

Athletes' Rep Report

Coaching

New Coaching Structure

This year the High Performance Committee introduced a new coaching structure to support our athletes:

- Hired High Performance Director Brent Langbakk
- Four regional coaches to check in with athletes on ongoing basis and coach at training camps

Provides athletes with more coach contact – this has been successful but there is still a long way to go to get to the level we need. Nice to see we're moving in the right direction.

JWOC / WOC coach

- JWOC and WOC coaches selected from amongst regional coaches
- Raphael Ferrand (European regional coach and last year's JWOC coach) was both JWOC and WOC coach.
- Great coach with lots of international experience.
- Organized, keen, easy to get along with.

Orienteering Canada should capture and harness Raphael's energy.

Summer Competition and Camp Schedule

Last year we introduced new WOC camps for 2014 and 2015:

- 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 WOC 2014 in preparation for WOC 2015

This year, no pre-WOC camp in Scotland other than final training week before WOC. 3 day camp in Stromstad, Sweden for WOC 2016.

Stromstad camp attended by 3 senior and 6 junior athletes (close by and shortly after JWOC). Poor attendance compared to last year (6 senior athletes): Timing wasn't as good as last year?

In 2016 COCs and WUOC are at the exact same time. Many of our top athletes will not be at the Canadian Champs because of this conflict – this should be avoided at almost all costs.

Recommendations*:

- Where possible work on schedule so camp timing lines up better with summer competitions.
- Continue to provide camps such that juniors can attend camps and competitions beyond JWOC.
- Provide a mechanism for HPP / Athlete's rep to work with COC organizers to find a week that fits the athletes' schedules.

* Much of the European competition schedule is beyond our control and these are not always possible.

Results Highlights

WOC: Inverness, Scotland

- 20th place, long distance– Emily Kemp
- 33rd place, long distance – Louise Oram
- 49th place, long distance – Will Critchley
- 54th place, long distance – Robbie Anderson
- 24th place, 20 seconds from Qualifier in sprint qualifier – Will Critchley
- 26th place, sprint qualifier – Emma Waddington (first time WOC competitor)
- 22nd place (out of 31), WOC Sprint Relay
- 30th place – men’s relay
- 19th place – women’s relay

JWOC: Rauland, Norway

- 103rd place, sprint – Alex Bergstrom
- 28th place, sprint – Emma Waddington
- 94th place, long – Emma Waddington
- 81st place, long – Michael Svoboda
- 49th place, middle A Final – Alex Bergstrom
- 39th and 49th place, middle B-Final – Pia Blake and Emma Waddington
- 29th place, men’s relay

NAOC: Arnprior, Ontario

- M21E:
 - Canadian sweep of middle and long podium and winning both North American regional places to WOC 2015 (Brian May and Robbie Anderson)
 - Damian: winning sprint overall (and 3rd in long distance) and Will 2 seconds behind

Note: two top Canadian women were not in attendance. We need to find ways to encourage top athletes to attend key North American events (COCS, NAOCs).

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: Charlotte MacNaughton, Adrian Zissos, Mark MacMillan, Emily Ross, Jeff Teutsch and Tori Owen; Brent Langbakk for his energy and dedication as High Performance Director and coach; the Junior Selection Policy Committee of Ross Burnett, Katerina Smith, Nina Wallace; the Senior Selection Policy Committee: Mike Waddington, Brian May, Magnus Johansson, Magali Robert, Adrian Zissos; our regional coaches: Ross Burnett, Patrick Goeres, Hans Fransson, Raphael Ferrand; our WOC and JWOC team leaders: Meghan Rance, and Stefan Bergstrom; 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.