



Committee Report to 2017 AGM

Committee Name	High Performance Committee
Committee Chair	N/A
Committee Members	Emily Ross, Brent Langbakk, Stefan Bergstrom, Pia Blake, Jennifer MacKeigan, Charlotte MacNaughton, Tori Owen
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Past Year's Work

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 coaching structure of the HPP aims to provide assistance to the current 26 HPP athletes (www.orienteering.ca/team-canada/high-performance). We have Regional Coaches in each area with athletes: Brent Langbakk (Whitehorse), Marg Ellis (Vancouver), Brian May (Salmon Arm), Patrick Goeres (Calgary), Hans Fransson (Hamilton), Jeff Teutsch (Ottawa) and Raphael Ferrand (Europe). The coaches are responsible for all the athletes in their region (4-6 athletes) regardless of whether they are juniors or seniors.

As well as training support from the Regional Coaches, the HPC also puts on training camps, and provides logistics coordination, Coaches and Team Managers to international competitions which this year includes Junior World Championships, World Games, World Championships and World Cups. Thanks goes out to Jeff Teutsch, JWOC Coach; Sabine Schweiger and Erik Blake, JWOC Team Managers; Marg Ellis, World Games, Coach/Team Manager; Raphael Ferrand, WOC Coach; and Meghan Rance, WOC Team Manager.

The logistics work relating to the major events (such as accommodation selection and booking, registration, payments, communication with athletes re logistics, etc) is quite time consuming. This work is done by HPC members and the Team Managers.

Another big part of the preparation for these international competitions is team selection. The Senior Selection Committee is responsible for the selection process and selections for WOC and World Games. The committee this year consisted of Stefan Bergstrom, Ted de St.Croix, Magali Robert and Wil Smith. The Junior Selection Committee of Stefan Bergstrom, Nevin French and Ross Burnett was responsible for the JWOC Team Selection.

As it has for a number of years, the HPC was responsible for organizing a silent auction in 2016 and plans to hold another during the 2017 COC week. Jennifer MacKeigan is organizing with the assistance from Charlotte MacNaughton and Emily Ross. The support of the broader Orienteering Canada community is very much appreciated. Some clubs annually devote the proceeds from a specific event to the HPP and some clubs provide discounts to HPP members at their events. We are continually grateful for that support. The HPP fundraiser held during the COCs is also a major revenue source for the High Performance Program. Stefan Bergstrom has taken in lead with the 2017 HPP fundraiser.

HPP athletes and coaches are now required to complete the Canadian Anti-Doping Program training modules from CCES. Athletes are subject to testing throughout the year and several athletes had

officials show up at their homes this year to perform drug tests. The HPC is responsible for making sure that the training is completed and the athletes updated information is submitted to CCES.

The High Performance Committee has changed its main communication method with HPP athletes to Basecamp (Basecamp project management and team communication software that Orienteering Canada uses).

HPC members devote time to communication tasks, such as working with HPP members to develop the national team blog (teamcanadaorienteering.blogspot.ca), providing content for Orienteering Canada's website and social media channels, as we endeavour to increase awareness of the HPP and and Canada's HPP athletes to the Canadian orienteering community.

The HPC has had an increased amount of work the last couple of years particularly due to the requirements of Sport Canada. We are very pleased that Orienteering Canada has meet the eligibility requirements to apply for funding.

The HPC also provided input into the Technical Committee's course revisions. The HPC is also a member of Orienteering Canada's Long Term Athletes Development liaison committee and provides input as Orienteering Canada continues its LTAD implementation.

Future Work – Projects and Goals

One of the major areas for the upcoming year is to have our HPP coaches more formally trained. This should start with the Introduction to Competition level that is now complete. More coaches at this level should also help with junior programs that feed into the HPP. Two HPP Coaches Marg Ellis and Brent Langbakk have been trained as Learning Facilitators.

The next step in developing NCCP coaching courses is the development of training for athletes at the high performance level. It is expected that the HPC will collaborate with Bill Anderson and the Coaching Committee regarding development of such a course(s) as Orienteering Canada continues its coaching program development with the support and assistance from the Coaching Association of Canada.

Another area for improvement is establishing better athlete monitoring. Initial contact has been made with Ken Walker from Attackpoint to create some coaching tools that will help with this process.

Successes and Challenges

Ultimately, the HPC is about supporting the Canadian HPP athletes. Major successes of the athletes this past year included winning the Bjorn Kjellstrom trophy as the best elite team at North Americans. We also won individual spots for the women's middle and long competitions and an individual spot for the men's middle at 2017 WOC.

Successes at WOC include a 5th place for Emily Kemp in the middle distance, Damian Konotopetz qualifying for the final in the sprint and a 20th place for the men's relay team.

JWOC is not yet complete but so far Michael Svoboda has finished 36th in the middle A-final. Emma Waddington finished 25th and Jan-Erik Naess finished 50th in the sprint.

The World Games happen later in the summer. Canada was selected as the representative for North America.

The major challenges for the HPC is that most are volunteers and there is a lot of work to do, much more than could be completed by the paid positions. In particular, we are trying to support athletes who are spread out over the whole country. Our workload has increased as part of Orienteering Canada's pursuit of Sport Canada funding (several of the eligibility requirements are related to processes related to high performance, which we have implemented)

Finances

Almost the entire budget is used for support staff (coaches and managers) at major championships (WOC, JWOC, World Games). A small amount of the budget was spent on general operations to keep the HPC running and ensuring tasks were completed. Ideally, we would have additional money to hold formal training camps for the athletes throughout the year.