



► **FOREWARD**
AUG & OCT NEWS1



ISSUE 6



OCT



2012



► **ORIENTEER PROFILE-**
ALAN & ANDREW ELWOOD..2



► **COACHING CORNER-**
ENDURANCE ATHLETES
PERIODISATION3

NI Orienteering: COACHING *focus*

PROVIDING OUR COACHES AND ATHLETES WITH NEWS,
TIPS, REVIEWS AND MUCH MORE...

AUGUST & OCTOBER NEWS


Traditionally the summer months are a quiet time for orienteering in Northern Ireland but with the continuation of LVO's Wednesday evening events and NWOC's Thursday evening events there have been plenty of exciting opportunities for our orienteers to take part in. And it was not only local orienteers that navigated their way through our parks. In August Susan Lambe and Olivia Baxter organised an exciting weekend of Sprint orienteering in Belfast for the Irish senior squad (supported by members of LVO). Northern Ireland boasts some of the best sprint terrain and maps in the UK plus some of the best sprint planners which made this weekend truly World Class. Well done to everyone involved!

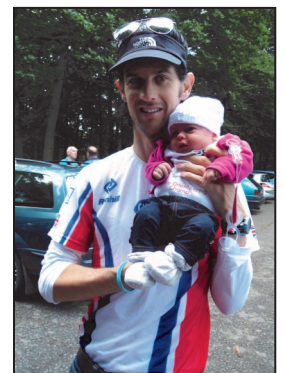
the new NI Schools League in Lakeland Forum in Enniskillen. Over 100 pupils from schools across Northern Ireland took part in this great race staged by FERMO and Gortatole OEC (there is more information in the Schools section on Page 2). The NISOA (NI Schools Orienteering Association) are holding a series of events throughout the year that are open to all schools in Northern Ireland. If your school is interested in taking part please check-out the schools section on the NIO website. 

Shortly after the start of the new school year in September saw the beginning of



Coaching and Talent Development Officer's Report

The past two months have been a very exciting (and tiring) time for me following the birth of my daughter Mollie at the start of August. However it wasn't long after she was born that Alison and I took her around her first orienteering course (wearing her own 'Future Orienteering Champ' babygro). Many of our top orienteers are introduced to the sport at a very early age (many, like Mollie, start orienteering in a pram), however an increasing number of top orienteers come into the sport as teenagers. Take Ciara Largy and Roz Hussey for example who both started orienteering with FERMO whilst at secondary school and now they are both regulars in the Irish senior squad. A major challenge for Northern Irish Orienteering is to find ways to bring more teenagers from 'non-orienteering' backgrounds into the sport. Maybe by offering to bring a friend's child along to an event you will help discover a future orienteering Champ. There is no better time for youngsters to become involved with orienteering, we have a thriving junior squad, LVO are in the process of introducing a junior development squad and there are schools events taking place all over the country. If you would like any advice how to help introduce a child to orienteering please get in touch with your local club or myself and Helen Baxter would be more than happy to help out. 





Alan & Andrew Elwood

INTERVIEW

How, why, when and where did you first try orienteering?

I had tried a bit of orienteering in the past, being an outdoor sort of guy with good general map reading and navigation abilities, and had been on a couple of mountain marathons. However it wasn't until about 2007 or so that I thought I would give orienteering a proper go and I turned up at an event at Cairn Wood. I loved it and had a great time that day, feeling pretty pleased that I got round the green course.

Both you and your son Andrew are very keen and are both regularly at the top of the result lists. What made you decide orienteering was the sport for you?

I just love the mental challenge and the variation of terrain that orienteering provides. Compared to running about the roads the chance to get muddy jumping logs and crossing ditches really appealed to me from the start. So I decided that I would turn up to a few more events after my initiation at Cairn Wood. As I learnt that you could do our sport in parks, on mountains and in towns as well as forest that just all added to the attraction.

From fairly early on I had wanted to involve my son Andrew as well. We are great buddies and we had already been doing a lot of outdoors stuff like exploring Tollymore, camping at the Hare's Gap or

Climbing Slieve Croob. So this was a bit of a natural extension of that for him. He took to it from the start at about the age of 5 or 6 and loved the whole idea of orienteering. He has grown into the sport over the last few years, maturing in the last 12 months, and I no longer do I need to follow him about or race after he has finished. He races on his own at Yellow now and will move up to Orange soon enough. He has even competed on the JK in Scotland this year, which is great for a 10 year old boy. Our sport is one of the few that you can do as a dad and son and that is an appealing facet of orienteering to us both.


It is obvious that you both are very keen to improving your orienteering skills. What is it that drives you to become better and what orienteering goals do you have for the future?

Both Andrew and I are competitive by nature and want to do the best we can. I think that we both felt that if we tried a bit harder in terms of entering different types of events in various locations and attending training opportunities then we could do that. So we decided this year to give it a go and to see how things went. As it has turned out it has been a good year of orienteering for the Elwood boys. We have had some great advice and support of many people but in particular Helen and Philip. One thing that worked well for us was picking a goal and focusing on it. We decided to see how well we could do on the NI Colour Series this year. That meant that training was geared to those events and that all other orienteering events were used as training opportunities. That worked for us both I feel. I think we may stick with that next year. Andrew will move

up into Orange and I will move up into Brown. I'd like to see if we can both do well but the competition will be stiff I know. I'd also like to go back to the JK and try to get a middle of the pack finish this time if I can.

Alan, you are in the process of introducing a LVO junior squad. How would you like this squad to look like in the future?

I've had such a great time with the sport and so has Andrew that I felt I should give something back so I volunteered to become the LVO Junior Development Officer. The focus of the LVO Junior Squad will be about helping juniors to get what they want from the sport. That may be simply competing in a Spring Cup and getting around the course unaided or it could be competing for GB or Ireland. I would really like to see a larger group of juniors taking part in orienteering, and a squad that trains and has fun together. I'm encouraged that clubs in Scotland, with a significantly smaller population base, have junior squads of 80 or so. I would like to see if we could build towards that. For that to happen we need to get juniors involved in the squad. We are still in the planning stages just now but I hope to have junior squad application forms available soon. More information about how the squad will run is available on the LVO website. If you are interested drop me an email. I will also need support from adults to help organise events and provide coaching. It won't work if it is left to me alone so I will be looking for help.

NIO would like to thank Alan for all the work is currently doing, and we look forward to supporting him. 



mary school race was won by Luke Coalter and Angus Fraser from Moat PS in a very fast time of 8.44mins.

The League continues in October with what promises to be an exciting race around Stormont Estate. Good luck to everyone taking part!

The first event in the 2012/13 NISOA Schools League took place on the 16th September on a new map of Lakeland Forum in Enniskillen. Over 100 pupils from Enniskillen, Dungannon and Londonderry took part making it the largest NISOA event ever. In the post primary competition Royal School Dungannon cleaned up by winning both the Yr8 and Yr9 class (Stephen Black and Ben Robinson respectively). The pri-

Many people try orienteering whilst at school and enjoy it so much that they decide to enter competitions at the weekend in their local area. NI Schools Champion Rebecca Boyd from Royal School Dungannon has recently been spotted taking part in races in Fermanagh and is showing a real talent for the sport. We look forward to see how Rebecca develops as an orienteer.

Finally, I had the pleasure in September of being invited to present the prizes of the 2011/ 12 League to both the Primary School Champions, Cullycapple (see photo below) and the Post Primary Champions St. Brigid's College. Both schools are entered for the event in Stormont and I hope they continue their run of success.



Prize winners from Cullycapple

COACHING

CORNER

ENDURANCE ATHLETES- PERIODISATION



Periodisation training is a systematic training plan used by athletes to adjust their training throughout the year in order to be in the best condition at the most important races.

Periodisation training plans can be complex and individually designed, but the basic annual periodisation phases outlined here can be used by most orienteers with some minor tweaking.



PHASE ONE - PREPARATION

The goal of the first phase of training is to gradually return a rested athlete to training in a slow, controlled way. This phase builds fitness slowly, by performing low-intensity, moderate-duration activities. Easy, moderate sessions that are comfortable and steady are a good way for most athletes to prepare for the harder training ahead. Cycling and swimming are popular during this phase. It is also a good idea to decide what races you are going to target so that you aim to peak at the right time.

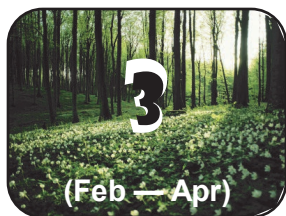
PHASE TWO - BUILD BASE FITNESS

The real training begins after about a month of easy preparation. You now focus on improving all the major areas of fitness, specifically cardiovascular endurance and strength. During this phase, you'll increase your overall fitness, build strength and power, add interval training and do a variety of all-body exercise. This is the phase where you work on your weaknesses, your flexibility, your balance and develop a solid nutrition plan.



PHASE THREE- ORIENTEERING SPECIFIC TRAINING

The next few months are the time to focus on orienteering specific fitness. This is the Principle of Specificity, which implies that to become better at a particular exercise or skill, you must perform that exercise or skill. During this phase, you simulate race-like conditions and practice skills needed during your event. Your body is strong and fit and you can focus on race technique, strategy and technical training. You'll practice skills again and again so they become second-nature and combine them in one coordinated, flowing movement. You may also start competing in "lead-up" events to get used to actual competition and race-day conditions.



PHASE FOUR- TAPERING

Tapering refers to a decrease in training volume in the week or two prior to major competitions. According to research, the ideal tapering strategies include a drastic decrease in training volume, but adding short, high intensity interval training sessions leading up to the competition. The guidelines include: decreasing your training volume (mileage) by 80-90%; decrease your frequency of training (number of workout sessions) by 20%; for events lasting an hour or less, use a one-week taper; for events lasting more than an hour, use a two-week taper.



PHASE FIVE- RACING/ PEAKING

"Peaking" refers to an athlete being in the absolute best condition (physical, emotional and mental) at a specific time for an event or race. The peaking phase of periodisation training can last one to two weeks and is the ultimate payoff for the periodisation training program. After the Taper phase, most athletes will find that their fitness is at maximum for a period of one to four weeks, depending upon how they spend that time. If you have a long season you will need to create smaller rest/work phases during the active season. For example, if you compete each Saturday, Sunday will be a recovery day, building back up by Wednesday and Thursday and tapering again on Friday.



WHO IS THIERRY GUEORGIOU?



In October the World's most successful male orienteer is coming to Northern Ireland. To many Thierry is an orienteering legend...but for those of you that have never heard of him, here is a little insight into his orienteering philosophy.


At the World Orienteering Champs in France in 1987, Thierry's dream of being a world champion was born – at the age of 8.

In 1991 at the spectator races of the World Orienteering Champs in Czechoslovakia, Thierry mentally became a World Champion in his mind when winning the spectator race in his age category. Over the coming years he played this thought of becoming a World Champion in his head many times.

When competing at World Orienteering Champs in Finland in 2001 Thierry crossed the finish line in 18th place after a close to mistake-free race, for the first time he had to admit to himself that maybe he would not ever become World Champion, *"I had to admit that my dream couldn't come true"* Thierry said afterwards. This led to Thierry taking his longest ever break from orienteering – a break of several months. Returning from this break Thierry was *reborn* as an orienteer and adopted a *"Full speed – no mistake"* method of orienteering which sees a one second mistake as still not being good enough!

With this technique, Thierry regained his belief in becoming a World Champion and over the next 18 months he *"won"* the 2003 World Championships in Switzerland over and over again in his mind - *"The human brain makes no difference between reality and a mental picture. You have to feel that you are running in your garden. You have to feel that you have already run the World Orienteering Champs a hundred times"*, is Thierry's attitude.

The ultimate proof about how realistic Thierry's mental imaging was when won the 2003 World Championships, *"when I ran into the finish as a World Champion in Trin in 2003, I was very happy – but not extremely happy. The reason: I had already seen this in my inner mind so many times before. It was -just once more time becoming World Champion"*.

He has gone to win 10 individual gold medals in the World Championships and is arguably the one of the greatest orienteers ever to have lived. 

(adapted from *World of O: Gueorgiou's story – Part 1, 2007*)



ONE FOR YOUR DIARY...

OCTOBER

Sun 14th Oct	Sunday Series 3	FERMO	Castle Archdale
Tue 16th Oct	NISOA 2	NISOA	Stormont
20-21 Oct	Thierry Gueorgiou WE	IRE	Tollymore/ Carlingford
Sun 21st Oct	Sunday Series 4	FERMO	Necarne
Sat 27th Oct	NICS 7	LVO	Tyrella


NOVEMBER

Sat 10th Nov	NICS 8	NWOC	Learmount
Sat 17th Nov	Autumn Trophy 2	LVO	Castle Ward



LVO UP-DATE



With the WEE finishing at the end of August LVO moved on to WEST (Wednesday Evening Sprint Training) for the month of September. Philip Baxter and Susan Lambe ran 4 evenings using some of the training exercises created for the Irish Senior Squad in the summer – see NEWS. As the evenings draw in training in October is being run by QUBOC with LVO members welcome to join it. Katarina Stefkova and Olivia Baxter are the coaches in charge until the clocks go back and we move on to WENT. As always there are opportunities for coaches to get involved just let me know – especially if you would like to set up some night training (score) exercises. By Helen Baxter 



NI Orienteering

coaching@niorienteering.org.uk

www.niorienteering.org.uk