



ORIENTEERING
C A N A D A

**Orienteering Canada
High Performance Program**

Athlete Handbook

2014

Table of Contents

[Edits to the 2014 Athlete Handbook](#)

- [1. Introduction to the HPP & HPC](#)
- [2. HPP and Long Term Athlete Development](#)
- [3. HPP Eligibility & Benefits](#)
- [4. HPP Application Process](#)
- [5. HPP Communication Plan](#)
- [6. Training Camps](#)
- [7. National Team Selection for 2014 & 2015](#)
- [8. Alternates](#)
- [9. Appeals](#)
- [10. Uniforms](#)
- [11. Athlete Agreement, Code of Conduct & Discipline Policy](#)
- [12. Rising Stars Award](#)
- [13. Athlete Profile Questionnaire](#)

Edits to the 2014 Athlete Handbook

December 10, 2013 - Added details of Arizona Training Camp to Section 6

1. Introduction to the HPP & HPC

Orienteering Canada's High Performance Program (HPP) provides support (outlined in section 3) to help Canadian orienteers achieve international excellence.

The High Performance Program (HPP) is governed by Orienteering Canada's High Performance Committee (HPC). The HPC is made up of volunteers from the Canadian orienteering community who have an interest and desire to build elite orienteering in Canada. The HPC terms of reference are available on-line at www.orienteering.ca/about/committees and explains how the committee is structured and how members are appointed.

Key documents produced by the HPC and approved by the Orienteering Canada Board of Directors are:

- The Athlete Handbook (this document),
- The Athlete Agreement,
- Junior National Team Selection Policy,
- Senior National Team Selection Policy.

These documents and other Orienteering Canada policies provide key information to HPP members and National Team athletes and officials, including national team selection criteria, lists of training camps and priority races, uniform information, communication plan, code of conduct and sponsorship procedures. These documents are updated each November to serve the following season.

Current High Performance Committee members:

- Alison Price - Interim Chair & Communications
- Jeff Teutsch – Athletes' Representative on Orienteering Canada Board
- Emily Ross - Current HPP athlete representing junior interests
- Charlotte MacNaughton – Orienteering Canada Executive Director
- Adrian Zissos – Member at Large

2. HPP and Long Term Athlete Development

The High Performance Program (HPP) is designed specifically to support athletes who wish to achieve excellence in international orienteering. The HPP offers coaching support, training opportunities, and other benefits that will assist athletes in achieving their goals.

One of the cornerstones of the HPP program is Orienteering Canada's Long Term Athlete Development (LTAD). The LTAD is a developmental pathway in which athletes follow optimal training, competition, and recovery regimens from childhood through all phases of adulthood. The LTAD aims to keep more Canadians active for life with recreational sport and physical activity, and at the same time help Canadians in all competitive sports win more medals internationally. LTAD focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration.

The LTAD model was developed based on Canadian and international exercise and sport science literature. The LTAD model has been embraced by Sport Canada and it is a requirement that all Sport Canada funded national sport organizations and all organizations seeking Sport Canada funding have an athlete development system that is based on the principles of long-term athlete development. Orienteering Canada, in conjunction with LTAD experts created a sport-specific LTAD model for Canadian orienteering (www.orienteering.ca/pdfs/LTAD_Orienteering.pdf). Orienteering Canada's nine-stage LTAD model forms the basis of its athlete development programs. The model is based on the physical, emotional, mental, social and cognitive development of the athlete.

Orienteering Canada's HPP is designed for athletes in the *Learn to Compete*, *Train to Compete* and *Train to Win* stages. It is expected that HPP members be physically, emotionally, mentally, socially and cognitively mature enough to fulfill the various training, preparation, and competition expectations of being in these stages.

Orienteering is a late-specialization sport. The requirements to develop at the *Learn to Compete*, *Train to Compete* and *Train to Win* stages and to potentially prepare to compete at elite international events require committed training in orienteering-related tactical, physical, mental and cognitive skills. This commitment at this level involves specialization. There is a significant body of research that demonstrates problems when athletes specialize too early in late-specialization sports. Potential problems include injury, burn-out, reduced intrinsic motivation, and drop-out. Athletes who fall outside of the *Learn to Compete*, *Train to Compete* and *Train to Win* stages will not benefit from HPP membership as the expectations of an HPP athlete will be misaligned with the appropriate training levels for the athlete.

Young athletes in the *Train to Train* stage of the LTAD are strongly encouraged to get involved with the Sass Peepre Junior Development Committee's "Sass Peepre Online Training for Teens" or SPOTT program. More information about SPOTT program is available at www.orienteering.ca/resources/junior-development.

3. HPP Eligibility & Benefits

All athletes who meet the eligibility requirements and who have a strong desire to improve their abilities with a long or short term goal of representing Canada in orienteering are encouraged to apply to the HPP. Membership is for a calendar year, from January to December.

Full HPP members are required to be Canadian citizens. Associate HPP membership is available for citizens of other countries. See www.orienteering.ca/team-canada/high-performance for associate member information and application form.

All HPP applicants must be in good standing with Orienteering Canada; in that they are full members of a Canadian orienteering club affiliated with Orienteering Canada and have no outstanding amounts owing to Orienteering Canada (unless a payment plan has been negotiated with the Orienteering Canada Treasurer). All athletes living outside of Canada who wish to be considered for the HPP must be a member of a Canadian orienteering club that is affiliated with Orienteering Canada.

In order to be accepted to the HPP, athletes must:

- be at the *Learn To Compete*, *Train To Compete*, or *Train To Win* stages of Orienteering Canada's LTAD model,
- have competitive results in M/W17-20 or M/W21E at major national and international events,
- develop a training plan that targets the mental, physical and technical aspects of orienteering
- be prepared to put in the required training to compete at or near an international level in accordance with the above mentioned training plan,
- demonstrate a desire to represent Canada in international competition,
- have orienteering training as a main focus, and
- successfully complete the HPP application process, outlined below.

Athletes who are committed to excellence, are ready to put in the required training, and are willing to work hard will be supported by the HPP with several benefits. For the HPP membership fee of \$50, athletes will have access to the following:

- Eligible to apply for the Rising Stars Award,
- Eligible to attend HPP training camps,
- Eligible to receive subsidized entry fees for Canadian events, where available,
- Eligible to purchase Team Canada uniforms,
- Eligible to receive sponsorship equipment, if available,
- Access to coaching by the national HPP coaches at major championship events,
- User account on the HPP Digital Orienteering Map Archive (DOMA),
- Added to Athletes Can database and access to Athletes Can services which are outlined at www.athletescan.com/programs-services,
- Orienteering Canada buff.

Senior HPP athletes have the option of paying a \$150 One on One Coaching Fee in addition to the HPP membership fee. In addition to the benefit listed above, the coaching fee allows:

- One on one and group coaching with Toni Louhisola, Senior Team Canada coach, via email and Skype every 4-8 weeks from January to December, 2014,
- Coaching fees are waived for all training camps.

4. HPP Application Process

Step 1: Application – Submission deadline of December 31, 2013

Athletes wanting to become a member of the HPP for the following year must send an email to hpp@orienteering.ca including the following:

- A cover letter explaining why they wish to be included in the HPP, including a statement indicating if they are Canadian citizens and are members in good standing of an Orienteering Canada affiliated orienteering club,
- A short statement explaining which LTAD stage the athlete feels he/she is in, with reference to technical/tactical, physical, mental/psychological and life skills areas (the LTAD guide can be found at www.orienteering.ca/pdfs/LTAD_Orienteering.pdf),
- Links to on-line results and splits for their four best race results of 2013,
- A detailed race analysis for one of these four races,
- A list of orienteering goals for the 2014, 2015, and future seasons,
- An outline of their training plan for the period January 1, 2014 to December 31, 2014. The following are items that should be addressed by the training outline:
 - Estimated number of hours of training per week,
 - Methods of training
 - Running (road, trail, xc, track), skiing, biking, technical orienteering etc.
 - Types of workouts: long slow distance (LSD), tempo / threshold runs, intervals, etc.
 - Technical training: map reading/analysis, Catching Features etc
 - Alternative training: strength, flexibility etc
 - Orienteering competition schedule for 2014.
- The completed Athlete Profile survey. The survey can be found at the end of the handbook,
- Initial indication if they intend to try out for JWOC, WUOC, WOC, or World Cups.

Step 2: Interim Acceptance - by January 15, 2014

HPP applications will be reviewed by representatives appointed by the HPC. Athletes will be notified by email regarding the success of their application. Submitting an application for the HPP does not guarantee acceptance into the program. Athletes must be at an LTAD developmental stage that matches the profile of the program as well as meeting the other eligibility requirements listed in section 3.

Step 3: Confirmation - by January 31, 2014

Once accepted to the HPP, the athlete must confirm their membership by providing the following information to hpp@orienteering.ca:

- A signed copy of the current Athlete Agreement
- Confirmation of payment of the HPP membership fee of \$50 and, if desired, the One on One Coaching Fee of \$150. Payments may be made via PayPal to finance@orienteering.ca
- One photo (an action shot, preferably from the 2013 season, and in the national team uniform) for an athlete profile for the Orienteering Canada website
- A link to their on-line training log (preferred, e.g. Attackpoint). Alternatively the athlete may email their training log to hpp@orienteering.ca 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,
- contribute in a timely manner to 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 initiatives and races etc.,
- respond in a timely manner to all correspondence from the HPC and/or Orienteering Canada,
- abide by all Orienteering Canada policies and procedures, including, but not limited to the code of conduct, athlete agreement, and social media guidelines, and
- take initiative for their own training and development, including taking responsibility to contact the coach to set up any meetings or phone calls.

Once selected to the HPP, an athlete may withdraw or be withdrawn for the following reasons:

- a) Failure to meet the “Ongoing Membership” obligations,
- b) Voluntary withdrawal / retirement, or
- c) Fraudulent misrepresentation.

5. HPP Communication Plan

Communication with the Canadian orienteering community, the media, and public is essential for raising the profile and support of elite orienteering. With increased profile comes volunteer enthusiasm, the ability to grow programs, and increased funding. We cannot emphasize enough how important it is for each and every HPP athlete to assist with communications.

By becoming a member of the HPP, you are expected to:

- write a minimum of 2 blog posts per year on the Team Canada Blog,
- write newsletter articles and website content on request,
- get in touch with local media to highlight accomplishments. Assistance on how to do this is available from Alison at alimcalison@gmail.com,
- give presentations on elite training, elite racing, and elite competition at training camps and other events, as requested, and
- provide an athlete profile for the Orienteering Canada website.

6. Training Camps

The following is a schedule of HPP training camps. None of these camps are mandatory but it is strongly recommended that you attend as many as possible. This list will be updated as new information becomes available.

Athletes are responsible for accommodation, transportation, registration and other costs associated with training camps. In addition, a nominal fee may be charged for HPP organized camps to cover coaching costs. This fee will be waived for those who are part of the One on One Coaching.

- Vancouver Sprint Camp (extended weekend)
February 7-9, 2014
Vancouver, BC
Events: 10 training sessions and races.
Information: see GVOG website: <http://gvoc.whyjustrun.ca/events/view/1247>
Organizer: GVOG
Open to: All athletes
- Arizona Training Camp
February 14-19, 2014
Tuscon, AZ
Events: Lots of training sessions!
Information: see flyer [here](#). A minimum number of athletes must have signed up by December 15 for the camp to go ahead
Organizer: OUSA
Open to: All athletes
- WOC 2014 HPP Training Camp and Alpe Adria Cup (Canadian Team selection races)
~ **June 13-29, 2014** *Exact dates and details to be determined
Trentino, Italy
Events: In addition to training events, the Alpe Adria Cup has a long, relay, sprint, and middle
Information: for preliminary info see Attackpoint posting:
http://www.attackpoint.org/discussionthread.jsp/message_890448#message896252 and club website: <http://www.ortarzo.it/aaoc2014/en>
Organizer: Orienteering Tarzo, Orienteering Canada / Toni Louhisola
Open to: All athletes
- WOC 2015 HPP Training Camp
~ **July 15-26, 2014** *Exact dates and details to be determined
Inverness, Scotland
Events: TBD
Information: TBD
Organizer: Orienteering Canada / Toni Louhisola
Open to: All athletes
- JWOC 2014 Training Camp (Third Official JWOC Training Period)
~**July 14-20, 2014 (the week before JWOC)**

Borovets, Bulgaria

Events: TBD by junior team coach and team leader

Organizer: JWOC organizers and Canadian junior team coach and team leader

Information: see JWOC 2014 website: <http://jwoc2014.bg/training-opportunities/> and JWOC 2014 Bulletin: <http://jwoc2014.bg/bulletins/bulletin-2-2/>

Open to: JWOC athletes

- NAOC 2014 training camp
 - October 6-9, 2014**
 - Ottawa, ON
 - Events:** Open schedule training camp
 - Information:** see NAOC2014 website: <http://naoc2014.ca/training>
 - Organizer:** Orienteering Ottawa
 - Open to:** All athletes

- Other JWOC 2014 Training Opportunities
 - Second Official JWOC Training Period
 - ~**April 28 - May 2** (between the NSA-Siven cup [April 26-27] and the Browncup spring meeting [May 3-5])
 - Borovets and Plana Mountain, Bulgaria
 - Information:** see JWOC 2014 bulletin: <http://jwoc2014.bg/bulletins/bulletin-2-2/> and the Browncup event website: <http://www.browncup.eu/>
 - Organizer:** JWOC organizers
 - Open to:** All athletes

- Other WOC 2014 Training Opportunities
 - Official WOC Training Camp
 - May 26-30, 2014**
 - Trentino, Italy
 - Information:** see WOC 2014 website: http://www.woc2014.info/training_camps.html
 - Organizer:** WOC organizers
 - Open to:** All athletes

 - Sprint Relay, Middle Distance WRE, Long Distance WRE
 - May 31 - June 2, 2014**
 - Pergine Valsugana and Asiago, Italy
 - Events:** Spring relay, middle, and long
 - Information:** see WOC 2014 website: http://www.woc2014.info/training_camps.html
 - 3 days of trenches event website: <http://www.3days2014.it/>
 - Organizers:** Orienteering Pergine, Erebus Orientamento Vicenza, and Panda Valsugana
 - Open to:** All athletes

 - Official WOC Training Camp
 - June 28 - July 4, 2014**
 - Trentino, Italy
 - Information:** see WOC 2014 website: http://www.woc2014.info/training_camps.html
 - Organizer:** WOC organizers
 - Open to:** WOC athletes

7. National Team Selection for 2014 & 2015

Junior National Team Selection Policy:

Details of the selection criteria for the Junior World Orienteering Championships (JWOC) can be found at www.orienteering.ca/team-canada/high-performance

Senior National Team Selection Policy:

Details of selection processes for the World Orienteering Championships (WOC), World University Orienteering Championships (WUOC), and the World Cup Series (WCup) can be found at www.orienteering.ca/team-canada/high-performance

Athletes must be eligible to compete as per the rules of the applicable event.

8. Alternates

National team selection committees reserve the right to name alternates as part of Team Canada at various events. All alternates named as such are officially members of the Canadian National Team for that specific event. The HPC encourages alternates (though it is not required) to travel with the rest of the team and compete in public races in order to gain international experience.

Alternates:

- are able to stay in Team Canada accommodations at international events if there is sufficient availability.
- will have access to team leaders and coaches, with the understanding that racing team members will have priority at the international event.
- are responsible for travel arrangements to and from the competition.
- should take the initiative to arrange travel arrangements at events with the team leader.
- are eligible, as HPP members, to purchase the current Team Canada uniform.
- are not eligible for free uniforms.
- are responsible for all costs associated with accommodation, travel arrangements, registration fees, and so on.

9. Appeals

Appeals may be made by following Orienteering Canada's appeal procedure available at: www.orienteering.ca/pdfs/policy/Policy_Appeal.pdf. The deadline to submit an appeal is listed in the policy, but may be shortened if required given the timing of a specific selection process. If there is a change to the deadline to submit an appeal then it will be indicated in the specific selection policy.

10. Uniforms

Team Canada uniforms are available to all members of the HPP. Please note the various rules surrounding Team Canada uniforms in the Athlete Agreement. The 2014 uniform manufacturer is Trimtex and the design will be the same for 2013, 2014 and 2015

Each WOC and JWOC team member will get one racing shirt (Speed LZR or Basic Mesh), one pair of racing

pants (tights or ¾ extremes), and one pair of socks at no charge the first time they make a JWOC or WOC team in 2013, 2014 or 2015. For the purposes of the free uniform items, being an alternate does not count as being on the team. In all other cases athletes must pay for all uniform items.

O-store.ca is handling uniform distribution as part of its partnership with Orienteering Canada. Prices are at discounted rates from Trimtex. All HPP athletes will be contacted in the winter about the deadlines for ordering uniform items for the 2014 season.

At any other time, contact jeff@o-store.ca about ordering uniforms.

11. Athlete Agreement, Code of Conduct & Discipline Policy

As representatives of Canada and of Orienteering Canada, HPP athletes and all national team members are expected to conduct themselves in a dignified and responsible manner at all times, showing respect and consideration towards other athletes, coaches, event organizers, officials, the public, media, officials and all volunteers/staff involved with orienteering. Please refer to the HPP Athlete Agreement and Orienteering Canada's Discipline Policy for detailed information regarding code of conduct and disciplinary policy.

Membership in the HPP carries a responsibility to the Canadian orienteering community to behave in an exemplary manner. HPP athletes, coaches, and officials are held to a high standard and are expected to promote pride and goodwill for orienteering through their behaviour and attitude. HPP members are ambassadors for the sport at all times.

Athletes who are invited to compete at the 2014 World Orienteering Championships or World Cups, who are not members of the HPP are required to sign an amended version of the Athlete Agreement (obtained from Orienteering Canada) before their spot on the team is confirmed.

12. Rising Stars Award

The Rising Stars Award has been established by Orienteering Canada's High Performance Committee to support Canada's most promising young orienteers in their quest for top international results. In 2014 there will be two awards granted of \$1,500 each, typically to one male and one female athlete.

Athletes are encouraged to apply for the award. As well, members of the orienteering community are invited to nominate athletes they think are deserving of the award. Full details of the award can be found at www.orienteering.ca/team-canada/high-performance

13. Athlete Profile Questionnaire

(To be completed by all HPP applicants, even if you filled it in last year. The questions are different! We also copy/paste this information to the website, and you'll make our job a little easier if you just fill in all the info!)

Year of Birth:

Hometown:

Currently Living:

Orienteering Club:

Occupation:

Training log URL:

Twitter Handle: @

Blog URL:

Facebook fan page:

List of personal sponsors:

What was your final placing in the 2013 Canada Cup Elite Series standings?

What was your best result in the 2013 Canada Cup Elite Series standings?

Which was your favourite race in the Canada Cup Elite Series and why?

If you went to Europe to race in 2013, please list the races and results (enter a maximum of 10 results).

List your 2013 COC results (including age category)

Which of your 2013 result(s) are you most proud of and why?

What races are on your 2014 calendar?

Which race/races are you most excited about for 2014?

What is your favourite post-race indulgence?

What goals do you have for 2014, outside of orienteering?