ON), Lyman Jones (ON), Jennifer Hamilton (MN), Doug Dowell (AB), Pippa McNeil (YK), and Ted de St. Croix (BC).

The next step is to finalize the criteria for the Community Coach program and then to produce a detailed outline for the development of the coach’s training material. We had hoped to meet early this year but funding from the CAC for travel will not be available until the spring. If everything goes according to plan, we will be testing and reviewing CC exercises and challenges at the training camps this summer.

For detailed background information on the project please visit the project website at:

[www.magma.ca/~ottawaoc/NCCP Project/MAIN PAGE.htm](http://www.magma.ca/~ottawaoc/NCCP Project/MAIN PAGE.htm)

Bill Anderson

## **OTHER ITEMS**

1. We are re-doing the COF web site at [www.orienteering.ca](http://www.orienteering.ca) - watch for it in March.
2. The COF is looking for volunteers to help us with digitizing the COF Officials course materials, as we undergo updating the programs. Like typing or are you an expert with your scanners OCR program? We’d love some help. Contact [charlotte@barebones.ca](mailto:charlotte@barebones.ca) if you would have some time to offer to this.
3. This year’s High Performance Program has been finalized. Interested in learning more about competing at the junior or senior World Championships, contact Ted de St Croix at [tdsc@sotique.com](mailto:tdsc@sotique.com)

# **SANDY HOTT JOHANSEN'S WORLD CHAMPIONSHIP**

Well, after 24 hours of traveling from Japan we arrived safely home in Kristiansand. We got a reception at the airport from our club mates (even though it was around midnight when we arrived). The local TV cameras were also there to film the relay world champion, Holger. Today has been spent unpacking, grocery shopping and lying on the couch. Whew! Feels like it'll take a few more days (weeks?) to recover just from the traveling.

## **Here's a recap of our Japan story:**

Holger and I arrived in Japan on Wednesday 27 July, a few days ahead of the Norwegian team to get some extra acclimatization time (time and heat). I was the team doctor for the Norwegian team and therefore lived with them in their (air-conditioned) hotel until the races started. My first impression of the Japanese terrain were that it was as expected: steep, green in areas, soft bottom. Lots of route choice possibilities but fairly simple orienteering otherwise. Very hot, but not so bad in the forest. What I didn't expect was all the icky bugs, huge cicadas flying up from the ground into your face as you run by, and yucky spiders and spider web (some really huge ones). The bugs really freaked me out. Luckily there were less of them (or I was used to them) after the first day. We got in 6 good trainings on maps leading up to the races, including 2 race simulations.

I moved up with the rest of the team the day before the middle qualifications. Our accommodations were pretty ramshackle, at least from the outside. Spartan on the inside. 4 people in a room in bunk beds. No aircon either but I invested in a fan which was definitely worth it.

My races started with the middle qualification. I ran a fairly conservative race and didn't take any risks. The orienteering was fairly simple, only 2-3 tricky controls. I came 3rd in my heat with what I felt was a decent but not stellar race, which surprised me but I figured the best probably hadn't pushed it. As you can see from the results, the other Canadians weren't far from qualifying in the middle or any of the other disciplines but the seconds weren't on their side. The US qualified Erin Olafsen into the middle final with a great run, but it was close. 2 seconds slower and she would have been out. She was the only other North American to qualify for the finals so it was pretty tough competition.

After the middle qualifier I was faced with a tough decision. I had planned to run the sprint, middle and relay (Background: this was revised from long, middle and relay after 3 months of on-off sickness this spring stole many training hours from me. At WOC I had been healthy for about 6 weeks so my physical shape was not as it should have been).

I hoped that my middle qualifying results mean I had a chance at a top-15 or 20 placing in the final, but I knew that I didn't have the legs to run well in 3 races in 2 days (i.e. sprint then middle). I discussed it with Holger and with the Norwegian coach Jarle Ausland who has coached us in KOK before he took over the national team. Jarle was not in doubt: drop the sprint, bet everything on the middle. We agreed it was better with one good result than 2 mediocre results. So I dropped the sprint.

It turned out to be the right decision. The sprint day was a loooong day in the heat, during which Marie-Cat got bitten by a humongous spider. I think it sucked the energy out of most people. Meanwhile I was home resting and watching DVD's on Wil's computer, charging my batteries.

On the day of the middle final, Wil accompanied me to the start. He lent me his ipod and I listened to such classics as "Sunglasses at night" (Corey Hart), "Tiger Woods" (Dan Burns?), and "Time Warp" from Rocky Horror Picture Show. I felt pretty relaxed. I just wanted to run a clean race and let the cards fall where they may. Jarle pep-talked me before the start, he advised a conservative race, stop up when uncertain and take no chances. We ran through the arena on our way to the start and mike tipped me that the run-in was a bit uneven and went in a U shape. Good to know.

My race was good but not stellar. I stayed conservative, maybe a bit too much so in the start as I lost a bit of time on running. It went a bit staccato the whole way, with a lot of stops but I stopped myself from making any big mistakes. I took a wrong route choice and lost about 30 seconds on that, otherwise only small mistakes totaling only 45 seconds or so. It was fairly technically easy. I didn't feel superfast but I made it a point to try to run up the hills even if I was tired and tried to keep pushing. I only saw one other runner out there, the girl who started 4 minutes ahead of me, who I passed on the way to the 3rd last control. She

looked pretty beat so I didn't know if it meant I had well or not. When I approached the arena I was prepared for being far back because I had no idea how my cruising speed had been, and I knew the orienteering was simple enough that my few small mistakes and stops could still push me pretty far down the result list. I has a great cheering squad all the way up the finish chute, the Canadians had spread themselves out along the whole finish chute to keep me going (thanks guys!). When I finished I was 5th so far, as the 9th last starter and realized from that that I could be no worse than top-15. That was a great feeling but finding out that I was 9th was even better.

### **So what's the secret? Here's what I think:**

- 1) I think the terrain suited me very well: physically tough and relatively easy technically (although still difficult enough that a lot of people made mistakes).
- 2) I prioritized correctly by not running the sprint.
- 3) Although I was sick almost the whole spring I still have trained 100 hours more than thus far this year than at the same point last year. Most of these training hours have been on small technical paths or in terrain, and I have trained more o-technique this year, I have also looked a lot at the Japan maps, practicing route choices etc.
- 4) BECAUSE of the sickness this spring, these were the first races I have run since I got healthy. This means I had no expectations for the results, and felt no pressure. I just wanted to run clean races.
- 5) Switching jobs to a 50% job has given me more time to recover and absorb the training, and a LOT less stress.

What now? Well, it was only 30 seconds up to a podium finish (top-6) so I guess I'll have nightmares about those 30 seconds for a while. I had always dreamed of cracking the top-10 someday before I retired, so now I have to make a new goal, and that is this: someday I will wave the Canadian flag from somewhere on the podium.

Anyway, that's my Japan story. I'll let the others tell their own stories: Marie-Cat's spider attack, Louise's great relay leg, and many close calls to qualifying for just about everyone. Next year the seconds will be on our side. Also, I am now married to a World Champion, who is still hungry for his individual gold medal (next year!).

Thanks to Adrian for being a great team leader, and to Charlotte for keeping him in line. Thanks to everyone at home for their support, especially Ted for giving us a much-needed push in the right direction. Sending full teams is the best thing we have ever done, and I was proud to be part of it. The tem atmosphere was great. Looking forward to next year already.

Cheers  
Sandy

**Editor:** This article was received too late for inclusion in the Fall issue but I am certain members will welcome reading Sandy's 'first hand' comments of her outstanding performance.

### **CIVIC MINDED ORIENTEERS SERVE ON CITY COUNCILS**

#### **1. The Veteran – Gord Hunter – Ottawa**

Ottawa OC member, Gord recently completed 25 years service on the Ottawa City Council – the longest serving council member. Gord served several years on the Council of the City of Nepean and continued as a council member when the cities amalgamated.

In addition to being the longest serving council imember, Gord is probably the fittest council member of any city in the country. He competes in numerous orienteering events every year and a multi time COC champion in age classes M21 through M55. He also competes in Duathlons, Triathlons and is an avid golfer. Depending on the season he can be seen almost every day in the Gatineau Park, running, cycling or skiing, followed up with a round of golf.

#### **2. The Rookie – Charlie Fox – Langley**

Former COF President, Charlie Fox, was recently elected to the council of the City of Langley, BC. This was his first attempt to run for public office. Charlie will retire from his current position of High School Principal in June 2006. No information available as to Charlie's daily fitness regime but almost certainly less strenuous than Gord's.

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# **YOUNG FALCONS – LEARNING TO FLY**

The Golden Horseshoe Club organized a Winter Training Camp in the Hamilton region on January 5-8. Holger Hott Johansen (member of 2005 Norwegian World Champion relay team) was principal coach. His wife, Sandy, fresh from her 'Best Ever' result by a Canadian at the World Championship assisted. Orienteers from Yukon, British Columbia, Alberta, Manitoba, Ontario, Quebec, New Brunswick and several from the USA attended, including members of the Canadian and US senior and junior teams.

Four juniors from the Falcon Orienteering Club, New Brunswick, were invited to share their experiences by putting them into words for publication in Orienteering Canada.

## **The Hamilton orienteering camp was just what I needed!**

The training was just hard enough to completely wipe you out but still have fun orienteering. After your run you always looked forward to a nice talk and rest. The camp had great talks to give you some of the best tips on training, thinking, and eating. Also, there were a lot of great people around and never a shortage of things to do after the training sessions. The camp gave me the boost I needed to get my training organized and in gear.

*Fraser Ross, Falcon Orienteering Club*

## **Loads of Fun and Motivating**

Hamilton training camp, in short, was loads of fun. It was also an eye opener for me to see how much Sandy and Holger trained compared to how much I train. The camp was very motivating and has helped me with goal setting. It was also very nice to have everyone together again.

*Natasha Ouellette (Falcons)*

## **New Found Motivation**

After participating in the Hamilton training camp, put on by Holger and Sandy Hott-Johansson, my philosophies towards orienteering and the training required to compete in this sport have changed drastically. Prior to this camp I did close to no training out of season for orienteering.

During the training camp Holger and Sandy introduced us

all to the Scandinavian ways of training. Through their many presentations they showed us how dedicated they and other Europeans were towards orienteering and showed us what it took to be a top orienteer. After showing us their orienteering oriented daily routine I finally realize that I had to get serious and get my priorities straight.

Ever since that camp I have been doing as much training as I can including, from long runs on single track to a well rounded strength training program, and a speed and agility programme. David Ross, who attended the camp and was also greatly inspired, gives me and other juniors in our club the opportunity to train correctly by driving us to different locations and taking part in the training with us. My winter weekly training hours went from less than 1 hour to more than 4 hours a week, I am still working on a more structured schedule to allow me to train a more hours a week and peak for competitions this summer in Europe.

*Ben Phelan, Falcon Club*

Early in January the Golden Horseshoe Orienteering Club of Hamilton, Ontario hosted a four-day international training camp. Leading this camp were none other than Holger and Sandy Hott Johansen. Holger is one of the top Norwegian orienteers (which is saying something!). He won the bronze medal in the long distance race and gold in the relay at the 2005 WOC held in Japan. Sandy, originally from Waterside, NB, also had a successful WOC. She earned the best-ever result by a North American when she finished in 9th place in the middle distance. The opportunity to train with (and be in the presence of) such amazing orienteers was inspirational, to say the least. Furthermore, Sandy and Holger are lovely people who are really encouraging and glad to offer any help to up-and-coming orienteers.

One of my favourite aspects of this camp, at least from a less serious/training-oriented point of view, was how many of my orienteering friends were there. This is the first time I can remember where the Canadian and American teams have been together to train, or even to compete. I think it was a great coming together and should be replicated in the future. Perhaps the North American Orienteering

Championships in Hamilton next fall will provide another such opportunity.

Another fascinating side of orienteering training that I really experienced for the first time were the lectures that were given during lunch and in the evening. Unfortunately, as I missed the first two days of the camps due to classes, I didn't get to hear all of the talks. Of particular interest was the talk about nutrition by Dr. Mark Tarnopolsky, which was the most in-depth nutrition talk I've ever heard. I would love to see talks incorporated into other orienteering events; perhaps during the Canadian Championships banquet it would be possible to get a speaker.

Overall, this camp gave me a different view of orienteering training. This is the first non-junior camp I've attended, and it was fascinating to see first how the senior team trains and also how a training camp can work with participants of all ages. Hopefully this camp will set the precedent for future training camps in Canada.

*Carol Ross, Falcon Club*

### ASSOCIATION NEWS

#### **1 Yukon – New President, Barbara Scheck**

Congratulations to Barbara on being elected president of the Yukon O Association. Barbara succeeds Pippa McNeil who did not seek re-election. Sincere thanks to Pippa for steering the Yukon Orienteering Association through a very busy period, including organization of the very successful 2004 Canadian Championships.

#### **2 Quebec – President Elisa Rietzschel re-elected**

Congratulations to Elisa on being re-elected for another term as OQ President.

The Quebec association has gone through some lean times in recent years but has been making a comeback into the leadership role it previously occupied.

#### **3 Manitoba - MOA Office Closure**

Due to significant reduction in Sport Manitoba funding support MOA were forced to release Development Coordinator, Don Roe, and close the office at the end of October. For many years MOA had been one of the more stable financially supported associations and this withdrawal of government funding is a major setback.

## 2006 SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP

This year's Sass Peepre National Junior Training camp will be held at the Mansfield Outdoor Centre, just before the Canadian Orienteering Championship events in Ontario. We hope all you enthusiastic juniors will come back to renew old friendships, spike more controls and learn new ways to exhaust your coaches.

**Start:** Wednesday, August 23, about 9:00 am  
**End:** Friday, August 25, about 5:00 pm  
**Location:** We will be using the Field Centre at Mansfield Outdoor Centre, which is within 20 minutes drive from all orienteering events during the week of August 19 - 27. On their website at [www.mansfieldoutdoorcentre.ca](http://www.mansfieldoutdoorcentre.ca) you will find photos of the Field Centre under "Facilities".

**Other events:** Everyone at the camp will participate in the relay event on Aug 24 and the model event on Aug 25. Camp participants will travel together to these events. You must register separately for these events.

**Camp Fee:** Approximately \$130 - \$140 per participant. This does not include the registration fee for the relay event on Aug 24 or the model event on Aug 25. Please register separately for those events.

\$25 of this fee is non-refundable.

Consider contacting your own club for a subsidy.

**Registration:** At the time of writing, the registration process is not finalized. You will need to fill in a registration form and send it, along with the fees, to the registrar. The registration deadline will likely be July 31, 2006.

**Registrar:** TBA

**Camp Coordinator:** Kitty Jones

**For more information:** Contact Kitty at [kittyjones@shaw.ca](mailto:kittyjones@shaw.ca) or 403-282-5235

### CALLING ALL COACHES!!

We need adults to volunteer to help coach at all levels from beginner to advanced. Whether you are a National Team athlete (either current or past), or a parent of a camp participant, please consider offering your time. Contact Kitty to join the fun!

Coaches will receive free room and board at the camp. Sorry – no honoraria! If you have a vehicle, you may be asked to help with transporting participants to training sessions.

Coaches' Meeting: Tuesday, Aug 22, at the Boyne Valley event, after running.





# CANADIAN ORIENTEERING CHAMPIONSHIPS

August 18-27, 2006

This is your official invitation to a great event in a very special part of the country, the Ontario's Niagara escarpment, designated by the UNESCO as one of the world's biospheres. The escarpment is a ridge with a gentle slope on one side and a cliff on the other. Over millions of years, streams and weather have eroded the exposed shale of the tipped up ridge leaving the cliffs of dolostone that are the familiar characteristic of the escarpment. In your quest for yet another wonderful and fulfilling orienteering adventure, you are given the opportunity to run through this rugged and pastoral setting, enjoying the vistas and the charm of Terra Nova, Boyne River Valley, Mono Cliffs and Monora Park areas (all under embargo for the participants at this time. For a complete list of embargoed areas visit [www.coc2006.ca](http://www.coc2006.ca)).



There are many quaint towns and hamlets along this area with interesting cultural, culinary and artistic interests. Toronto with its CN Tower, Ontario Place & Science Centre (to mention a few), Niagara Falls, Canada's Wonderland and St. Jacob's Mennonite Market is within easy reach on a non-race day.

Now that your interest has been roused here are some specifics about the Championships. This great festival will be hosted by one of Canada's oldest clubs, the Gators Orienteering Club (GOC).

#### Tentative schedule of events:

Friday, August 18	PM. Advance Registration (Orangeville)
Saturday, August 19	Registration (at event site)
Saturday, August 19	Long Event (Glen Haffy)
Sunday, August 20	Farsta/Loops Event (Forks-Of-the-Credit P. P)
Monday, August 21	Free

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Tuesday, August 22	COF Cup Classic/Long
Wednesday, August 23	Free
Thursday, August 24	Relays (Boyne Valley P
Friday, August 25	Model Event (Mono Co Tract)
Saturday, August 26	COC Day 1 - Medium (M COC Day 1 - Sprint (M Banquet (Manora Pavil
Sunday, August 27	COC Day 2 - Long (Mo

More detailed information about the Champions  
 posted on the website <http://www.COC2006.ca> as the  
 registration and payment will be made available by the

We hope to see participants of all ages from all  
 United States and Europe . Plan a holiday in Ontario w  
 centre piece. Be a racer and a tourist - we are offerin  
 memorable event and holiday!

# **SOWING THE SEEDS FOR EASTER**

Jason McCrae

(Jason McCrae is a registered Intern Psychologist in the Australian Capital Territory currently completing his Masters in Psychology. He is also Manager of Orienteering Australia's High Performance Program and a keen M21 Sledge competitor.)

By the time you receive this edition of the Australian Orienteer the races of Spring will be but maps in your map-collection and stories in the magazine. OK your o-socks with the grass seeds might still be hanging over the back-veranda waiting to be de-pickled but basically the races won't be in the forefront of your mind. It is also possible the Easter 3-Days in Castlemaine won't be occupying much more thought than accommodation or perhaps flight bookings either. However a little investment of time and thinking over the next few weeks may be what is needed for improved orienteering in Autumn with goal-setting the key.

## **Goal Setting?**

Isn't that something for footballers....or the corporate sector?

A goal is essentially a specific accomplishment you plan to achieve. It's something that requires effort to achieve, will be satisfying or rewarding to complete and is important to the goal-setter. Goals are useful to set because they can provide motivation and establish direction for training, help improve upon weaknesses or strengths and be used to monitor progress. This time of year, when orienteers are competing in parks and streets, the days are long and there is not too much 'serious' competition, is the perfect time to examine what areas of your Orienteering need improvement and to set some goals.

## **Setting Goals**

### **Step 1 – Long term**

Identify something that you want to achieve that in your Orienteering is important to you. For the purpose of this article I'll focus on Easter 3-Days 2006.

*Example: Finish Top 3 in my age-class.*

### **Step 2 – Where are you now?**

Assess your current performance or ability to achieve the

goal now. This might be done by looking at how you orienteered over the last few months, talking to a coach or fellow orienteer or even doing a test such as how fast you are running in summer-O. Another way to look at your current form is to give yourself a rating out of 10 – maybe you are currently performing at 5/10 with 10/10 the best you can be.

*Example: Run as best I could and finished 7th at Australian Championships and 4th at State Championships.*

### **Step 3 – What do you have to do to achieve your long term goals?**

This is where some analysis and perhaps the help of a coach or club mate come in handy. What things do you need to accomplish to achieve your long term goal? It's best to break the things you need to do down into categories – I often use with orienteers the categories of physical, technical and mental. Physical is the level of fitness required, technical is your actual Orienteering skills and is mostly about navigation and mental is how you perform on race-day. Essentially this step in goal setting is to analyze what needs to be improved to achieve the long-term goal and setting some 'mini' goals to achieve.

*Example: Top 3 at Easter 3-Day equals –*

*Physical: Be able to run up 90% of the hills*

*Technical: Navigate well in gold mining terrain*

*Mental: Enjoy my Orienteering and stay relaxed on race day(s).*

### **Step 4 – How are you going to achieve the mini-goals?**

Break down each mini-goal into very specific parts that you will know whether you have done or not. This is an important part of goal setting – having aims within mini-goals that you can measure and know for sure you have completed.

*Example: Technical – navigate well in gold mining terrain.*

*How?*

- *Work out what are 3 most important navigation techniques in gold mining terrain.*

- Practice 'using gullies' technique at summer -O events on park/bush maps.
- Travel to local 'gold mining-like' map and train 3 times over summer.
- Run local gold-mining event in February.

### Step 5 – What can help me achieve my goals?

Although you might do all the hard work yourself there is plenty of help and expertise available out there in your local Orienteering community. Helpers can be coaches, family, friends or the local club 'guru' who wears the t-shirt from the 1979 Easter 3-Days and never makes a mistake. What's more, all these people are usually more than willing to help, as long as you are willing to ask.

*Example: Technical – club veteran, club coach.*

### Step 6 – What will prevent me from achieving my goals?

#### What excuses will I make?

There are often very good reasons why an individual has not achieved their goals previously. Work, commitment, gets too busy at Christmas, ongoing injuries, etc. etc. are not going to suddenly go away and it's no good pretending they don't exist.

#### Example:

- \* *Wednesday afternoon meetings mean I often don't get to Street-O.*
- \* *I train like an elite for the first two weeks of summer but then the commitment drops away.*

### Step 7 – Plan some strategies to overcome the excuses

You've listed the excuses that you think are likely to appear now think of some strategies to overcome them. If

you can't think of any, again, ask someone else for some ideas to help overcome them.

#### Example:

- *Shift Wednesday afternoon meetings to Thursday.*
- *Stick my goal sheet on the fridge and review them once a week.*
- *Discuss my training plans with my partner/coach/club mate.*
- *Arrange a weekly time for training with a friend/club mate.*

### Step 8 – Get training?

Start achieving those goals!

**Editor's Note:** This article was published in the December 2005 issue of The Australian Orienteer and re-printed with permission.

Goal setting is something that any orienteer with ambitions to improve should do. The above article uses the Australian Easter 3-Days as the ultimate goal but the same process can be used for the 2006 COC, NAOC or Eastern or Western championships.

Three key components in Goal Setting:

Goals should be **Challenging**

Goals should be **Attainable**

Goals should be **Measurable**

## 2005 'A' MEETS SCHEDULE

Date	Event		Contact
May 20-21	Eastern Cdn Champs	Gatineau Park	<a href="mailto:bill.gloria@sympatico.ca">bill.gloria@sympatico.ca</a>
June 2-4	Barebones	Smoky Lake, AB	<a href="http://www.barebones.ca">www.barebones.ca</a>
July 1	Kootenay Run-Off	Alkali Lake, BC	<a href="mailto:tkwinn@shaw.ca">tkwinn@shaw.ca</a>
Aug 26-27	Canadian Championships	Orangeville, Ont	<a href="http://www.on.ca">www.on.ca</a>
Oct. 6-8	North American Champs	Rocky Ridge, Ont	<a href="http://www.dontgetlost.ca">www.dontgetlost.ca</a>

# ELITE NEWS

## 2006 WOC SELECTION CRITERIA

The 6 men and top 6 women selected will be eligible to participate in the WOC (the national coach may choose to send less than 6 + 6. Up to 4 non-traveling alternates (2 male and 2 female) will be named by discretion. The National Coach confirms the final team selection and will decide who runs in which discipline.

Athletes intending to attend the World Championships must declare this intention in person, by telephone, by email or in writing prior to the first start of the first selection race in order to be considered for selection.

### **Selection Races:**

Barebones 2006, Edmonton, Alberta, May 27-28, 2006:  
<http://www.barebones.ca>

Barebones will be our main selection event. Discretionary selection in case of illness or injury may be based on the 2006 World Cup, US team trials or any COF sanctioned A meet.

Sandy Hott Johansen and Mike Waddington have been granted exemption from attending the selection races because they are working out of the country at that time. The National Coach will maintain contact with them in case of injury or illness preventing them from maintaining fitness.

### **HPP Tier 1 (National Team members who have declared their intention for WOC 2006+)**

Sandy Hott Johansen	(NB)
Louise Oram	(BC)
Pam James	(YK)
Charlotte MacNaughton	(AB)
Marie Catherine Bruno	(BC)
Victoria Smith	(NB)
Mike Waddington	(ON)
Mike Smith	(NB)
Brent Langbakk	(YK)
Jon Torrance	(QC)
Nick Duca	(ON)
Wil Smith	(NB)
Christian Pillar	(BC)

### **HPP Tier 2 (Selected HPP members who have declared their intentions for WOC 2006 or +)**

Heather Smith	(NB)
Sarah Brandeth	(AB)
Robin Foubister	(BC)
Patrick Goeres	(MB)
Steven Graupner	(MB)
Hans Fransson	(ON)

**HPP Junior Team** ( Selected from 2005 COCs, JWOC and select provincial championships or nominated / recommended by provincial associations).

### **17 – 19 (guideline – 130% of winning time in select events)**

Carol Ross	(NB)
Justine Scheck	(YK)
Natasha Ouellette	(NB)
Katy Innes	(ON)
Scott Foubister	(BC)
Darius Konotopetz	(MB)
Ben Phelan	(NB)
Mathew Hryciuk	(AB)
Steven Graupner	(MB)

### **15 – 16 (guideline -130% of winning time in select events)**

Emily Kemp	(QC)
Angela Forseille	(BC)
Dougal Owen	(AB)
Fraser Ross	(NB)
Scott Newson	(AB)
Eric Kemp	(QC)
Robbie Anderson	(QC)
Damian Konotopetz	(MB)

Other COF member athletes interested in 2006 HPP membership are required to contact the National Team Coach, and provide a list of orienteering results over the past year. Membership in the 2006 HPP is at the discretion of the National Coach.

## Team Selection to Junior Team to Junior World Championships

Any member of the 2006 HPP, Junior Team is eligible to participate in the Junior World Championship. Please apply to Ted de St Croix if you wish to be considered. The following athletes have declared their intention to compete at the JWOC. The final team will be decided when all athletes have declared their intentions. The declaration deadline is set at January 10th, 2006. (up to 6 men's and 6 women's teams).

## Junior team to Compete in Junior World Championships

A team of 7 men and 3 women will compete in the 2006 Junior World Championships in Lithuania, July 2-8.

### Women:

Carol Ross (NB)  
Justine Scheck (YK)  
Natasha Ouellette (NB)

### Men:

Scott Foubister (BC)  
Mathew Hryciuk (AB)  
Darius Konotopetz (MB)  
Ben Phelan (NB)  
Fraser Ross (NB)  
Dougal Owen (AB)  
Robbie Anderson (QC)

**Team Leader:** David Ross (NB)

The JWOC events program is similar to that of the senior WOC: Sprint; Middle; Long; Relay. One difference is that there are no qualification races for the Long Distance – everyone can compete whereas in the WOC there are 3 heats with the top 17 in each qualifying for the Final.

Nations can enter up to 6 athletes in each event and 2 teams of 3 in Men and Women Relays. With 7 junior men in the Canadian team it will be necessary to have a selection process to determine which 6 will compete in JWOC.

Following JWOC some junior team members will compete in other major European events.

## WORLD RANKINGS – JANUARY 2006 TOP 10 + CANADIANS WITH 2000+ POINTS

<b>Men</b>			<b>Points</b>
1	Valentin Novikov	RUS	5599
2	Mats Troeng	SWE	5594
3	Thierry Gueorgiou	FRA	5576
4	Daniel Hubman	SWI	5562
5	Jarkko Huovila	FIN	5506
6	Jani Lakanen	FIN	5465
7	Andrey Khramov	RUS	5452
8	Anders Nordberg	NOR	5427
9	Chris Terkelsen	DEN	5420
10	Oysten Kvaal Osterbo	NOR	5413
199	Mike Smith	CAN	3916
241	Jon Torrance	CAN	3491

### Women

1	Simone Niggli-Luder	SWI	6010
2	Vroni Koenig-Salmi	SWI	5704
3	Jenny Johansson	SWE	5666
4	Anne Margrethe Hausken	NOR	5613
5	Minna Kauppi	FIN	5559
6	Marianne Andersen	NOR	5517
7	Heli Jukkola	FIN	5514
8	Emma Engstrand	SWE	5498
9	Paula Haapakoski	FIN	5452
10	Heather Monro	GBR	5440
71	Sandy Hott Johansen	CAN	4631
147	Pam James	CAN	3646
222	Louise Oram	CAN	2654

## CANADIAN TEAM TO COMPETE IN 2006 EUROPEAN CHAMPIONSHIPS & WORLD CUP #1

6 members of the Canadian High Performance group will compete in the 2006 European Championships, Otepaa, Estonia, May 7-13. The event serves as 2006 World Cup #1. The championship races duplicates the World Championship format: Sprint; Middle; Long plus Relays of 3 runners.

### Canadian Team

Sandy Hott Johansen	NB
Brent Langbakk	YK
Chris Piller	BC
Mike Smith	NB
Jon Torrance	QC
Mike Waddington	ON

**AVAILABLE FROM THE COF OFFICE**

(Prices are subject to change without notice)

- |   |          |   |          |
|---|----------|---|----------|
| 1. <u>'A' Meet Organizing Manual</u> (revised 1999)         | \$ 10.00 | 7. <u>Level III Coaching Certification Manual</u>                                     | \$ 25.00 |
| 2. <u>'B' Meet Organizing Manual</u> (revised 1999)         | \$ 10.00 | 8. <u>COF Competition Rules</u>   | \$ 3.00  |
| 3. <u>Level I Coaching Certification Manual</u>             | \$ 15.00 | 9. <u>Armchair Orienteering</u> - Practical Guide to Map Reading by Winnie Stott      | \$ 15.00 |
| 4. <u>Niveau I Manuel de Certification des Entraîneurs</u>  | \$ 15.00 | 10. <u>Armchair Orienteering II</u> - A Practical Guide to Route Planning by W. Stott | \$ 15.00 |
| 5. <u>Level II Coaching Certification Manual</u>            | \$ 15.00 |   |          |
| 6. <u>Niveau II Manuel de Certification des Entraîneurs</u> | \$ 15.00 |   |          |

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**Orleans, Ontario K1C 7H8**

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- Eligible to participate in COF programmes - National Coaching Certification Program (NCCP); Officials Certification Program.
- Eligible to win awards at Canadian, North American and Asia Pacific Orienteering Championships.
- Eligible to compete in orienteering events in other international orienteering federation member nations.
- Eligible to receive lower entry rates where offered to members.

- Junior age members eligible to participate in Junior Participation Program.
- Eligible for selection to High Performance Program (HPP) - Senior and Junior Tiers.
- Eligible for selection to National Teams to World Championships and other international events.
- National team members are eligible to receive financial support to World Orienteering Championships - Senior & Junior.
- Existence of a national federation and office is a major factor for Provincial/Territorial Associations to receive funding from provincial governments for: administration, staff, travel grants, athlete grants, programmes, etc.

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**ADVERTISING RATES - PER ISSUE:** Outside back cover \$150.00; Inside back cover \$100.00; Inside full page \$75.00; One-half page \$50.00; One-third page \$35.00; Business card size \$20.00.