



ORIENTEERING
C A N A D A

**Canadian Orienteering Federation
High Performance Program**

Athlete Handbook

2010

1. **INTRODUCTION**

The HPP is intended to include athletes who have the talent and the potential to represent Team Canada at future WOC, JWOC, World Games, WUOC, and World Cup events and who are committed to the necessary training to achieve this goal.

The COF High Performance Program (HPP) provides support to help Canadian orienteers achieve international excellence.

This handbook together with the Athlete's Agreement provides key information to HPP members and National Team athletes and officials, including National Team selection criteria for the upcoming year, list of training camps and priority races, uniform information, communication plan, code of conduct and sponsorship procedures. This document is updated each November to serve next year's season.

The HPP is governed by the COF's HPP Committee. This committee's terms of reference are available on-line at www.orienteering.ca/COFCommittees.htm. It explains how the committee is structured and how members are appointed.

Committee members for the 2010 season:

- Brent Langbakk – **Chair** – Athletes' Representative - Former WOC athlete – brent.langbakk@gmail.com
- Magnus Johansson – **Secretary** – National Team Coach – magjoh@gmail.com
- Patrick Goeres – Current WOC athlete – goeresp@gmail.com
- Pam James – Former WOC athlete – pamsjames@hotmail.com
- Adrian Zissos – IOF Event Advisor, former WOC team leader – adrian@barebones.ca
- Charlotte MacNaughton – Former WOC athlete & team leader – COF President – charlotte@barebones.ca

2. **HPP MEMBERSHIP AND BENEFITS**

All athletes with a strong desire to improve their abilities with a long or short term goal of representing Canada to the best of their abilities are encouraged to apply to the HPP. Membership lasts until November of the following year. It should be noted that the HPP is intended to include a larger talent pool of athletes than just those on the current year's WOC and JWOC teams. Athletes who are committed to excellence and willing to work hard will be supported by the HPP with several benefits.

Benefits to member athletes of the HPP include:

- Athletes must be HPP members to attend: Junior World Championships, World University Championships, World Games. Note: HPP membership is not required to be selected to represent Canada at WOC or in World Cup events (but it is strongly encouraged).
- Eligible to attend National Team training camps
- Eligible to receive subsidized entry fees for Canadian events, if available
- Eligible to purchase Team Canada uniforms
- Eligible to receive sponsorship equipment, if available.
- Access to coaching by the National Team Coach
- Added to Athletes Can database, receive Athletes Can newsletter etc.

Application to join the HPP

Step 1: Application – December 31, 2009

Athletes wanting to become a member of the HPP for the following year must send an email to the National Team Coach including the following:

- A cover letter explaining why they wish to be included in the HPP squad
- Links to on-line results and splits for their four best race results of 2009
- Goals for orienteering abilities and performances, both short term and long term
 - It may be helpful to use the SMART format, i.e. Specific, Measurable, Attainable, Realistic, Timely.
- Their training plan for the period December 31, 2009 to November 30, 2010. The following are items that should be addressed by the training plan:
 - Estimated number of hours of training per week
 - Methods of training
 - Running (road, trail, xc, track), skiing, biking etc.
 - Mental training: map reading/analysis, Catching Features etc
 - Alternative training: strength, flexibility etc
 - Orienteering competition schedule for spring 2010

Step 2: Interim Acceptance - January 15, 2009

Athletes will be notified by the National Team coach whether their application was successful or not.

Step 3: Confirmation - January 31, 2010

Once accepted to the HPP, the athlete must confirm their membership by providing:

- A signed copy of the current Athlete Agreement
- Text and two photos (one head shot and one action shot) for an athlete profile for the COF website.
- A link to their on-line training log (preferred, e.g. Attackpoint). Alternatively the athlete may email their training log to the National Team Coach at the end of each month for the period of the training plan.

Step 4: Ongoing Membership

As a member of the HPP, the athlete:

- Must join the osquad email list. To subscribe, send an email to: osquad-subscribe@yahoogroups.com
- Must contribute in a timely matter with the implementation of the HPP communication plan
- Maintain high level of commitment to training and competition
- Contribute to HPP fund raising events, e.g. silent auction, fund raising races etc.
- Respond in a timely matter to any correspondence from the HPP committee and/or the COF.

3. HPP COMMUNICATION PLAN

Communication is important to raise the profile of Canadian elite orienteering and of the National Team within the orienteering community and with the general public. It is every HPP member's duty to help!

HPP members are expected to:

- Contribute to the National Team blog about training, goals, upcoming events, competition results etc.
- Write newsletter articles and web site content as requested
- Communicate with their local media to highlight their accomplishments
- Give presentations about JWOC and WOC at training camps and other events
- Provide an athlete's profile for the COF website

4. TRAINING CAMPS, FALL 2009 & SPRING 2010

The following is a list of training camp opportunities. It will be updated as new information becomes available.

- 2009 AUTUMN SPRINT CAMP (week long)
November 9-15
Location: San Francisco, CA
Events: Nor-AM Sprint Series Finals
Maps: see <http://3g.terraloco.com/>
Organizer: BAOC, terraloco, and Get Lost!!

- 2010 WINTER TRAINING CAMP (week long)
January 15-24
Location: Borrego Springs, CA and Tucson, AZ
Events: Anza Borrego and Ironwood 2-day

- 2010 WINTER TRAINING CAMP (week long)
February 13-28
Location: Portugal and Spain
Events: POM
Organizer: Contact Magnus for information

- 2010 SPRING SPRINT CAMP (extended weekend)
March 5-7
Location: Vancouver, BC
Events: None
Maps: see GVOOC web site: <http://www.orienteingbc.ca/sprint/>
Organizer: GVOOC

- 2010 SPRING TRAINING CAMP (week)
May 1-9
Location: Harriman State Park, WCOOC
Events: West Point, US Team Trials, US Team Fundraiser
Maps: Harriman maps and others in WCOOC

- 2010 SPRING TRAINING CAMP (week)
May 1-16
Location: Norway and Sweden
Events: Tiomila

- 2010 EXCLUSIVE TEAM CANADA SUMMER TRAINING CAMP (week)
June
Location: TBA
Events: TBA

5. JWOC 2010 SELECTION

Junior World Orienteering Championships, July 4-10, 2010 in Aalborg, Denmark.

In order to represent Canada at JWOC 2010 athletes must be HPP members. The selection process has strong emphasis on interaction with the National Team Coach. The spirit is to have a continuous dialogue between the athletes and the coach throughout the winter and spring, leading up to the selection of the team.

Step 1. Application – January 15, 2010

Athletes wanting to become a member of the 2010 JWOC team must send an email to the National Team Coach including the following:

- An HPP application, as outlined in section 2 of this handbook
- A detailed races analysis of the four best races from 2009. The analysis should be posted under the Team Canada discussion group on Attackpoint. It should include an electronic copy of the map with the route drawn (jpg or pdf) or a link to the same information on RouteGadget if available. Results from major meets such as Provincial Champs, COC's, NAOC's, JWOC are preferred. Technical details on how to post on Attackpoint can be provided by the National Team Coach.

Step 2. Final Selection – March 15, 2010

The Selection Committee will make a final selection of the JWOC 2010 Team by March 31, 2010. The team will consist of a team leader and up to 6 male and 6 female athletes plus 2 alternates for each group. *Note that the Selection Committee will take into account the activity in the applicant's training log between Dec 1, 2009 and Mar 15, 2010.* Alternates may replace any runner who fails to maintain appropriate training levels, as determined by the National Team Coach, or who otherwise becomes unable to represent Canada at JWOC 2010. Selection information will be announced through the osquad email list, as well as on the COF website.

Selection Committee

The selection committee for JWOC 2010 will be Magnus Johansson, Brian May and Katarina Smith.

Junior Race Category

This is a special note regarding which category HPP Juniors should run. *At the NAOC and the COC, HPP Juniors should **register** in their age category.* In the event of a very poor competitive field (3 or less participants), the National Team Coach may decide to move juniors up to M/W21E. In all other events it is the individual's decision to "run up" in M/W21E for training purposes and for a stronger competitive field.

6. WOC 2010 SELECTION

World Orienteering Championships on August 7-15, 2010 in Trondheim, Norway.

Compared to previous years, where selection has been based on a single selection race, this year's selection process has a much stronger emphasis on discretion and interaction with the National Team Coach. The spirit is to have a continuous dialogue between the athletes and the coach throughout the winter and spring, leading up to the selection of the team.

Selection Process

Note that it is not necessary to be a member of the HPP to be selected to the Canadian WOC team, but it is encouraged.

Step 1. Application – deadline December 31, 2009.

- The athlete is to send an email to the National Team Coach declaring their preliminary intent to try out for Team Canada for WOC 2010.

Step 2. Confirm intent – April 1, 2010

- The athlete is to send an email to the National Team Coach to confirm their intent to participate in priority races in order to try out for Team Canada for WOC 2010.

Step 3. First selection – June 13, 2010

A first selection of the team will be announced on June 13, 2010. This selection will guarantee a spot on the team, but will not confirm individual race assignment. Selection information will be announced through the osquad email list, as well as on the COF website. Following are some factors that may influence the selection:

- Results in priority races
- Training consistency and quality
- Recent performances at WOC and other events
- Opportunity for important experience for younger athletes with potential for success and a demonstrated positive progression throughout the season

Step 4. Final selection – July 5, 2010

The final team will be announced on July 5, after the NAOCs. This selection may fill the last available spots on the team and will include individual race assignment (i.e. who runs what). The team will consist of a team leader and up to 6 male and 6 female athletes plus 2 alternates for each group. The WOC relay team composition will be announced anytime between July 5 and during WOC. The national team coach names the relay teams. Selection information will be announced through the osquad email list, as well as on the COF website.

Step 5. Confirmation of Team – July 10, 2010

In order to confirm their places all WOC team members must provide:

- A signed copy of the current Athlete Agreement
- An athlete profile for the COF website.

Priority Races

The following races are considered *priority races* and will be the competitions used for team selection. Listed are confirmed events, as of October 2009. A few more events are expected to be added to the list, which will be finalized by February 28, 2010. Events shown in bold are considered especially important. In order to be considered for Team Canada the athlete has to participate in a minimum of two priority races, where at least one has to be from the especially important races (in bold writing).

- Flying Pig XIV, April 9-11, Batavia, OH
- **US Team Trials, May 15-16, Harriman, NY**
- Sage Stomp, May 22-24, Kamloops, BC
- **Trondheim Open, June 11-13, Trondheim, Norway**
- **NAOC, July 2-4, Cranbrook, BC**

Selection Committee

The names of the members of the selection committee and contact information will be announced before the end of 2009. The National Team Coach and the HPP Chair will recruit and appoint the selection committee.

Petitions

Petitions may be accepted in *exceptional* circumstances. An athlete who is not able to participate in any of the priority races and still wishes to be considered for team selection has to submit a letter to the National Team coach outlining the following:

- Reasons for not being able to participate in the priority races. If due to sickness or injury, a Doctor's note is required.
- Reasons why the athlete should be selected. This has to include alternate race results equivalent to (or higher) than the priority races and summary of training log for the last 12 months.

Selection to Other National Team Events

Should selection be required for World Cups, World Games, or World University Championships, the WOC selection committee will make a discretionary decision, but may give extra priority to younger developing athletes.

Athletes who wish to participate in these events have to notify the National Team Coach at least two weeks *before* the registration deadline of the event. Note that some of these events have very early registration deadlines! The COF will complete the registration process for these events.

2010 World Cups

- May 28 – Jun 6, European Championships, Primorsko, Bulgaria.
Deadline to indicate desire to compete at this event to the National team Coach: January 17, 2010
Registration deadline: Jan 31, 2010
- Jun 17 – Jun 26, Nordic Orienteering Tour, Finland/Sweden/Norway.
Deadline to indicate desire to compete at this event to the National team Coach: April 1, 2010
Registration deadline: Apr 15, 2010
- Oct 3, Pre-WOC (Long distance only), Annecy, France.
Deadline to indicate desire to compete at this event to the National team Coach: TBA
Registration deadline: TBA
- Oct 9 – Oct 10, World Cup Final, Geneva, Switzerland.
Deadline to indicate desire to compete at this event to the National team Coach: TBA
Registration deadline: TBA

2010 World University Championships

- Jul 19 – Jul 23, Borlänge, Sweden.
Deadline to indicate PRELIMINARY interest to compete at this event to the National team Coach: January 15, 2010 (the COF needs to inform Canadian Interuniversity Sport by January 19th if we intend to enter any athletes in this event)
Deadline to indicate confirmed desire to compete at this event to the National team Coach: March 5, 2010
Registration deadline: March 19, 2010

7. ALTERNATES

Alternates named by the National Team Coach are not expected to travel to JWOC or WOC, but they may choose to and to compete in the associated public events (the alternate is responsible for completing their own registration and all travel arrangements for these events). If the National Team Coach decides to offer a position on the spot on the team to an alternate, the coach will make every effort to give the athlete appropriate notice to make travel arrangements. Any travel grants offered through the HPP fund for the primary team leaders and the competing JWOC/WOC athletes unfortunately will not be available to alternates unless they are offered and accept a position as a competing JWOC/WOC athlete.

8. APPEALS

Appeals to the National Team selection shall be made within 72 hours after the announcement has been sent on the osquad mailing list. The appeal shall be addressed to the COF President and sent via email to info@orienteering.ca. The appeal must include a detailed explanation of the reasoning for the appeal.

This appeal process applies to all selections, i.e. WOC, JWOC, WUOC and WC.

9. UNIFORMS

The 2010 National Team uniform will be the Trimtex uniform that was also used in 2009 and 2008. The mandatory team gear for the WOC, JWOC, WUOC and World Cups teams is:

- Trainer jacket (including the COF patch)
- Trainer pants
- Either the mesh or extreme racing top (including the COF patch)
- Black Trimtex extreme pants, $\frac{3}{4}$ or full length basic pants or $\frac{3}{4}$ or full length basic tights
- Black Trimtex orienteering socks if wearing the extreme pants or the $\frac{3}{4}$ length pants or tights (non-Trimtex socks are permissible as long as they are black only and the brand name is not visible)

The order deadline for National Team uniform gear is March 18, 2010. The athlete is responsible for all costs relating to uniforms.

10. OTHER

Please refer to the Athlete's Agreement for detailed information regarding code of conduct, as well as sponsorship procedures.