

**CANADIAN ORIENTEERING FEDERATION  
HIGH PERFORMANCE PROGRAM  
ORGANIZATION AND OPERATION  
2006**

**1. Program Objective:**

The main goal of the COF HPP is to recognize and develop the best athletes with a view to improving results at international events.

The High Performance Program is a program of athlete identification, recognition, coaching and development for high performance. National Senior and Junior Teams as well as Senior and Junior Development Teams shall make up the program.

**2. High Performance Committee**

The Chairperson of the High Performance Program Committee is appointed by the COF President from the elected COF Board of Directors and is responsible to the Board of Directors. The Chairperson appoints Committee members from the COF membership.

***Responsibilities of the Chairperson:***

- Chair the committees of High Performance Program and Team Selection.
- Liaise between COF Board of Directors and the program athletes, coaches and Team Leaders.
- Provide leadership and motivation to the High Performance Program(s), team leaders, coaches and athletes.
- Develop and implement the High Performance Program(s) and Policies
- Recommend changes to the High Performance Program(s) and Policies.
- Motivate the identified High Performance Program members and members of all National Teams.
- Appoint coaches and leaders for Programs and Teams.
- Assist in preparation of budget and approval of expenditures of High Performance Program funds.
- Raise funds from all sources (Government, corporate, membership and athlete activities) to maximize funds available for High Performance Program(s).

***Responsibilities of the Committee members:***

- Assist the chairperson of the High Performance Program.
- Represent the views of the program participants be they coaches or athletes.
- A member of the Committee can be the National Coach.

**3. National Coach**

The National Coach is appointed by the High Performance Committee and is responsible to the High Performance Committee Chairperson. The National Coach and the High Performance Chairperson can be the same person in which case the National Coach is responsible to the Board of Directors. If the HPP cannot find a National Coach, then the Chairperson assumes the roles and responsibilities of the National Coach.

***Responsibilities:***

- Provide leadership and motivation to the High Performance Program(s), team leaders, coaches and athletes.
- Coach program member athletes as needed.
- Develop program goals
  - -Team goals
  - -Long Range Program Plans
- Develop, communicate and apply the National Team Selection Criteria.
- Recommend changes to the High Performance Program(s) and Policies.

#### **4. Team Leader**

The Team Leader is an appointed position by the High Performance Committee Chairperson. Team leaders may be appointed for both Senior and Junior Teams. The Team Leader reports to the High Performance Committee Chairperson.

Considerations for appointment include:

- Experience as Team Leader at club, association, national level;
- Experience as a National Team member;
- Knowledgeable of the protocol and procedures for international events;
- Knowledge of overseas travel and customs;

It would be the intent to provide as much, or greater, financial support as the athletes, for overseas travel and events.

#### ***Responsibilities:***

- Plan, in conjunction with the Executive Director (or Board designate), the financial and travel arrangements for team trips.
- Complete registrations and provide information requested by host nations and ensure it is in by stipulated dates so as not to compromise Team member status.
- Ensure that all necessary travel arrangements are made:
- Liaise between the team and host nation organizers e.g. attend all Team Leader meetings, socials, functions, etc.
- Communicate relevant information promptly to all team members.
- Encourage and promote team esprit de corps by personal example and by resolving any disputes in a fair and decisive manner.
- Ensure that team members are good ambassadors for the COF and Canada.
- Prepare a report for the High Performance Committee Chairperson and the COF Board immediately after the trip. The Report is to include;
  - overview of the trip, and event, organization.
  - recommendations for changes in program plans, policy.
- Communicate information from the National Coach to team members if the Coach is unable to attend specific events.

#### **5. High Performance Program Teams**

HPP Members – Senior and Junior  
National Team to WOC (Denmark 2006)  
National Team to World Cups  
Junior National Team to Junior World Championships (Lithuania-2006)

HPP members are named at the end of each calendar year, and will be acknowledged by telephone, email or written letter and announced in the winter edition of 'Orienteering Canada'. Changes may be made throughout the year.

The Junior HPP members are athletes between the ages of 15 and 20 (inclusive).

The goal of membership in the HPP is to identify and motivate junior and senior athletes having shown the potential and a desire to perform to the best of their ability at an upcoming World and Junior World Championship and World Cup events.

#### **Team selection**

World Cup Teams are selected from the program members on an as needed basis. Senior HPP members who wish to take part in closed international competitions such as the World Championships or World Cup shall contact either the National Coach or the Chairperson of the HPP.

Junior Teams are selected from the program members on an as needed basis. Juniors who wish to take part in closed international competitions such as the Junior World Championships shall contact either the National Coach or the Chairperson of the HPP.

**National Team WOC Selection Criteria**

See Appendix A

**National Team World Cup Selection Criteria**

Any member of the HPP Tier 1 – 3 is eligible for a World Cup. If more athletes apply than are allowed by IOF rules, then the HPP Chairperson shall create a Selection Committee (approved by the COF Board of Directors) to select the team.

**Junior National Team to JWOC Selection Criteria**

Any member of the Junior Development Team is eligible to participate in the Junior World Championships. If more athletes apply than are allowed by IOF rules, then a selection will be made by a selection committee, struck by the Chairperson of the HPP and approved by the COF Board of Directors. Results from the most recent Canadian Championships or other recent major events will normally be used. Junior athletes must apply by January 10, 2006 to the National Coach in order to be considered for the team.

**Senior and Junior HPP Development Teams**

The HPP committee will develop a new structure for HPP members for 2007 and beyond. This will be presented to the COF Board for approval. The goal will be to create a structure that identifies potential athletes for specific World and Junior World Championships up to four years before the specific Championship.

**6. Conduct and Discipline Policy**

HPP members will be removed from the program for any of the following reasons.

- failure to pass an IOF doping test
- possession of performance enhancing or banned drugs
- convicted with an alcohol related infraction while representing the COF in international competition
- suspended from international competition by the IOF for any reason
- any other unlawful action

The athlete may appeal such action.

**Appeal Procedure:**

The athlete shall make a written appeal within 14 days of the judgment being rendered. This appeal will go directly to the President (or to the Vice President Finance if the President is in a conflict of interest position) of the COF. The President shall make a written judgment, after consultation with the High Performance Committee. The President's decision is final.

**7. Uniforms and Equipment**

The COF will obtain uniforms for teams representing Canada at World and Junior World Championships. The COF will request corporate quote submissions from at least two suppliers prior to any decision being made. Whenever possible, efforts will be made to obtain squad/team equipment through sponsors. If corporate sponsorship is not found or is insufficient to cover all necessary costs, the High Performance Fund monies may be used and/or athletes invoiced.

**Uniform Policy:**

Team equipment will be considered the personal property of the athlete to retain and athletes shall be invoiced for the costs where sponsorship is unattainable. National Team Orienteering suits will be worn when the athlete is representing Canada in competition.

**8. Financial Policy**

Recognizing that the COF no longer receives financial support from the Federal Government to support this program, the High Performance Committee will encourage endeavors to solicit funds from the Federal, Provincial, Municipal agencies as well as corporations, sponsors, members and other fund raising activities.

**High Performance Fund Allocation Priority and Policy**

Funds available/obtained for High Performance Program and National Team programs will be allocated in an equitable\* manner.

In ranked priority order for funding support:

- Competition and Team Official(s) entry fees is the first priority for funding support.
- Travel costs.
- Accommodation/meals
- Uniforms - as outlined in Section 7 above
- Training Camps expenses
- Ground Transportation
- Equipment

\*NOTE:

COF. Motion - November '97 - Twenty percent of funds raised for the National team Fund be directed to support athletes to the JWOC with the conditions;

- a) juniors receiving support must be members of the High Performance Program with selection achieved in senior level competition
- b) junior team athletes shall not receive financial support greater than senior team athletes.

The HPP committee recommends that the COF that new guidelines for HPP finances be created for years 2007 and thereafter.

**C. Administration:**

For each High Performance Program and National Team activity a budget will be prepared by the National Office and HPP Committee (including National Coach and Team Leader). The costs per athlete, available funds, and any costs to be paid athletes, will be discussed with the High Performance Committee Chairperson. High Performance Program participants and/or National Team members will be advised of total costs, available funds and amount of funds that they will be responsible for. A copy of this information will be forwarded to the athlete's association/club/provincial association to encourage financial support. An invoice will be prepared for each athlete outlining items and amounts that are the athlete's responsibility.

**D. Insurance**

The COF has coverage through its insurance program to cover athletes on the High Performance Program under our Liability Insurance policy for claims against them or COF for damages resulting from their actions.

As many individuals have extended Health Benefits and additional insurance coverage, the COF will pay the costs for all High Performance Program members for the Annual 'Out of Canada' costs for athletes competing as members of a team only upon agreement reached by consensus vote of all Team members.

Members traveling overseas to compete/train but not as a member of a team representing Canada can obtain the necessary coverage under the current rates at their own expense. High Performance Program members wishing this coverage must contact the COF. National Office at least 30 days prior to their departure.

## **Appendix A**

### **2006 WOC Selection Criteria**

The National Team of 6 men and 6 women selected by the National Coach will be eligible to participate in the WOC (the national coach may choose to send less than 6+6). Up to 4 non-traveling alternates (2 male and 2 female) will be named by discretion. The National Coach will decide who runs in each discipline.

Athletes intending to attend the World Championships must declare this intention in person, by telephone, by email or in writing prior to the first start of the first selection race in order to be considered for selection.

#### Selection Races

Barebones 2006, Edmonton Alberta, June 3-4, 2006 <http://www.barebones.ca>

Barebones will be our main selection event. Discretionary selection in case of illness or injury will be made by the National Coach and may be based on the 2006 World Cup, US team trials or any COF sanctioned A meet.

Sandy Hott Johansen and Mike Waddington have been granted exemption from attending the selection races because they are working out of the country at that time. The National Coach will maintain contact with them in case of injury or illness preventing them from maintaining fitness.

Appeals to the National Team selection shall be made within 48 hours after an athlete has heard the announcement of the team (via email, COF website or otherwise). An appeal shall be addressed to the Executive Vice-President of the COF (Andree Powers).

## Appendix B

### HPP Members

**National Coach and Chairperson of the HPP:** Ted de St. Croix (GVOC, B.C.)

**HPP Committee:** Charlotte MacNaughton (FWOC, Alberta), Hans Fransson (GHO, Ontario)

### Senior HPP Athletes:

#### HPP Tier 1 (National Team members who have declared their intentions for WOC 2006+)

Sandy Hott Johansen	Mike Waddington
Louise Oram	Mike Smith
Pam James	Brent Langbakk
Charlotte MacNaughton	Jon Torrance
Marie Catherine Bruno	Nick Duca
Victoria Smith	Wil Smith
	Chris Pillar

#### HPP Tier 2 (Selected HPP members who have declared their intentions for WOC 2006 or +)

Heather Smith	Robin Foubister
Sarah Brandreth	Patrick Goeres
	Steven Graupner
	Hans Fransson

### Junior HPP Athletes:

**HPP Junior Team** (selected from 2005 COCs, JWOC and select provincial championships or nominated/recommended by provincial association)

#### 17 – 19 (guideline - 130% of winning time in select events)

Carol Ross	Scott Foubister
Justine Scheck	Darius Konotopetz
Natasha Ouellette	Ben Phelan
Katy Innes	Mathew Hryciuk
	Steven Graupner

#### 15 – 16 (guideline - 130% of winning time in select events)

Emily Kemp	Dougal Owen
Angela Forseille	Fraser Ross
	Scott Newson
	Eric Kemp
	Robbie Anderson
	Damian Konotopetz

Other COF member athletes interested in 2006 HPP membership are requested to contact the National Team Coach, and provide a list of orienteering results over the past year. Membership in the 2006 HPP is at the discretion of the National Coach.

## Team Selection to Junior Team to Junior World Championships

Any member of the 2006 HPP, Junior Team is eligible to participate in the Junior World Championship. Please apply to Ted de St. Croix if you wish to be considered. The following athletes have declared their intention to compete at the JWOC. The final team will be decided when all athletes have declared their intentions. The declaration deadline is set at January 30<sup>th</sup>, 2006. WebSite: <http://www.losf.lt/jwoc2006/>  
(up to 6 men and 6 women)  
(up to 2 men's and 2 women's teams)

### **Team Leader (David Ross (N.B.))**

Carol Ross (NB)

Justine Scheck (YK)

Natasha Ouellette (NB)

Scott Foubister (BC)

Hryciuk, Matthew (AB)

Darius Konotopetz (MB)

Ben Phelan (NB)

Fraser Ross (NB)

Robbie Anderson (ON)

Dougal Owen (AB)

## Appendix C

### COF High Performance Program - List of Events

#### Introduction

Coaches and athletes are encouraged to use the following information to assist them in long range planning. International Schedules are available from National Federations accessed via the IOF website (<http://www.orienteering.org>) or from <http://www.dontgetlost.ca/osquad/>. COF Nationally Sanctioned events are listed at <http://www.orienteering.ca/schedule.htm>.

### Major North American Events

#### Competitions

**May 19-21, 2006, USA Team Trials, SLOC**

[www.barebones.ca](http://www.barebones.ca)

**June 3,4 , 2006, Barebones and National Team Trials, Edmonton, Alberta (Smokie Lake)**

[www.barebones.ca](http://www.barebones.ca)

**July 14-16, 2006, Western Canadian Orienteering Championships, Whitehorse**

[www.yukonorienteering.ca](http://www.yukonorienteering.ca)

**Aug 19-27, 2006, Canadian Orienteering Championships, Orangeville, Ontario (Guelph Gators)**

[www.orienteering.on.ca](http://www.orienteering.on.ca)

#### Schedule:

Saturday August 19	Registration, Orangeville
Saturday August 19	Long event (North Peel)
Sunday August 20	Farsta/Loops event (North Peel)
Tuesday August 22	COF Cup Classic/long format event (Boyne Valley)
Thursday August 24	Relay – Primrose
Friday August 25	model event (Mono county forest)
Saturday August 26	COC Day 1 - Classic day 1 / Medium - Terra Nova (existing map – not used in over 10 years – field work – 50% done)
	COC Day 1 - Sprint – Dufferin County
	COC Day 1 - Banquet – Orangeville
Sunday August 27	COC Day 2 - Classic day 2/Long (Dufferin County)

\*Note all venues areas are now under embargo.

COF Sanctioned A Meets:

[www.orienteering.ca](http://www.orienteering.ca) look under the Events link

“Unofficial Calendar of Events”

<http://mapsurfer.com/sanct/maincal.map>

“Sprint events in USA”

<http://users.crocker.com/~pg/team/sprintschedule.html>

“North American Orienteering League”

<http://www.ctoc-boise.org/naol/>

**Oct 6-9, 2006: Milton, Ontario  
North American Orienteering  
Championships**

Golden Horseshoe Orienteering Club  
41 Paisley Avenue North  
Hamilton, ON  
L8S 4G5  
Canada

eMail: [naoc2006@dontgetlost.ca](mailto:naoc2006@dontgetlost.ca)  
Event Advisor: Vladimir Gusiaticov  
(USA)

**Website:** [www.dontgetlost.ca/glof](http://www.dontgetlost.ca/glof)

OK Ilves

P.O.Box 161

Tartu 50002, Estonia

eMail: [EOC2006@mail.ee](mailto:EOC2006@mail.ee)

Event Advisor: Lars Forsberg (SWE)

**Website:**

[www.orienteerumine.ee/EOC2006](http://www.orienteerumine.ee/EOC2006)

**May 7-14, 2006:  
European Orienteering  
Championships**

## NCCP Coaching Certification Clinics

No clinics are planned during the NCCP transition headed up by Bill Anderson (Ottawa O.C.)

## Training Camps

**Sass Peepre National Junior Training Camp** – Aug, Mansfield Ontario

**HPP Training Camp, Jan 5-8, Coach, Holger Hott Johansen, host GHO - Hamilton**

<http://www.dontgetlost.ca/gho/oskool.htm>

This is past and was very successful.

**HPP Sprint Training Camp, Jan 24-26th, Coach, Ted de St. Croix Host: GVOC - Vancouver**

Contact Tdsc "AT" [sotique.com](http://sotique.com) if you plan to come.

Accommodation will be provided by Louise Oram and Ted de St. Croix.

Details will be sent to osquad and posted at [www.orienteeingbc.ca](http://www.orienteeingbc.ca)

## WOC World Orienteering Championships 2006 - 2009

**2009: Hungary**

**2008: Czech Republic**

**2007: Kiev, Ukraine**

Ukrainian Orienteering Federation  
St.Luteranska 11, ap.3,  
01024 Kyiv, UKRAINE  
Tel: +380 44 2659074  
Fax: +380 44 2659074  
eMail: [sopova@i.com.ua](mailto:sopova@i.com.ua)

COF High Performance Program

Aug 1-5, 2006: [Aarhus, Denmark](#)

Erik Nielsen, Secretary General  
Kærlodden 2, Storhøj  
DK-8320 Mårslet  
Denmark  
Tel: +45 4637 3599, +45 2342  
1258 (Mobile)  
eMail: [info@woc2006.dk](mailto:info@woc2006.dk)  
**Website:** [www.woc2006.dk/](http://www.woc2006.dk/)

## 2006 World Cup Rounds 1, 2 and 3

### 2006: Preliminary Schedule

Event	Federation	Date	Type	Venue / IOF Advisor
1	<b><u>EST</u></b> (also EUOC)	Sunday 7 May	Sprint Distance (Qualification & Final)	<b><u>Otepää,</u></b> <b><u>Estonia</u></b>  Lars Forsberg SWE
		Monday 8 May	Middle Distance Qualification	
2		Tuesday 9 May	Middle Distance Final	
3		Thursday 11 May	Long Distance Qualification	
4		Friday 12 May	Long Distance Final	
		Saturday 13 May	Relay	
	<b><u>DEN</u></b> (also WOC)	Saturday 29 July	Middle Distance Qualification	<b><u>Aarhus,</u></b> <b><u>Denmark</u></b>  Björn Persson SWE
5		Sunday 30 July	Long Distance Qualification	
		Tuesday 1 August	Sprint Distance (Qualification & Final)	
6		Wednesday 2 July	Long Distance Final	
7		Friday 4 August	Middle Distance Final	
8		Sunday 5 August	Relay	
9	<b>FRA</b>	Tuesday 3 October	Sprint Distance (Qualification & Final)	<b>Auvergne,</b> <b>France</b>  Eric Hully BEL
		Wednesday 4 October	Middle Distance Qualification	
10		Thursday 5 October	Middle Distance Final (World Cup Final)	
11		Saturday 7 October	Long Distance Final (World Cup Final)	
12		Sunday 8 October	Relay (World Cup Final)	

## JWOC Junior World Orienteering Championships

**2008: Goteborg, Sweden**

**2007: Dubbo, NSW,  
Australia**

**2006: Druskininkai, Lithuania** JWOC 2006 Office  
July 2-7

[Bulletin 1](#)

Perkuno al. 5,  
LT-44221 Kaunas,  
Lithuania  
Tel: +370 37 224429  
Fax: +370 37 224429  
eMail: [jwoc2006@losf.lt](mailto:jwoc2006@losf.lt)  
Website: [www.losf.lt/jwoc2006](http://www.losf.lt/jwoc2006)

JWOC 2006:

### **Preliminary Program**

Sunday	2 July 2006	Arrival, Model event
Monday	3 July 2006	Sprint Distance final, Opening Ceremony
Tuesday	4 July 2006	Long Distance final
Wednesday	5 July 2006	Rest day
Thursday	6 July 2006	Middle Distance qualification
Friday	7 July 2006	Middle Distance final
Saturday	8 July 2006	Relay, Closing Ceremony
Sunday	9 July 2006	Departure