

Issue 17 - Spring 2011

FOR JUNIOR ORIENTEERS

Inside this Issue:

**Yvette Baker
Trophy**

**Becoming a
Coach**

**Improve your
Running**

**James Taylor
Profile**

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone



Second placed Lakeland Orienteering Klubb receives their trophy



Lucy Butt receives the trophy on behalf of third place SARUM



Yvette Baker Trophy Final

Report by Mel Elkington / Photos by Rob Lines

The 2010 Yvette Baker Trophy (YBT) Final, organised by Harlequins Orienteering Club (HOC), was held at Hawkbatch in the Wyre Forest. After the disappointment of losing the event to snow in December, it was re-arranged for a gale-lashed day in February. Despite the strong gusts of wind that accounted for several club tents nearly being blown away, the event passed off smoothly. Thanks are due to Carol Farrington, Rachel and Richard Dearden and the usual HOC ensemble for staging such an efficient and enjoyable event. A special mention must be made for the way HOC managed to accommodate so many junior runners, surely this was the best attended YBT Final for years with over 200 juniors from 14 clubs attending.



Octavian Droobers won the title for the 4th time in succession

Octavian Droobers (OD) succeeded in winning the Yvette Baker Trophy for the fourth time in a row, thereby equaling the record set by Nottinghamshire OC several years ago. This was due in no small part to the large OD turn-out (over 30 juniors) that has become a hall-mark of the club in recent years. A look back over previous YBT results also shows that a large number of these OD juniors have come into the sport through their schools, notably King Henry VIII in Coventry and Kenilworth School and Sports College. The seeds of success were sown long ago, notably by the Halliday family at King Henry VIII and have since continued with the help of Graham Gristwood and Iain Embrey, to name but two. Today OD is still attracting new juniors to the club through their Saturday morning and Wednesday evening event series. This year, as before, there were debutant runners at the YBT Final that we hope will go on to become future winners.

Results:

- 1st Octavian Droobers - 885 points
- 2nd Lakeland - 866 points
- 3rd Sarum - 851 points
- 4th Deeside - 845 points
- 5th Happy Herts - 836 points
- 6th Southdowns - 832 points

Full results can be found at www.harlequins.org.uk

A few of the successful OD juniors shared their thoughts shortly after the event was over.

"I really enjoyed the run and thought the area was awesome. The only downside was the wind, which almost blew me away on the run in!!!!"

Aimee Morse

I was introduced to orienteering by Graham Gristwood at primary school. My first achievement was to win the Kenilworth Primary Schools 'O' Champs. I then joined OD after Graham invited me to take part in a junior training event and then joined the West Midlands junior squad, from which I have developed my orienteering inspired by Graham and his successes."

Hamish Rogers

"This year the YBT could have been anyone's, with lots of clubs looking to have strong teams, but OD performed on the day to win the trophy for the fourth year running. I had a good run to finish as 3rd girl on the light green but I was disappointed not to win as the winner was less than a minute ahead of me."

Julie Emmerson

"I started orienteering through school a few years ago. This was my second YBT Final and after a slow run last year I was able to run yellow again this time. I set myself a target time of 15 minutes and was pleased to be very close to it despite the strong winds. This is the first time that I have been a counter for either my school or club."

Francesca Slade



"Although it was a very windy day, it was pretty sheltered in the forest so the running was pretty easy. I had a relatively solid run, but made some stupid mistakes which dropped me slightly down the order, otherwise I would have come around 2nd. The area was very enjoyable, and surprisingly hilly for the West Midlands. I was very pleased to see OD hold onto the trophy after four years, and hopefully we will retain it next year."

Will Gardner, OD junior captain

"I started orienteering at my primary school in Kenilworth when Graham Gristwood was at Warwick University and got involved in some coaching at local schools. I already enjoyed running and soon took to orienteering. I have taken part in school and club competitions ever since. This is the third year I have run an orange course at the YBT final, and this year I finished 3rd girl and counted for OD. I think this means that next year I will have to run light green, but I have been competing on light green courses for a while now and have recently joined the West Midlands Junior Squad, so I will be looking forward to the challenge."

Tamsin Alcock

"This year's YBT final was great - I got to meet up with lots of friends from different clubs again, but seeing some of them overtake me on my course wasn't really what I had in mind!"

Rachel Emmerson

Junior Coaches

Becoming a coach can be a very fulfilling way of giving something back to orienteering, whilst developing new skills and maybe even improving your own orienteering! Many juniors first step into coaching is to attend a Young Leader Award course which is designed for 14-19 year olds. The course will enable you to coach the basic skills of orienteering, provide fun activities on a safe enclosed site and enable you to assist as volunteers at school or local events. Some juniors then progress onto the more formal UK Coaching Certificate (UKCC) qualifications.



Katrin Harding of South Ribble Orienteering Club (SROC) has passed her Young Leader Award (YLA) coaching qualification. She regular coaches newcomers and youngsters at her school and club. Ozone caught up with Katrin to get the inside scoop on being a coach.....

How did you get involved in orienteering? Have you been orienteering for a long time?

I have been orienteering for about ten years now. I got involved with my family, initially just attending small local events and being shadowed by my parents. Nine years ago, aged nine I competed by myself for the first time at the Lakes 5 Days.

What made you decide to become a coach?

I wanted to give other people the chance to improve at the sport and give them the opportunities that other coaches have given me. I also hoped it would improve my own orienteering.

What was the Young Leader Award training programme like? Was it easy to fit around your studies?

We completed our YLA in a 2 day course at the beginning of the summer holidays. A group of about 6 of us from the club took part and it was a really good introduction to coaching. I haven't found coaching gets in the way of my studies, though in the last couple of years balancing my A levels with competing has been difficult.

What age range/experience level of participant do you coach?

I have mainly been involved with coaching people younger than me, through school and the club. However, I have also been involved in coaching adults, such as at the club training day at Graythwaite. The majority of people I coach are quite new to the sport, but sometimes it is people who are trying to improve up to TD5 and get more successful at the skills required for green and blue courses.

At what type of events/activities do you coach and how often? E.g. Schools, Club Nights etc

I am generally around and willing to help newcomers at SROC local events. Our weekly club night is centred around circuits, and I mainly use this as a physical training session. However, club members are encouraged to bring along maps from the previous weekends races and we will often talk through these courses before and after the session as people arrive. For the past few years I have been involved in organising the school orienteering team to compete in the British Schools Orienteering

Championships. In order to make up teams I often try to encourage people who already orienteer to get their friends involved and help them as much as possible. I have also been involved in helping to coach some of the younger members of the North West Junior Squad.

What do you enjoy most about coaching?

It is really rewarding when someone takes something you have taught them and can apply it to improve their orienteering. I most enjoy coaching people who are just getting to TD5 level. As I have been orienteering since such a young age, I find it difficult to remind myself that not everyone has the same instant interpretation of maps that I do, for instance they may need to think for a while or check the legend to identify map symbols. Getting together the team for school events can be quite stressful, but when the weekend actually comes around we always have a great time. This year, especially as it was my last, it was brilliant to actually win the overall school trophy! All the girls were great to take away, and everyone from years 7 to 13 really came together as a team.

What skills do you think you need to have to be a successful coach?

Communication has to be the most important skill. You may know exactly what you do when you're orienteering yourself, but if you can't get it across in a comprehensible way, then it isn't going to help the person you're coaching. It partly depends on which level you are coaching for, but at all levels, a genuine enthusiasm for the sport can really inspire people. I have been coached myself by a variety of people over the past few years and the ones that really stand out are the ones who are slightly different and really enjoy what they're doing.

If you wanted to encourage others to take up coaching, what would you say?

For people already competing in the sport, I would say you get a chance to give back to the sport and also give other people the opportunities you had. Also, by having to put techniques that you use into understandable routines or explain them to others you will definitely improve the technical side of your orienteering. You also get to know the people in your club or organisation far better, and really feel like you're contributing.

Any other comments...

Sometimes all the 'coaching qualifications', 'Long-term Athlete Development Pathway' and multiple leagues may make you feel confused and as such, not sure you should be coaching, but the most important thing is that you enjoy what you're doing. By getting involved with coaching you can benefit everyone involved, including yourself.



Coaching the South East Junior Squad. Credit: Rob Lines.



Laura Parkes competing at the JK

Ozone also caught up with Laura Parkes who is 18 and currently studying at Oxford University, she has recently qualified as a UKCC Level 1 Orienteering Coach.

How did you get involved in orienteering? Have you been orienteering for a long time?

My parents took me and my brother along to our first event when I was about 4, which we really enjoyed. Since then we have got steadily more involved in both competing and volunteering.

What made you decide to become a coach?

I always enjoyed talking over runs with my dad after events and then coaching each other. I also enjoy helping people to improve their orienteering so decided to take up coaching.

What was the UKCC Level 1 training programme like? Was it easy to fit around your studies?

I enjoyed the UKCC Level 1 coaching course and found it very useful. The course took place on the two weekends either end of half-term which made it very easy to fit in around school. I'm also hoping to qualify as a Level 2 coach, but as a car-less student in two places, it is quite challenging to organise!

What age range/experience level of participant do you coach?

I mostly coach younger juniors, particularly those at white to orange standard.

What do you enjoy most about coaching?

I really enjoy helping people to improve their orienteering and achieve their best, whatever that is.

At what type of events/activities do you coach? E.g. Schools, Club Nights etc

Mostly, I have coached at Happy Herts' Junior club training, including an introduction to night orienteering which I planned. I have also occasionally helped with coaching at the South East Junior Squad, and I have helped at a day run by Happy Herts to introduce people to orienteering.

What skills do you think you need to have to be a successful coach?

I think a successful coach needs to have good listening skills and be good at talking to people.

If you wanted to encourage others to take up Coaching, what would you say?

I think it doesn't really matter how good your fitness or practical execution is, as long as you understand how to do it. Also, coaching isn't just about elites and juniors with elite potential, it's about helping everyone to enjoy our sport as you do.



BSOA NEWS

The Annual General Meeting of the British Schools Orienteering Association

Saturday 18th June 2011
1.15 pm to 3.30pm

The Broughton, Sandbach Road,
Rode Heath, Stoke-On-Trent ST4 3RL

Everyone with an interest in School's Orienteering is welcome.

Please e-mail the BSOA Secretary (secretary@bsoa.org) before the 10th June if you are planning to attend.

Melanie Elkington
BSOA Secretary

Katrin Harding competing at EYOC

Running Technique

When runners use a poor technique it can result in two main problems:

1. Running at a slower pace than they are capable of.
2. Increased risk of injury.



Scott Fraser has a great running technique. Credit: Soren Andersson

There are a number of coaching points we can look at to improve our running technique:

Head – An athlete should hold their chin up, with their eyes focused forward to a point on the ground approximately 20 to 30 metres away. You can ask an athlete to imagine a string tied to the top of their head pulling their body upwards.

Shoulders – An athlete's shoulders should be square and level. Aim to eliminate rounding of the shoulders and the swinging of the shoulders forwards or backwards.

Arms – An athlete should keep their elbows bent at approximately 90 degrees (right angles) and their forearms roughly parallel to the ground. Their arms should swing freely in a general forwards/backwards motion not a circle or a straight line.

Hands – Athletes should hold their hands in a relaxed fist with the thumb resting on the forefinger.

Torso – An athlete should aim to have a straight torso, with their chest up and plenty of room for efficient breathing. Leaning forwards, backwards or slouching should be limited, as these postures can interfere with running mechanics and possibly cause a lower back injury.

Hips – An athlete should keep their hips facing forward with no sideways movement and hold them level horizontally.

Legs – An athlete's leg action should be relaxed and feel natural.

Feet – An athlete's foot should point straight ahead and land directly under their hips.

Why not incorporate simple 'technique drills' as part of a warm up to your orienteering training or weekly 'club night'.

Example:

- High Knees
- Heel Squeeze
- Toe Walking
- Straight leg bounds
- 'The Rake'
- Side Steps

For more information on these examples or for a copy of the British Orienteering Strength and Conditioning DVD, please contact Steve Vernon - steve@britishorienteering.org.uk

Talent Squads

There are currently nine clubs in England and one club in Scotland delivering talent activities under the 'Increasing Club Talent Squads' project. The key focus of these squads are to develop athletes physical, technical and tactical abilities in order for the athletes to improve their orienteering performances. Ozone caught up with Sam Garratt who is a member of the CLOK Talent Squad which meets for three hours once every three weeks.

Name: Sam Garratt

Age: 13

Club: CLOK

When did you start orienteering and how did you get involved?

My parents have always orienteered, so I got involved through them.

What is your favourite thing about orienteering?

Meeting up with friends and the satisfaction of competing.



Sam competing in a road race

How did you get involved with the Club Talent Squad?

I got involved through my parents who help with the coaching at the Talent Squad.

How often does the Club Talent Squad meet?

Every 3 weeks for 3 hours.

What happens at a typical Club Talent Squad night?

The sessions are normally on a Saturday morning. A couple of days before the session we receive an email from the coach, which often has a question related to the way we orienteer that we need to answer. At the session we have a briefing where we learn what we are going to do, we then do a short jog together before we do our warm-up drills. After the warm-up drills we work on the main activity for that session (physical, technical, tactical) after which we warm down as a group, have a group stretch and then go to a cafe for a debriefing session and to drink hot chocolate.

What are you learning through being in the Club Talent Squad?

I am learning new techniques e.g. how to pace, what the benefits of having an Attack Point are and how to take accurate compass bearings and when to use them.

What is the main benefit of being in the Club Talent Squad?

Practising my basic techniques such as using compass bearings and choosing Attack Points.

Do you think your orienteering and/or fitness levels are improving?

Yes, I think my orienteering skills are improving because I am trying harder courses at events. My fitness levels are good, but that is probably because I do a lot of other sports inside and outside of school.

Do you enjoy being coached on a regular basis – how has this helped you?

Yes and being coached has helped me progress through the colour standards.

What are your goals for 2011 and beyond?

This year I would like to be within 20% of the winner of my class and at the Scottish 6 Days I would like to finish in the Top 10.



Sam is a talented runner.

A YOUNG PERSONS GUIDE TO CHILD WELFARE

YOU HAVE RIGHTS – SPORT SHOULD BE FUN.

You should feel safe and enjoy your sport. You can't do that if you feel unhappy – if someone is bullying or abusing you.

My Club Welfare Officer is:

Their contact number is:

KEEPING SAFE:

- Avoid being alone or with just one other person.
- Avoid travelling in someone else's car by yourself; travel with a friend or someone you can trust.
- Avoid going to other people's homes by yourself.
- Carry a mobile phone, phone card or change.

If you are being bullied or abused IT IS NOT YOUR FAULT.

HOW DO YOU KNOW IF SOMETHING IS WRONG?

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names.
- Threatens, hits, kicks or punches you.
- Touches you or does anything that makes you feel uncomfortable.
- Makes suggestive remarks or tries to make you do things you don't want to.
- Damages or steals your belongings.
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

If something is wrong:

- Be firm and tell the person to stop - attract attention by making a noise, use your whistle.
- Get away from the situation quickly, go to a public place to find help or call the police (999).
- Tell someone you know you can trust, e.g. a parent or friend as soon as possible, so they can help you.
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened.

Call your Club Welfare Officer or use the 24 hr free telephone help lines:

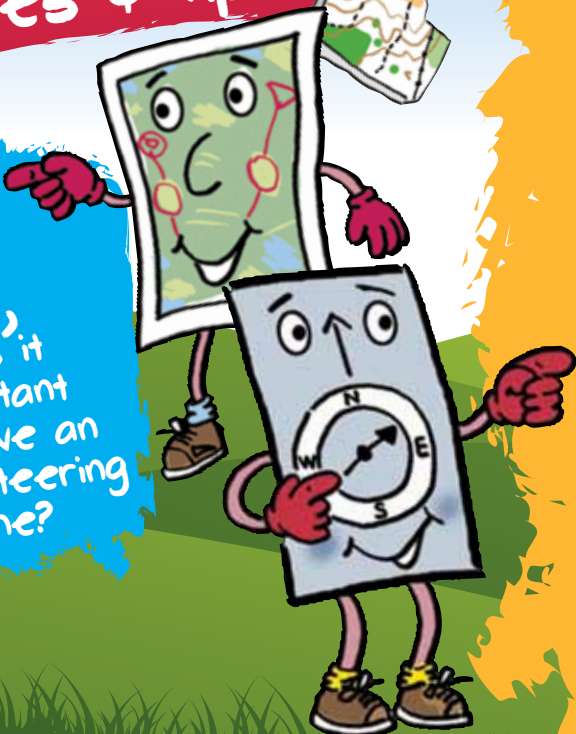
Childline 0800 1111

NSPCC 0808 800 5000



Orienteering Games & Tips

millie map asks, why is it important to have an orienteering routine?



Charlie Compass says

Having an Orienteering Routine is the foundation of successful orienteering. It needs to be robust and used consistently on every leg, it also needs to suit your orienteering style.

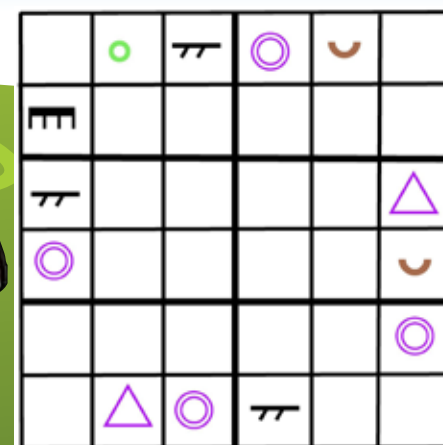
Below is an example routine - use it, adapt it or create your own, but make sure you have one!

1. Review the leg in advance; select an attack point (AP) with a clear line into the control.
2. Select a route to your AP
3. Identify the key features and checkpoints along the route to your AP
4. Take a bearing to your AP, make regular reference to it
5. Use your distance judgment to monitor progress against checkpoints
6. Hit your AP and take another bearing into the control
7. Spike the control and know your route direction out for the next leg

Credit: Jez Edwards

Orienteering

Sudoku



Key Junior Events in 2011

There is an exciting programme of domestic and international events for juniors to compete in throughout 2011.

The main season begins in the south over the 12th – 13th March with the first Future Champions Cup (FCC) races at the JOK Chasing Sprint at Shotover and the Southern Championships at Henley. There are FCC races then every two weeks through to the JK, starting with a Sprint race and the Northern Championships in Newcastle, the British Sprint and Middle Championships in Brighton/Crawley and then the JK in Northern Ireland.

The FCC then heads to the British Championships in Sheffield on the 14th May and then for the first time the season has been extended right through to the Autumn, with two days of the Scottish 6 Days to be designated FCC races and the FCC Final being held in conjunction with the UK Cup Final in Pickering on the 8th October.

The other main junior competitions are the Junior Inter Regional Championships in July, Peter Palmer Relays in September, British Schools Score Championships in October, British Schools Orienteering Championships in November and the Yvette Baker Trophy in December.

Junior Selection

All athletes wishing to be considered for selection for the European Youth Championships, Junior World Championships, Talent Development Coaching Camp* or Talent Fulfilment Coaching Camp need to submit a British Team Nomination Form which is available on the Performance section of the website.

*Regional Squad athletes will be nominated for the Talent Development Coaching Camp by their Regional Squad Coordinators.

Junior Selection Races

10th April - British Middle Distance Championships

22nd – 24th April - JK Festival of Orienteering

14th May - British Long Distance Championships

For full details on selection for camps and competitions please see the Season Specific Selection Policy on the Performance section of the website.

Junior International Races

European Youth Orienteering Championships (EYOC), 23rd – 26th June, Czech Republic

Junior World Orienteering Championships (JWOC), 2nd – 8th July, Poland

Junior Home Internationals, 1st-2nd October, Northern Ireland

Age: 19

Club: NOC

Age started orienteering? 13

Do your parents orienteer? No

Why/where did you start orienteering?

I was introduced to orienteering at school and went along to a few local events and quite enjoyed them, so I decided to carry on with the sport.

What do you enjoy about orienteering?

I've always loved running so orienteering gave me a chance to do something more exciting than standard cross country races. Travelling to new areas and countries and meeting lots of new people is also a great experience that you don't really get to the same extent in any other sport.

Do you have a coach?

Yes, Richard Robinson

If so, how has this helped you?

It's been really useful to have someone to talk to about my races and training, someone who understands me and the best ways for me to train. It's great to have someone to remind me to ease off a bit if I'm doing too much or likewise to get me to push a bit harder when I need to as well as helping me to work on my orienteering technique.

Where is your favourite place to orienteer?

In the UK, probably somewhere in Scotland like Creag Mhic or Culbin. Outside of the UK, either Guardamar in Spain or Lunsen in Sweden.

What kind of training do you do?

In the winter I aim to do lots of volume, so lots of long runs, steady mileage along with some additional strength work and cross training. In the spring and through the summer I focus more on speedwork with 2-3 interval sessions or tempo runs per week but still keeping one long run to maintain my winter base. Technique training can be incorporated throughout the year whether that be as part of steady long runs in the winter or race pace sessions or sprints in the spring/summer.



James Taylor at the squad 'Running and Planning' weekend

What is your best result?

My best result is winning my leg at the Junior Tiomila in 2007 but my best performance is probably my 2nd leg at the JK relays last year, keeping NOC in the hunt for the podium after being injured for much of the spring.

What advice would you give to people wanting to get into the GB Squad?

Aim high and fully commit to doing your best in every session. Set yourself challenging but achievable goals and write them down so that you stay motivated even if things don't go to plan. Most importantly though, enjoy orienteering – training and racing. If you don't enjoy something you'll never be the best at it.

What do you enjoy doing outside of orienteering?

When I'm not orienteering I love being in the outdoors whether that be playing sport with friends, walking my dogs or going up mountains.