

# Athletes' Rep Report

## WOC

### New WOC Program

- Removal of Middle Distance and Long Distance qualifiers and addition of sprint relay
- Middle distance and long distance final entries are based on 3-tier system based on results from previous two WOCs (middle distance, long distance, and relay results) with men's teams and women's teams counted separately
- Canadian men are in tier 3 so have 1 entry into middle, 1 into long
- Canadian women are in tier 2 so have 2 entries into middle, 2 into long
- North American Champion in middle and long distances gets a personal extra spot at WOC the next year (over and above the entries allocated by the tier system)

### New Training Camp Schedule for WOC this year

In past years the team has been together for 1 week right before WOC.

This year:

- Training camp in Italy 2-3 weeks before WOC
- Team Trials in Italy one week before WOC
- Final training and preparation the week before WOC
- 1-2 week training camp in Scotland right after WOC2014 in preparation for WOC2015

This is an important culture shift that is needed in order to improve focus for and performance at WOC but can be challenging for athletes to manage from time and money perspectives.

### 2014 Results highlights, Venice / Lavarone Italy

- 11<sup>th</sup> place, middle distance (third best ever Canadian placing)– Emily Kemp
- 28<sup>th</sup> place, middle distance – Louise Oram
- 55<sup>th</sup> place, middle distance – Eric Kemp
- 18<sup>th</sup> place, 8 seconds from Qualifier in sprint qualifier – Will Critchley
- 26<sup>th</sup> place (out of 34) in first ever WOC Sprint Relay
- 31<sup>st</sup> place – men's relay
- 19<sup>th</sup> place – women's relay

## JWOC

### 2014 Results highlights, Kosice Bulgaria

- 119<sup>th</sup> place, sprint – Adam Woods
- 96<sup>th</sup> place, sprint – Pia Blake
- 89<sup>th</sup> place, long – Pia Blake
- 25<sup>th</sup> place, middle B Final – Alex Bergstrom
- 28<sup>th</sup> and 33<sup>rd</sup> place, middle B-Final – Pia Blake and Emma Sherwood

- 39<sup>th</sup> and 42<sup>nd</sup> place, men's relay (2 teams)

## WUOC

- WUOC is August 12-16 in Olomouc, Czech Republic.
- Team consists of Damian Konotopetz, Eric Kemp, Graeme Rennie, Emily Kemp, and Tori Owen. Robbie Anderson dropped out due to work conflicts.
- Toni Louhisola will be coaching and Jared Kesteven will be acting as Team Leader in a volunteer capacity. Thanks Jared!!

## Coaching

### Senior National Team Coach Toni Louhisola

- Extremely experienced Finnish coach
- Toni worked with Senior National Team last year on a trial basis
- Signed a two year contract with Toni as Senior National Team Coach
- Is offering one-on-one coaching to those athletes that are paying a \$150 for additional coaching support (new this year).<sup>1</sup>

### Junior National Team Coach Raphael Ferrand

- Extremely experienced French coach with a university degree in coaching
- Contacted us with an unsolicited proposal to move to Canada and coach our junior team full time
- Have signed a short term contract with Raphael for this year as a test period
- Coached at Alberta Training Camp this spring to very positive reviews
- Worked with athletes online and sent out very detailed long 'letters' to junior team athletes on a weekly basis leading up to JWOC.

## Selection Policy Overhaul

HPC and HPC selection committees underwent a major overhaul of selection policies and processes for our JWOC, WUOC, and WOC teams due to several appeals last year. The resulting policies are much more transparent and comprehensively explanatory. The junior national team selection policy is subjective but clearly explains the criteria and philosophy behind the selection process. The senior national team selection was based on a single selection race in Italy one week before WOC with exceptional athletes pre-selected to the team based on previous WOC results. Athletes were much happier with the new policies and no appeals were filed against decisions made under these policies. The senior national team selection policy for 2015 and beyond may or may not look like the 2014 selection policy as many factors are at play. Future junior national team selection policies will very likely follow a similar model to the current one.

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<sup>1</sup> This is in addition to the new \$50 HPP membership fee.

## High Performance Athlete Pathways (LTAD related)

- In order to provide Canada's high performance orienteers with better support and guidance as they develop and progress the HPC is looking at creating a High Performance Athlete Development Pathways Structure (which will align with our LTAD **model**).
- This ADPS will also help us meet several Sport Canada criteria which we need to meet to receive federal funding
- A subcommittee is being formed to look at and create an ADPS implementation plan including the creation of the ADPS itself.

## Thanks!

The athletes of the High Performance Program know that it takes a lot of people doing a lot of hard work to get us to all of our national and international events. We would like to thank the following people for all of the hard work they have put in over the past year / years.

The High Performance Committee: Alison Price, Charlotte MacNaughton, Adrian Zissos, Mark MacMillan, Emily Ross, Jeff Teutsch; Tori Owen for her administrative support of the HPC and WUOC and World Cups, the Junior Selection Committee: Ross Burnett, Katerina Smith, Nina Wallace; the Senior Selection Policy Committee: Mike Waddington, Brian May, Magnus Johansson, Magali Robert, Adrian Zissos; our coaches: Toni Louhisola, Raphael Ferrand; our national team leaders: Meghan Rance, Stefan Bergstrom, Jared Kesteven; the Orienteering Canada board; everyone who has supported our various fundraising efforts and donated to the annual silent auction; and everyone else who has supported the High Performance Program over the years in a million different ways.

Please note that there is a standing invitation to join the HPC on Monday at 4pm in the multipurpose room at Millennium Place for an open meeting.