

JWOC Athlete Application

2014

Athlete Name:

D.O.B:

Attackpoint Log URL:

Results 2013

| | Race Name & Category | Length | Time | Placing | TPK | Web Link for Results |
|-----|----------------------|--------|------|---------|-----|----------------------|
| 1. | | | | | | |
| 2. | | | | | | |
| 3. | | | | | | |
| 4. | | | | | | |
| 5. | | | | | | |
| 6. | | | | | | |
| 7. | | | | | | |
| 8. | | | | | | |
| 9. | | | | | | |
| 10. | | | | | | |

Please include a summary of training and competitive development over the past few years. (Include overseas orienteering experience).

Describe specific improvements made in the 2013 season (these may be technical, tactical, physical and/or mental)

Outline your goals for JWOC 2014.

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Detailed Race Analysis

Complete the following template for your top four races of 2013. Please include at least two disciplines.

Race Name & Date:

Map Attached: Yes No

| Discipline | Category | Length | Time | Placing | TPK | Time behind Leader | Total Min. Errors |
|------------|----------|--------|------|---------|-----|--------------------|-------------------|
| | | | | | | | |

| | |
|----------------|--|
| Successes | |
| Error Analysis | |

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|-----------------------------------|--|
| | |
| Reflection -- What did you learn? | |

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Junior Athlete Race Analysis & Goal Setting for 2014

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|-----------------------------------|--|
| Technical reflection from 2013 | |
| Technical Goals: | |
| Plan: | |
| Tactical reflection from 2013 | |
| Tactical Goals: | |
| Plan: | |
| Physical reflection from 2013 | |
| Physical Goals: | |
| Plan: | |

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|--------------------------------|--|
| | |
| Mental reflection from 2013 | |
| Mental Goals: | |
| Plan: | |

Training Plan Feb 17 – July 30, 2014