



High Performance Committee Report to 2016 AGM

Committee Name	High Performance Committee
Committee Chair	
Committee Members	Pia Blake, Stefan Bergstrom, Brent Langbakk, Charlotte MacNaughton, Emily Ross, Mark McMillan, Tori Owen, Adrian Zissos.
Report Date	July 12, 2016

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 4 Regional Coaches: Brent Langbakk (Pacific), Patrick Goeres (Central), Hans Fransson (Eastern), Raphael Ferrand (European) who 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, Coaches and Team Managers to international competitions which this year includes Junior World Championships, World University Championships, World Championships and North American Championships. Thanks goes out to Jeff Teutsch, JWOC Coach; Sabine Schweiger and Erik Blake, JWOC Team Managers; Patrick Saile, WUOC Coach/Team Manager; Raphael Ferrand, WOC Coach; and Meghan Rance, WOC Team Manager. A 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 WUOC. The committee this year consisted of Adrian Zissos, Wil Smith and Ted de St Croix. The Junior Selection Committee of Stefan Bergstrom, Katarina Smith 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 2015 and plans to hold another during the 2016 COC week. Emily Ross, as she did the last few years, is organizing with the assistance of Jennifer MacKeigan and Charlotte MacNaughton. 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 HPC also communicated with the IOF expressing our support for a Swedish Orienteering Federation proposal for equal winning times in the long distance for men and women. The IOF has also gone ahead with a new split format for WOC. Starting in 2019 WOC will alternate between forest and urban. There is still some uncertainty around a new discipline for the urban WOC. These developments may have a bearing on what types of events we offer in Canada and the work of the Technical Committee.

This year we worked hard to streamline the HPP application process. Part of this process involved the creation of the LTAD Event and Athlete Pathway (LEAP) document (tinyurl.com/HPP-LEAP) which outlines priority events for athletes at the upper stages of the LTAD for the upcoming year. This document serves the purpose of being a planning calendar to aid in the creation of yearly training plans. It also shows an athlete pathway through the stages of the LTAD covered by the HPP. This document was created as part of several requirements that needed to be made in order to be able to apply for Sport Canada funding.

There remains just one item left, to be eligible to apply for Sport Canada funding, which is to show coach feedback and modification of the yearly training plan throughout the year. We hope to demonstrate this in the coming weeks.

As Orienteering Canada has adopted the Canadian Anti-Doping Program (cces.ca/canadian-anti-doping-program) in 2015, HPP athletes have all undergone anti-doping education and a number of our HPP athletes have already undergone random drug testing administered by the Canadian Centre for Ethics in Sport (CCES).

The HPC is represented on Orienteering Canada's LTAD committee by Brent Langbakk.

Future Work – Projects and Goals

Our future work will involve hiring an admin person to free up other committee members to do more work in their areas of interest and expertise such as coaching. With success comes the challenge of dealing with an ever increasing workload. In the coming year, we will be looking for ways to engage more people from outside the committee to help with the work that we do.

Another goal for the upcoming year is to improve coach-athlete communication which is hindered largely by our geography and having athletes living in different cities. We also hope to communicate better with our high school age athletes to encourage them to move to locations with good orienteering opportunities when considering post-secondary institutions.

Coaching is a major part of athlete development and an area in which we can improve. While we have passionate and able coaches, it is important that our coaches stay up to date and obtain the appropriate certification. We really appreciate the work of Bill Anderson and the Coaching Committee in developing Orienteering Canada's NCCP courses. Our immediate goal is to get our HPP Coaches certified at the Competition Development level. Our eventual goal should be to have our HPP Coaches certified at the NCCP Competition High Performance level. The challenges the HPP faces with geography are magnified because many of our athletes don't have club coaches and regular club training. This means that our HPP coaches are often trying to play a role that in other sports would be filled by a club coach.

Overall, the HPC had a successful year with improving results due in part to the coaching and support at championships mentioned above as well as the work of the regional coaches to provide feedback to the athletes and put on training camps. While we are really focused on the development of each of our athletes, it is worth noting that Emily Kemp has had some outstanding results so far this year with a 4th place at European Championships/ World Cup as the highlight.



Finances

More funding would allow us to provide more support for our athletes. The budget is one of the most limiting factors in our development. It may seem surprising then that we were under budget for the past year. This was due to a combination of unforeseeable situations. One was that Brent Langbakk, the High Performance Director was not able to work as much as originally anticipated. We received some unexpected donations and some of our coach travel expenses in 2015 were lower than budgeted because the JWOC and WOC coach was based in Europe.

Additional Notes

We are grateful to the Orienteering Canada board of Directors, the provincial/territorial orienteering associations and clubs and the general orienteering community for their support of Orienteering Canada's work in developing and enhancing Canada's high performance orienteering.