

High Performance Committee Report 2015

Prepared by Brent Langbakk

The High Performance Committee (HPC) is responsible for support and development of the High Performance Program (HPP), National Teams and elite orienteering in general. The HPC consists of the following members:

- Jeff Teutsch, Athletes' Representative
- Adrian Zissos
- Charlotte MacNaughton,
- Emily Ross
- Tori Owen
- Mark McMillan
- Brent Langbakk, Director

A big thanks goes out to Jeff Teutsch, who is the outgoing Athletes' Representative, for all his hard work in the HPC. Tori Owen will be stepping into the role of the new Athletes' Representative for a term of 3 years. As part of succession planning, Tori has been a member of the HPC for the last year and should slot fairly seamlessly into her new role.

In 2014/15, the HPP underwent some changes. The first was to appoint me as Director. The major work in this new role was around tasks related to the (HPP) required for the Sport Canada funding application. Most of the work in the HPP is being done on a volunteer basis, so funding would allow for staff to be hired. This would lead to greater training and support for athletes both directly and indirectly through freeing up volunteer hours to focus on technical aspects of the program. The tasks completed for Sport Canada included developing procedures for appointment of coaches and team-leaders, evaluation of athletes, development of training plans, methods for implementation of the training plans and goal setting templates. Sport Canada has come back to us with feedback on the submitted items and there are three remaining items related to HPP that need to be provided and demonstrated: coach evaluation, modification and implementation of yearly training plan and ongoing monitoring and feedback for athletes. These items will be completed and re-submitted in the coming 6 weeks.

Another change was the coaching structure of the HPP. This was done in an attempt to counteract the geography and the large workload of assisting over 20 different athletes. The HPP has been changed to include 4 regional coaches:

- Ross Burnett (Pacific)
- Patrick Goeres (Central)
- Hans Fransson (Eastern)
- Raphael Ferrand (European)

These coaches were responsible for all the athletes in their region (4-6 athletes) regardless of whether they are juniors or seniors. Previously we only had a Junior Team Coach and a Senior Team Coach (10-12 athletes each).

As well as providing the athletes with training support, the coaches provided in person coaching at 4 different training camps. Patrick Goeres coached athletes at the Vancouver Sprint Camp and Ross Burnett coached at the Kootenay Orienteering Club camp in Invermere. Two other HPP specific camps were held. Hans Fransson coached and designed training for a camp in Hamilton in the spring. Brent Langbakk coached put on a camp in Strömstad, Sweden in preparation for WOC 2016.

Raphael Ferrand was the coach for the Junior World Championships in Norway and the World Orienteering Championships in Scotland and the training immediately prior to these events. A big thank you also to Stefan Bergstrom who was the Team Leader for JWOC and Meghan Rance who was the Team Leader for WOC. The JWOC team consisted of 9 athletes (3 women and 6 men) and the WOC team consisted of 8 athletes (4 women and 4 men).

A big thanks to those who were part of the selection committees for these events:

- Ross Burnett, Katarina Smith and Nina Waddington for JWOC
- Adrian Zissos, Wil Smith, Magali Robert, Ted de St Croix, for WOC

As it has for a number of years, the HPC was responsible for organizing a silent auction in 2014 and plans to hold another during the 2015 COC week.

The HPP has been fortunate to receive support from the following Orienteering Canada partners:

- **Icebug** – Orienteering Canada's newest partner – they provided a free pair of shoes to each 2015 HPP athletes as well as the 2015 HPP coaches.
- **Trimtex** – for providing great looking discounted uniforms to our National Teams and HPP members
- **O-store** – for all the logistical work around the HPP/National Teams uniform order and Icebug HPP shoe distribution

The HPC also has been involved in responding to changes at the IOF level regarding the WOC format.

The HPC has also provided several recommendations to other OC committees, including to the rules committee with regards to having 17-20 categories run the same course as elites in the middle distance.

As the season has not yet finished at the time this was written, it is premature to comment on the 2015 competitive season. Both a Performance Review of athletes and Season Review of the coaches will be performed and submitted to the Board at the end of the competition season. At the moment we do know that we will be looking for a new HPP Pacific Regional Coach for the upcoming season as Ross Burnett is unable to continue in that position.