

Where to Go From Here

SPOTT Session 10

Running UP

- When / why would you want to run up?

Consider:

- Goals for the race in question
- Amount of competition
- Physical/Technical demands of the course

Conclusion

There are benefits to running your age class

Running in a higher age category can be a good idea in some situations

It all depends on the attitude you are approaching the race with

Attitudes

To have the most fun / get the most out of an orienteering training / race it is important to approach it with the right attitude

The following is a list of attitudes (with explanations) brainstormed by SPOTT participants

Attitude towards race

Types of races:

- Serious - Focused on winning the race
- Challenge - Trying to complete a longer/harder course than normal
- Fun - Enjoy the experience, Take interesting (subpar?) routes
- Learning - Going out of your way to see new features/ try new techniques

Attitudes Continued

- Practice - Focusing on a skill you want to improve
- Defeated- Made lots of mistakes, just trying to finish course
- Lazy - Completing the race without really thinking or trying

All have their time except for Lazy

Review of 2015 SPOTT

- Go through each session
 - What do you remember?
 - What was most important point?
-
- You get a review
 - I get to see what info stuck and what didn't

1) **Sprint**

- Fastest, shortest distance
- Watch out for uncrossable features - use control description if worried
- Choose smooth routes over twisty routes

2) Middle

- Most technically demanding race
- Navigational more important than speed
- Simplify detailed areas - pay attention to the large and detailed features
- Use “STORM BC” to relocate

3) Long

- Longest, farthest race
- Long route choice legs mixed with short technical legs
- Plan ahead - stop at control to plan if needed
- Consider taking routes around
- Left-Middle-Right / Straight-Wide-Decide

4) Catching Features

- Good for practicing quick map reading, visualisation
- Treat CF as training (if you want to benefit)
- Anything you keep repeating can become a habit Look at inputs under options menu to learn controls

5) Relay / Course Planning

- Following is very useful IF you keep track of where you are on the map
- Drop someone following you by planning the next leg thoroughly
- Well planned courses will generally make you leave the control in a different direction than you entered

7) Pre/Post Race

- Preparation starts the week before the race (get enough sleep + eat healthy)
- Do physical and mental warm up
- Have a plan / focus for the race
- Be aware of the type of story you are telling when talking about your race

8) Sports Psychology

- There are many common sense things you can do to put yourself in a good mental state
- Focus on positive thoughts (ignore negative)
- Get over mistakes by focusing on the moment - keep yourself too busy to get angry or distracted

9) Flow / Control Circle

- Try to flow through control circle without stopping
- Have a control circle checklist
- Look closely at the entire control circle -
Makes it a bigger target to look for

10) This Session / In General

- Each person thinks and orienteers slightly differently -Try the techniques mentioned in the sessions and see which ones work for you
- Knowing what you want out of a training session or race means you're more likely to enjoy the experience

Orienteering Canada LTAD

<http://www.orienteeing.ca/resources/long-term-athlete-development/>

Its a great resource to measure where you are doing well and where you can improve