Focus on Success

Geoff Ellis
• “For me, I’m focussed on what I want to do. I know what I need to do to be a champion, so I’m working on it.”

Usain Bolt
Scope

• Focus on Orienteering
• Focus on Experience
• Focus on Variety
• Focus on You
## Call Up

### Equipment Check

- Shoes (Laces taped)
- Compass
- EPS (SI, EMIT, ETag)
- CD Holder (With Focus Card)
- Vision (Glasses, Contacts, Magnifier)
- Watch
- Headband

*Winning isn’t everything, It’s the only thing – Pain is temporary, Glory is forever*
Focus on Orienteering

• Why do we need focus?
  – To put us in the right frame of mind to orienteer.
  – To remember our start, course and start time.
  – To improve capacity.
  – To improve confidence.
  – To improve durability.
Focus on Experience

**Race Focus**

Every race should have a focus.

Remind yourself of the focus for that race using a focus card in your control descriptions holder on the way to the start.

Choose up to 3 things to focus on. Keep them simple and achievable.

They are likely to be consistent for several races until you master a technique.

Ensure your Foci are positive.

**Race Focus**

Every race should have a focus.

Use a focus card.

Choose about 3 things to focus on. Use grouped techniques and add in approach to that race.

2 of the foci are likely to be consistent, whereas 1 should be specific to that race.

Ensure your Foci are positive.

**Race Focus**

Every race must have a focus.

Use a focus card.

You now have a wealth of techniques and experience to draw on.

Make your choice of foci relevant to the race, the terrain, the discipline.

Consider whether it is a pathway race (qualification) or the key race (final).

The foci must be specific to that race.

Ensure your Foci are positive.
Focus on Variety

- Venice
- BSOC Heat
- BSOC Final
- Another Event & Style
Venice - 2012
Focus – BSOC Heat 2014

Start Time
12:05

Course
1-2

Focus
Winning Routes

Focus
Exploit

Focus
Composure

Focus
Focus – BSOC Final 2014

Start Time

Course

Focus

Focus

Focus

Focus

Focus

Focus
Focus – Another Event & Style

Course, Length, Climb & No of Controls

Map scale and points to note

Focus Points

Smooth Flow

Start time, + time to leave assembly if reqd.

No rough bearings

Run

Have trained for bad weather, so not an issue

Enjoy
Focus on You

• It is Your Focus
• Use Positive Framing
• Try it out

Start Time
Start
Course
1.
2.
3.
Summary

• Focus on Orienteering
• Focus on Experience
• Focus on Variety
• Focus on You
Questions