

Pre / Post Race

SPOTT Session 7

Pre Race - How do you prepare?

- How do you pre body?
- How do you prep mind?
- How do you get excited / how do you calm yourself down?
- How do you prepare for unusual types of terrain?

Preparing your Body

- Get a few nights good sleep leading up to races
- Eat healthy and stay hydrated
- Have warm up routine
- Have timing planned out
- Get to start 5-10 min early and switch to mental prep

Preparing Your Mind

Before warm up, either :

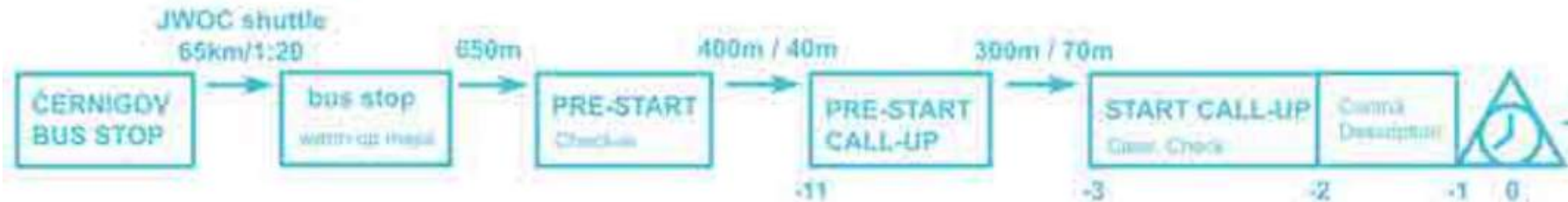
- 1) Stay distracted - listen to music talk with friends etc. (my preference)
- 2) Think about the upcoming race- psych yourself up, look at an old map etc.

DO WHAT WORKS FOR YOU!

Mental Prep in Start Blocks

- Have something to focus on in each start block

MIDDLE DISTANCE Qualification



Homework:

- What's your next race/ training session?
- What type of start procedure will it have?
- What will you focus on in each start block?

What about when you have more time to prepare?

Thierry Gueorgiou prepares a lot:

ex. drawing sprint map from google maps

Give me ideas on how you might prepare for an event like the COC's?



Example: preparing for WCOC's

- 1) Go to event website, read about maps/ terrain (<http://www.yukonorienteering.ca/wcoc2015/terrain.html>)
- 2) Get any old maps of the area you can get your hands on
- 3) Talk to someone who has orienteered in the area before
- 4) Plan courses on the old maps and practice deciding on best route choices

Sprint (Takhini)

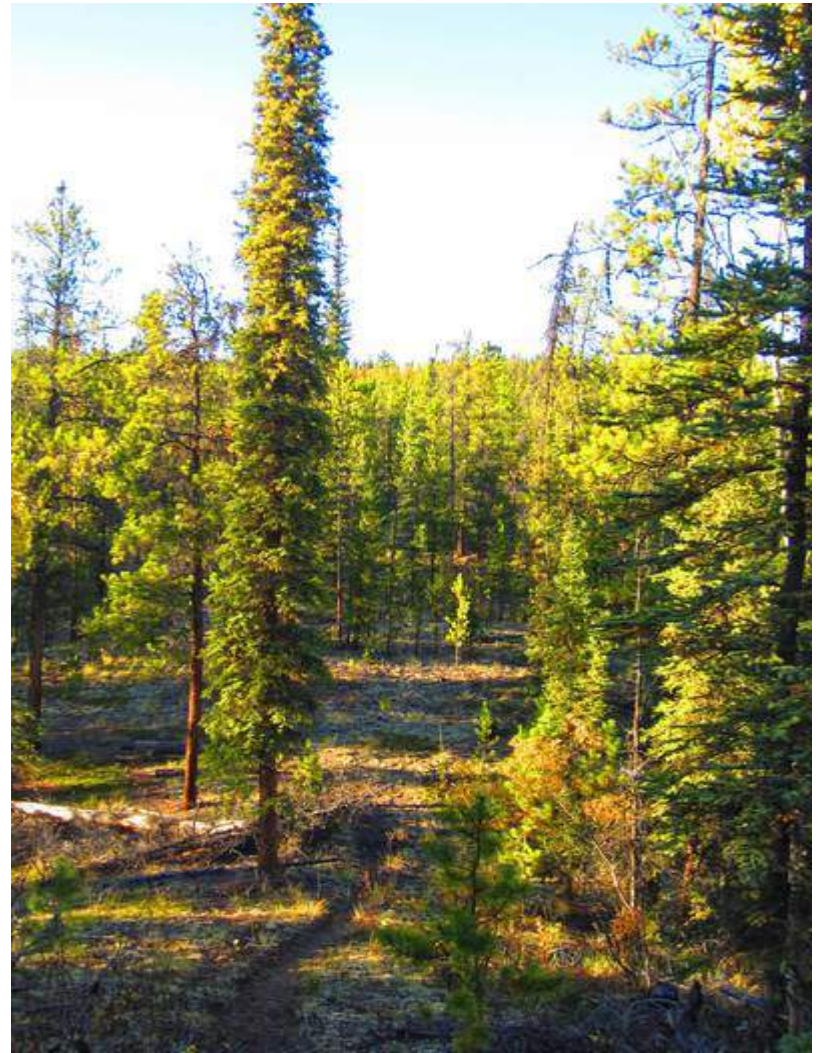
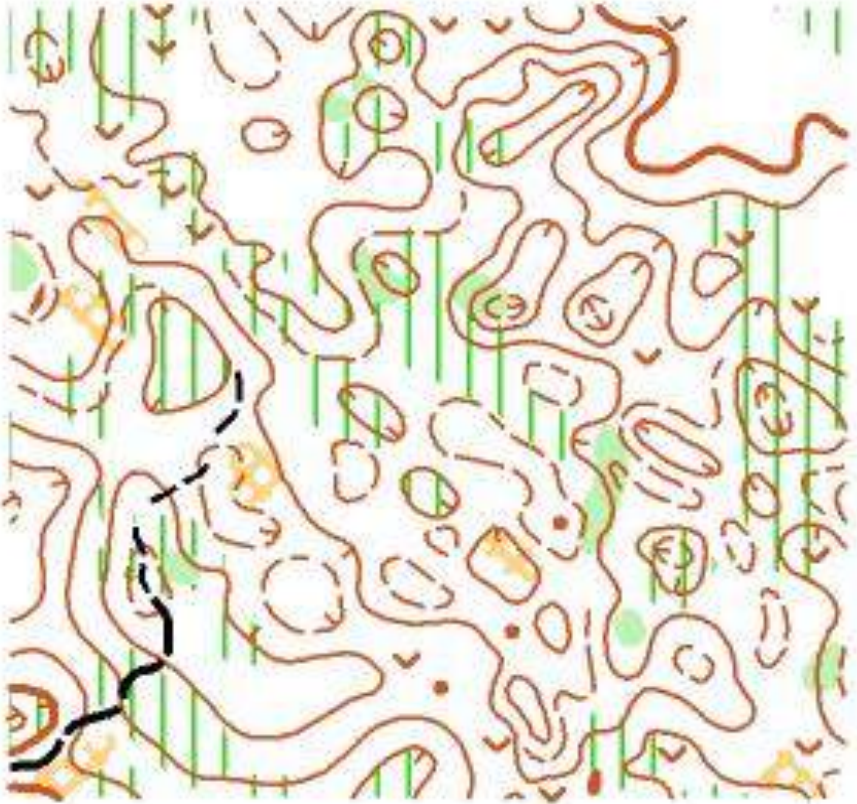


Long Distance

(Gunnar Nilsson / Mickey Lammers Research Forest)

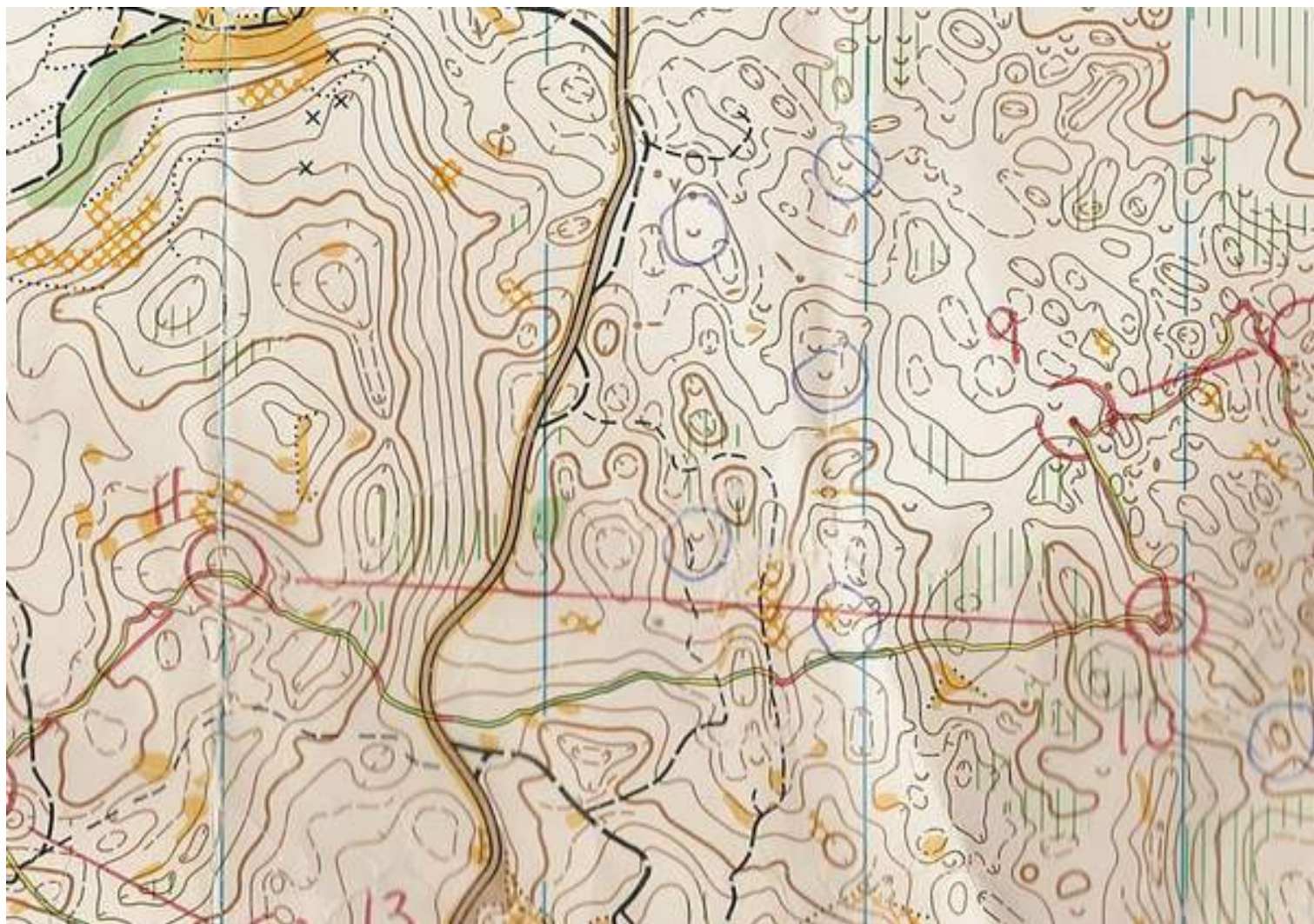


Middle Distance (Long Lake North)



From world of O:

http://orienteering.ca/doma/show_map.php?user=Forest&map=429



Using Training Map Effectively

- Goal is to get used to the terrain
- Spend some time going slow, noticing everything and trying to get used to the mapping style
- See which features are obvious and which are hard to use
- Try a few controls at speed to test this

After the Race:

- Reaction to race (talking to others)
- Food + warm down
- Reviewing routes / Comparing splits
- Analysing Errors
- Reviewing goals for next race
- Stand on the podium?

Reaction to Race

- The race is done, how did you do?
- Downloading doesn't always tell you a lot (ex. you had an early start)
- People WILL ask how your race went:
 - You can't change what happened
 - You CAN decide how you feel about it

Deciding how you feel:

Are you proud of any part of your race?

- Went well physically?
- Went well mentally?
- Did you orienteer well?
- Were there legs that went well?

How do you react to the errors?

- Error a one time mistake or symbol you're a terrible person?
- Does a big error ruin an otherwise good race?

Did you have fun?

Food and warm down

- Food generally not a problem, there is usually some after the download
- The warm down can be more difficult - people want to congratulate and talk
- Idea: leave for warm down right after food
This give you chance to decide how you feel about the race

Reviewing Goals for Next Race:

- 1) Did the plan/ keyword for the race you just finished got well or help?
- 2) What went poorly? Is it something you should focus on next race?
- 3) Is the next race similar?
- 4) If in doubt, go back to basics
(ex. for NAOC's I focused on "thinking about orienteering" the races that went well)

Analysis

Analysis is for after event finishes.

(use goal/keyword to act as bandaid during event to prevent similar mistakes occurring)

Write down thoughts about race on back of map or use a race review sheet for use later.

Mistakes AND Successes (both are important)

COC's

<http://www.coc2015.ca/coc-sprint-wre.html>

<http://www.coc2015.ca/coc-middle-distance-wre.html>

<http://www.coc2015.ca/coc-long-distance-wre.html>