



ORIENTEERING
C A N A D A

Orienteering Canada

2015 Junior National Team Selection Policy

Introduction

The 2015 Junior World Orienteering Championships will be held July 3-10 in Rauland, Norway. There will also be training opportunities in Norway in the weeks leading up to the competition. The team will consist of a Coach, Team Leader and up to six male and six female athletes.

General Context for the JWOC Team

The Junior World Orienteering Championships is, by definition, the highest level of competition open to athletes under 21 years of age. It is the pinnacle series of races that junior orienteers strive for, as a culmination of their training and competitive progression towards senior competition.

For Canadian orienteers JWOC is normally the most difficult series of races they will have experienced, in the most competitive field they have faced. Participation in JWOC requires a very high level of physiological, mental and emotional preparedness, normally achieved through many years of domestic and overseas training and/or competition experience consistent with Orienteering Canada's Long Term Athlete Development (LTAD) program.

Selection Context

The JWOC Selection Committee uses their discretion based on the factors outlined in Step 2 below. This is by necessity, given that the opportunities are rare for head-to-head competition that would allow direct comparison between athletes, especially during the period leading into the spring/early summer 2015 season. Also, there has not recently been an active domestic National Junior Coach able to provide direction to or monitor the training of all of the junior HPP athletes. This means there is no single, consistent 'lens' through which the athletes may be compared and evaluated over an extended period of time.

Eligibility

In order to represent Canada at JWOC 2015 athletes must be HPP members (see separate application information and process in the HPP Athlete Handbook) and normally must be at least 17 years of age as of December 31, 2015. The JWOC age requirement is aligned with the *Learn to Compete* stage of Orienteering Canada's LTAD program. As a late specialization sport, the Orienteering Canada program envisions young athletes progressing through the *Learn to Train*, *Train to Train*, and *Learn to Compete* stages before being considered physiologically and psychologically prepared to compete at the World Championships level.

Athletes who do not meet the minimum age requirement may apply per the application process described below, but in addition to the listed information, must also submit:

- A letter explaining why they feel they have the required level of technical and physical preparedness; and the maturity to be considered for the JWOC 2015 Team
- Two letters of reference (from non-relations) that can speak to their character and maturity (does not have to be from orienteers)

Underage athletes may apply to be considered for the 2015 JWOC Team, but priority will be given to athletes who meet the minimum age requirement (provided they meet the other application criteria as set out in Step 1 and reviewed by the Selection Committee in Step 2).

Step 1. Application – Submission Deadline of February 15, 2015

Athletes wishing to be considered for the 2015 JWOC team must send an email to hpp@orienteering.ca. Athletes may use the application template available at www.orienteering.ca/team-canada/high-performance. Athletes may choose to use their own format, as long as all the information is included.

Application should include:

- A list of all significant results from the 2014 season (COC, NAOC, provincial and regional championships, JWOC), including links to official results (and maps, if available)
- Detailed race analyses (including links to the course maps) of the applicants four best races from 2014. This must include analyses from at least two disciplines.
- A written expression of their interest in being considered for the 2015 JWOC Team, including the following:
 - A summary of their training and competitive development to date; including overseas orienteering experience;
 - A description of specific improvements made in the 2014 season (may be technical, tactical, physical and/or mental);
 - A statement of their specific goals for JWOC 2015.
- Training Plan for 2014-15, including:
 - Reflecting on and referencing their 2014 season, a description of specific goals for the 2015 season (technical, tactical, physical and/or mental); and the steps they plan to take to reach those goals;
 - A training log (for the period December 1, 2014 to February 15) and training plan (for the period February 16 to July 26)

Step 2. Preliminary Selection – by March 15, 2015

The Selection Committee will use their discretion to make a preliminary selection of the JWOC 2015 Team by March 15, 2015 based on the items required as part of the Step 1 application. The criteria/analysis that the Selection Committee will apply to the items listed in Step 1 are:

- Significant 2014 results – placing, time, and time behind winner, taking into account the strength of the field and the type of terrain
- The four race analyses – analysis of routes taken, errors, time lost, positive application of skills, etc.
- Expression of interest – analysis of the athlete's orienteering development and their understanding of their orienteering strengths and weaknesses
- Training Plan – analysis of training undertaken in the 2014-15 season (volume, frequency, type of training) based on the submitted training log (December 1, 2014 to February 15, 2015); also analysis of the training plan for February 16 – July 26 (planned training volume and frequency; appropriateness of planned training in relation to identified goals)

Selection will be announced through the o-squad email list, as well as on the Orienteering Canada website.

Step 3. Final (additional) Selection (if required) – by May 10, 2015

Additional athletes may be added to the JWOC team, based on results (taking into account placing, time, and time behind winner, taking into account the strength of the field and the type of terrain) from February 1 to May 3, 2015. While no formal team selection races have been identified, the following races will be considered:

- GVOC Sprint Camp, Feb. 13-15, Vancouver, BC

- Run Black Diamond Event, March 6-8, Concord, California
- US Interscholastics/Intercollegiates ('Ridley Fox Trot'), March 21-22, Media, Pennsylvania
- OCIN Flying Pig XIX (& US Individual Championships), March 27-29, Olive Hill, Kentucky
- West Point A-Meet, May 2-3, West Point, New York
- Other major international/European races (e.g. Jan Kjellstrom, UK)

Training Expectations

Athletes are expected to maintain the level of training outlined in their training plan and to maintain a high level of commitment throughout the year and leading up to the competition season.

Selection Committee

The selection committee for Canada's JWOC 2015 team will be Ross Burnett, Katarina Smith and Nina Wallace. Additional selection committee members may be added by the High Performance Committee. In the event of a conflict of interest arising between any of the selection committee members and any of the potential JWOC Team members, replacement selection committee members will be identified.

Athlete Requirements to Remain Selected and Removal

1. Once selected to the JWOC, an athlete may withdraw or be withdrawn for the following reasons:
 - a) Failure to maintain the training plan the athlete outlined as part of the JWOC application;
 - b) Failure to adhere to the procedures outlined in the Athlete Handbook, Athlete Agreement, Orienteering Canada's Code of Conduct and other policies;
 - c) Failure to remain competition-ready leading up to the event. Athletes who do not remain competition-ready by reason of lack of fitness, injury or illness may be removed from the team. It is the obligation of the athlete to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level.
 - d) Voluntary withdrawal/retirement;
 - e) Fraudulent misrepresentation.

Where an athlete is unable to meet training standards, competitive readiness, violates team rules or the code of conduct or provides fraudulent misrepresentations, the Selection Committee will have the discretion to remove the athlete from the team, provided the athlete is given an opportunity to be heard, and to replace the athlete with another suitable candidate.

The Selection Committee will notify the athlete in writing that she has been removed from the team and reasons for the removal.