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SUMMER & AUTUMN
ROUND-UP 1



ISSUE 1



DEC



2011



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NI Orienteering: COACHING *focus*

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

Summer and Autumn Round-up

It has been a busy few months for Northern Ireland's orienteers. During the summer our top juniors have been running all over Europe and many of our club runners have been competing in 'holiday' events in the UK and further afield.

The Millar family (LVO) continue to impress with Jack representing Ireland in the Junior World Champs (Poland) and Harry in the European Youth Champs (Czech Republic).

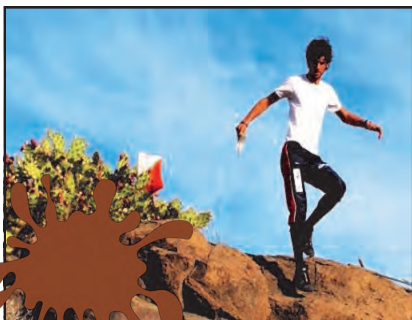
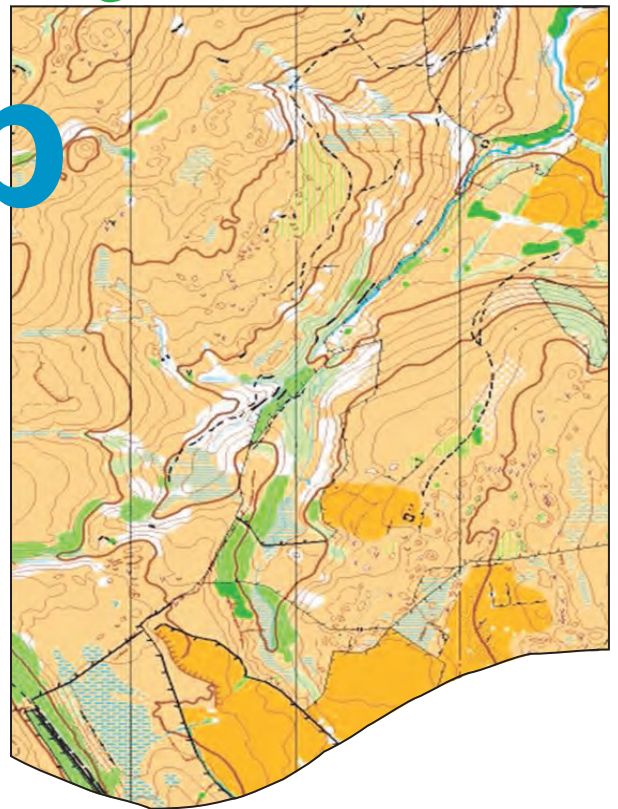
At the Scottish 6 day Sean Knight (LVO) won the M20 Short, Rachel Collins took second in the W10 and Steven Linton (NWOC) finished 6th in a very competitive M45 Long.

At the start of October FERMO held a very successful Junior Home International

where Northern Irish orienteers helped Ireland gain one of its highest ever rankings in the competition. Áine McCann was 3rd in W18 and Jack Millar was 2nd in M18. In the Northern Irish Champs Robbie Bryson (FERMO) won M45 by over 5mins.

In the Veteran Home International Ann Savage, Teresa Finlay, Declan McGrellis and Raymond Finlay represented Ireland. LVO's WEES have now turned into WENTs (see back page), NWOC has had its club champs and FERMO has just concluded it's Sunday Series.

And finally...we have great pleasure in announcing that Harold White has won a national Torch Trophy for his contributions to orienteering over many years.



Allan Bogle: Coaching and Talent Development Officer

As you may have read on the NIOA website, I have been appointed as NI Orienteering's new Coaching and Talent Development Officer. Having lived abroad for the past 4 years I am excited to be back in Northern Ireland and I am looking forward to working with many of you over the coming months.

For those of you that I have not met, here is a little about my orienteering background: I started orienteering at a very early age through NWOC and Limavady Grammar school. In my teens I was selected to become a member of the British Orienteering Junior Squad and I went on to compete in the Junior World Champs. After leaving school I spent 2 years living in Norway where I was able to develop my orienteering skills further, leading to being selected to represent Britain in European and World Student Champs. For the past 4 years I have been living in Gran Canaria, working as a teacher. During my time in Gran Canaria I was heavily involved with orienteering development and organised the island's first major orienteering competition which attracted many of the World's top orienteers.





Greg McCann: Interview

Coaching Focus: Historically at Home Internationals Ireland has struggled to beat Wales. What has changed?

Greg: *In the past Irish juniors aimed to be in the top 10 in their class. Slowly but surely, as we developed and expanded the team, our sights became higher. Firstly, we got a full scoring team with 2 athletes in each class. Then we started to achieve the odd podium and success breeds success. One podium became two and all of a sudden we were closing the gap on Wales. It started with only being 5 points behind, then drawing with them, and then last year going ahead of them which we managed to repeat this year.*

Coaching Focus:

There were some great results at this year's JHIs and Ireland even beat the Welsh. What do you put this success down to?

Greg: *When I became involved with the Irish JHI team it was simply a matter of bringing along as many juniors as we could to make up a team. This year we fielded a full team for the first time ever, with the boys even having selection races. This gave us a more realistic chance of competing against the other nations.*

Coaching Focus: What does the future hold for junior Irish orienteering?

Greg: *As this was my last JHI as team manager it was a great way to finish. Triumph over Wales and giving Scotland a scare. While Ireland has come a long way in the last decade, some things continue to trouble us, quality in depth still eludes us, but the one big difference is that the Irish juniors now no longer fear competing across the water and believe in themselves. This new found confidence will take them a long way and I look forward to watching them progress in the future.*

NI Orienteering would like to thank Greg for all he has done over the years and we wish him all the best for the future.



Top results for NI athletes

7 NI athletes were selected to represent Ireland in this year's Junior Home International (JHI), which was held in conjunction with the NIOC in Gortalughany. **Coaching Focus** caught up with NI's top performers Áine McCann and Jack Millar to find out about their races:

Jack Millar 2nd M18-

The last time that I had competed before the JHIs was in Sweden. Orienteering in Sweden definitely gave me a confidence boost prior to the event. My main aim for the run was to keep it clean, I knew that this area would be relatively fast running so I was going to have to push hard as well. I had aimed for a top 5 position and was a bit surprised by the 2nd place as I didn't have a very clean run. My goals for next year are to be placed in the top 5 at the JK and to improve my JWOC result.

Áine McCann 3rd W18-

This year's JHI was my first competitive race back after being out for almost 2 years due to injury, so as you can imagine I was extremely nervous! Coming up to the weekend I had not expected myself to place highly, my main aim was to finish the race in a decent time. However I was really looking forward to racing again, especially as it was on open mountain. Placing third was a real surprise and I was pleased to have done so well, it really gave me the confidence boost I needed to get back into training again. My goal for this year is to get back to race fitness and stand-ard again with the aim of making the team for JWOC this year.



St. Brigid's College

Orienteering started at St Brigid's College in 2005 when Bobby Smyth joined the PE staff. The sport was started as a GCSE PE activity and as an aid to students working towards their Duke of Edinburgh awards.

St Brigid's has approximately 30 students per year who complete an orienteering programme as part of their GCSE PE studies. This involves learning the basics on the school map and then developing their skills through progressively more difficult courses in local parks and forests. The orienteering programme finishes with a GCSE assessment day in Drum Manor. St Brigid's has managed a number of successes at Drum Manor with students finishing in the top 3 each time we

have taken part. Bobby's hope now is that the students at St Brigid's continue to lead an active lifestyle when they leave school, however his dream is that one day there will be a student from St Brigid's representing Ireland at WOC.

As a result of his involvement with schools orienteering, Bobby Smyth decided 3 years ago to get the competitive juices flowing again and entered a NWOC club event in Garvagh. He was hooked straight away and couldn't wait for the next event.

Bobby has since progressed through the colour scheme from red to green and hopes to move up to blue next season. Despite being a limited runner Bobby discovered a flair for MTBO and in 2010 he represented Ireland at the World Champs in Portugal.



COACHING CORNER



USING OCAD TO PLAN TRAINING ACTIVITIES

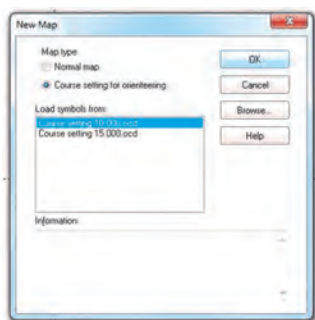
For as long as I remember, coaches have been using 'lines' and 'corridors' as training exercises. Both exercises are designed to train *fine orienteering* and *map contact*. In the past coaches would have painstakingly drawn lines on the map using a red pen and cut out corridors using scissors. OCAD makes both of these exercises a lot easier to plan and to produce the maps for. Below I am going to explain how to use OCAD to draw a corridor.

Please note: similar exercises can be produced other drawing programs and with some trial versions of OCAD.

STEP 1

Open OCAD and click on:

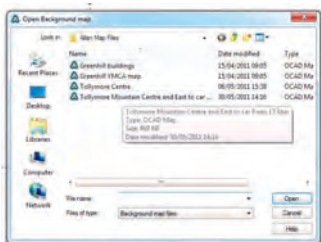
-File>>New>> Course Setting for orienteering>>OK



STEP 2

Open your map as a Background map

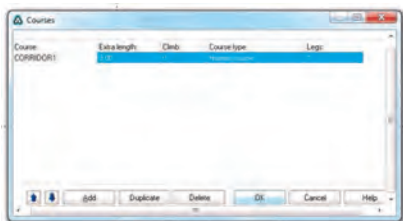
-Background map>>Open>>**SELECT**>>Open



STEP 3

Define your course to help with printing

-Course>>Courses>>Add>>**NAME**>>OK



STEP 4

Create a new symbol

-Symbol>>New>>Line symbol>>OK

Main line: leave on default

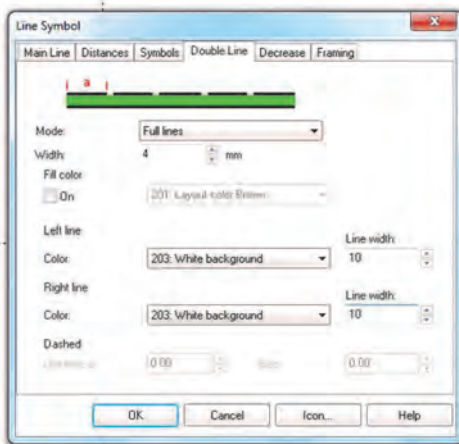
Double line:

Mode- Full lines

Width- 4mm

Left line- White background 10mm

Right line- White background 10mm

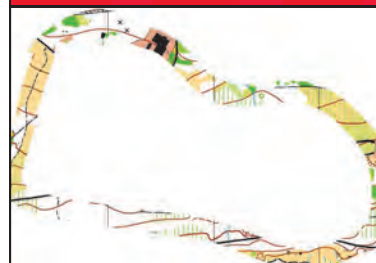


STEP 5

Draw a line using the curved line drawing tool



CORRIDOR USING OCAD



Exercise Type:

Compass, Map reading, Flow

Target Level:

Junior- Elite

Intensity:

Low, Medium, High

Preparation time:

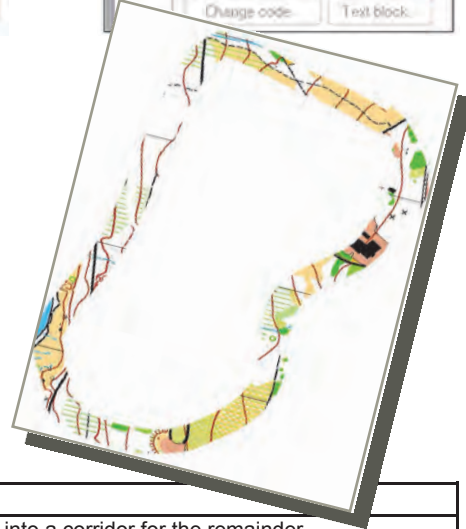
15-30 minutes

OCAD Required:

Yes (or Photoshop)

STEP 6

Fill the remainder of the map using the White background symbol



AIM	To stay in constant contact with the map
VARIANTS	Use alongside a normal linear course. i.e. the first 5 controls as normal and then straight into a corridor for the remainder.
AIDS	You can also produce a similar exercise using other computer programs (eg. Photoshop) or by using a highlight pen (athletes to stay into the highlighted area). GPSs are useful for evaluation.
TERRAIN	Any terrain can be used- although the more details the better.
PREP	It is a good idea to have some knowledge of the area before planning a corridor, as the corridor may be affected by undergrowth etc.
TIPS	Adjust the level of difficulty to suit the group. NOTE: too difficult defeats the purpose of the exercise.

IRISH JUNIOR WEEKEND: PETER MEEHAN



We got up very early to go and meet up with Allan who drove us down to Wicklow. When we got there we were split into groups and set off individually to find the first control. We all waited there for our coach to catch up. He then talked to us about how to plan our route to the next control and off we went again. We did this all along the course. It was good fun practicing this skill with a group as usually we do these things on our own.

We went back to the hostel after the training session. Even though we were tired we still found the energy to play a few games of basketball and football in the hall before dinner.

The next morning after a good breakfast we left for the Munster Champs. As we got ready for the races, Thomas (*Peter's older brother*) discovered he had left his shoes behind at the hostel, but luckily we found an old pair in my kit bag just in time. That must have been a bad omen as both he and I didn't have the greatest of races on the wet, cold mountain-side. Once we had recovered from our runs and had started to heat up again we set off on our long journey home. We were very tired and slept most of the 5 hour journey home but it was worth it and we had a really enjoyable time with fun people.

RDO UP-DATE:

HELEN BAXTER



In response to requests from members LVO now runs Club Training throughout the year; from May to September this is in the form of the Wednesday Evening Events (WEE) and Wednesday Evening Skills Training (WEST). In the winter

months there is either a combination of fitness training and skills development based at the new facility at Queen's University Sports Grounds (The Dub) or Wednesday Evening Night Training (WENT).

The WEE series has provided a good entry point for a number of new orienteers with introductory coaching available each evening. WEST is set up to practice specific skills; this year we worked on avoiding

distraction, head to head racing, planning ahead on the run, map memory and staying in contact with the map. WENT is about getting used to navigating in the dark and practising the techniques of using attack points and catching features. It is run as a 45 minute mass start score exercise – to avoid the feeling that you are the only person still out in the woods! Controls are at different levels of difficulty to allow all standards of orienteer to take part.

Club training evenings are a combination of a run, some navigation coaching and a core strength session followed by tea and biscuits. You can choose how much or how little you want to do. Navigation exercises have included downhill racing, line orienteering and some brain busting cones sessions. If you want to improve your standard of orienteering this is the way to do it, don't be shy there is something for everyone.

ARDO UP-DATE:

MARK HUDSON



Over the past 6 months I have been providing weekly training and activities from the University of Ulster Coleraine and in the Coleraine area. This allows for skill development and I have seen people

of all ages and abilities attending these sessions. These coaching sessions provide a stepping stone into mainstream orienteering events and the local club NWOC has started to reap the rewards with many of the adventure racing fraternity in the NW recently joining the club.

In Fermanagh FERMO have been working hard providing orienteering opportunities for all the family by developing a series of events throughout the Autumn period leading into their popular Frostbite series. If you have never experienced Frostbite event you are seriously missing out as they are certainly a challenge not to be missed!!! Currently I have just tutored a Young Leaders Award in orienteering with the sports studies students from Northern Regional College. These students will be attending many of the local primary schools with myself to increase the awareness and understanding of orienteering in education and provide support to the development of a inter school competition in 2012.

ONE FOR YOUR DIARY...

DECEMBER

Sat 3rd DEC	Autumn Trophy	LVO	Donard Forest
Wed 7th DEC	WENT 5	LVO	Dixon Park
Wed 14th DEC	WENT 6	LVO	Belvoir Park
Sun 18th DEC	O-Day	NWOC	University of Ulster (Coleraine)
Sat 31st DEC	X-Mas Events	NWOC	Ballykelly

JANUARY

Sat 14th JAN	Spring Cup 1	LVO	Carnfunnock
Sun 15th JAN	Frost Bite	FERMO	(more info on FERMO website)
Sun 29th JAN	Frost Bite	FERMO	(more info on FERMO website)



NI Orienteering

coaching@niorienteering.org.uk

www.niorienteering.org.uk

