



Canadian JWOC 2009 Team Selection

The Canadian Orienteering Federation has created the selection process detailed below to allow juniors from across Canada to be considered for the Junior World Orienteering Championships on July 5-12, 2009 in Primiero, Italy.

(A) Selection Application – January 15, 2009:

The application is to include the following documentation and is to be submitted to the selection committee on or before January 15, 2009 (email to Magnus at magjohATgmail.com):

1. Goals:

Athletes are to prepare & submit their short and long term goals as they relate to their orienteering abilities and performance. Athletes may select their own preferred format or use the "SMART" format. (SMART = Specific, Measurable, Attainable, Realistic, Timely)

2. Racing Results:

Athletes are to submit race results from any 4 races in the long advanced class, the 17-20 age class, or the M21/F21 class from any meets completed between April 1 to November 30, 2008. Results from major meets such as Provincial Champs, COC's, NAOC's, JWOC are preferred.

The following information is to be included in each of the race result summaries:

- i. An electronic copy of race maps (JPG or PDF format), with routes drawn (Note: including a commentary of strengths & weaknesses of race performance would be an asset);
- ii. A web link or an electronic copy of the split times or Winsplits for all competitors who competed on that course.

3. Draft Training Plan:

Athletes are to submit a draft training plan covering the time period of January 1 to JWOC in July 2009 that includes the following components:

- i. Estimated number of hours of training per week;
- ii. Methods of training:
 - running (road, trail, XC), skiing, biking, etc.
 - mental training: map reading/analysis, Catching Features, etc.
 - other training (mental preparation, strength, flexibility, etc)
- iii. Orienteering competition schedule for spring 2009
- iv. Indication of how the athlete will be recording his/her training. (see B)

(B) Training log submission:

Athletes are required to log their training from January 1 to JWOC in July 2009 on an on-line training journal such as AttackPoint or to submit upon request their personal training log.

(C) Final Selection – February 15, 2009:

The Selection Committee will make a final selection of the JWOC 2009 Team by February 15, 2009. The team will consist of up to 6 male and 6 female athletes plus 2 alternates for each group.

(D) Selection committee:

The members of the selection committee are Magnus Johansson, Katarina Smith and Brian May.