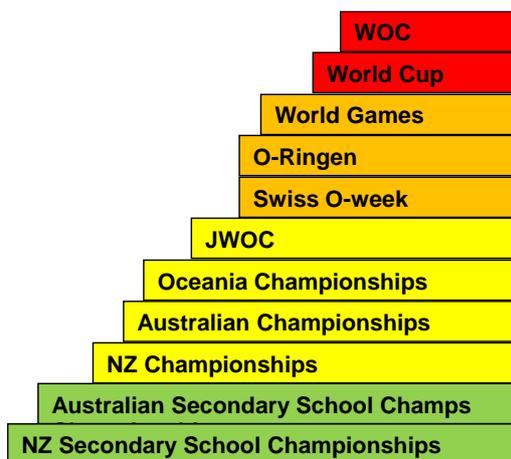


## Upping the game, where to from here?

At the end of the Under 23 Camp in Counties Manakau in December 2019 I was feeling quite optimistic about where NZL was in terms of developing athletes to be seriously competitive at international events. As we come to the end of the 2022 international season where, for the first time in 3 years we have fielded full, or nearly full, teams at WOC, JWOC and WUOC, it has come home to me just how much the intervening 2 and a half years of Covid-induced disruption has in fact set us back. Notwithstanding the image below, which gets shown every year at the Under 23 Camp, it seems that the lack of international exposure has left us well off the pace, in the terms of in technical, mental and, especially, physical preparation.



The NZL HP ladder.



The reality.

This leads me to ask the question: what do we, both collectively and individually want out of international competition? Do we want to perform at the highest level possible, as Tim and Lizzie have done over the years, or are we content just to be there as participants? If the answer is the former, how do we structure the High Performance program to better prepare ourselves, collectively and individually, to achieve at top level? If the answer is the latter, do we even need a High Performance program?

These questions are very much related to the discussions with High Performance Sport New Zealand that Pete, Christo and I have now been engaged in for over a year. I am sure we would all like to see money flow into orienteering from HPSNZ, but the reality is that for that to happen we need to have structured development and realistic prospects of continuing performance at what HPSNZ call “Pinnacle Events”. We have to have a pathway that brings dedicated, talented athletes through to the international stage. In relation to this, something that has frequently been referred to in our discussions are our “expectations” of what our athletes can do - something that in athletics would relate to “qualification times”. Obviously, the technical requirements of orienteering make simple numbers problematic although, in truth, how fast you can run say 3000 m will relate to the potential you have to achieve a top level result in, for example, a JWOC sprint. Such numbers are widely used by European nations. The attached document (translated from German) is what anyone aspiring to the Swiss National Squad for 2022 had to fill in. It gives the sense of the expectations that exist. Try filling it in. How well can you answer some of the questions?

What Joseph and Penelope have shown in 2022 is that it is possible, with the appropriate preparation and dedication, to break into and make an impact on the world stage. What we need, and HPSNZ would require of us if we really want to break into their funding model, is for more and more athletes to show the commitment to make this step up. They are prepared to help us with presentations at, for example the Under 23 camp, on sports psychology, merging sport with life, and other subjects relevant to athletes involved in top level sport. What we need to do ourselves is to have a discussion and clarification of whether we have the desire to make the most of these opportunities or whether, as I said above, we are happy to always be the also-rans at the back of the field.

*There are no secrets to success. It is the result of preparation, hard work, and learning from failure – Colin Powell.*

*Success is 10% inspiration and 90% perspiration – Thomas Edison*

## **SWISS HP Form 2022**

We look forward to receiving your application for the Elite Test Runs 2022.

The application must be completed by anyone wishing to participate in the 2022 Elite Trial Runs who is not currently a member of the Elite Squad or Connection Group. Fill out the application conscientiously and discuss it with your personal advisor

We look forward to receiving your application by email by Monday, March 7th, 2022.

Please note that all applications must be sent to 3 people:

- Ladies to: baptiste.rollier@swiss-orienteering.ch, kilian.imhof@swiss-orienteering.ch and christine.luescher-fogtmann@swiss-orienteering.ch
- Gentlemen (answers in English or French) to: francois.gonon@swiss-orienteering.ch, kilian.imhof@swiss-orienteering.ch and christine.luescher-fogtmann@swiss-orienteering.ch

### **Me, myself and I**

Surname:

Date of birth:

Address:

e-mail:

Telephone mobile:

SI card:

SI AIR+ Card:

Emit card:

Swiss club:

Scandinavian club:

My career so far in one sentence:

My motto for 2021 was:

### **Personal coach**

Surname:

Address:

e-mail:

Telephone mobile:

### **Other coaches (if any)**

Surname:

Address:

e-mail:

Telephone mobile:

### Self reflection

Motivation and vision

- Why do you do orienteering as a top sport?

- What long-term goals and visions do you have in orienteering?

- What do you think you need to be able to achieve your visions?

### Training/development

Statistics

Sport	Number of hours		
	Planned 2021	Actual 2021	Target 2022
Orienteering (training and competition, all intensities)			
Running (without orienteering) (training, competitions etc., all intensities)			
Alternative endurance (bike, swim, etc., all intensities)			
Strength (weight room, core strength, circuit, etc.)			
Alternative training (other sports, not endurance)			

- Please evaluate your 2021 training for the period from November 1st, 2020 to September 30th, 2021 and compare it with the goal that you stated in your application last year. Why did you achieve/not achieve your goals?

- How was your development this year? Progress, stagnation, regression? Why?

- What is your motto for the 2022 season?

- What are your training/development goals for 2022?

- What measures are you implementing to achieve your training/development goals in 2022?

### **Performance**

- 5000m PB (with year):

- 5000m time in 2021:

- Other mileages on track or road (e.g. 1500m, 3000m, 10km, ...):

- What are your performance goals for the 2022 season?

Minimum Normal Best

National season

International season

- What consequences do your performance goals have on your planning for the 2022 season (competition and planning priority)?

Career planning

- Where do you stand in your orienteering career at the end of the 2021 season?

- What are your plans for the next few years?

Orienteering career Environment, training, job

2022

2023

2024

2025+

As part of my preparation, I hereby register for the sprint test in Uster on Wednesday, March 30th, 2022.

I hereby register bindingly and subject to a fee for test run block 1. This consists without exception of the following test runs:

- Test run I: April 29, 2022, simulation KO sprint, Zug

- Test run II May 1st, 2022, sprint qualification, Gossau SG
- Test run III: May 1st, 2022, Sprint Final, Herisau
- Test run IV: May 3rd, 2022, 5,000m, Olten

I also have to register myself for the two sprints in Gossau and Herisau.

I hereby register for test run V.

- Test run V: 06/12/2022, Sprint SM, Basel

For the competition (Sprint SM) I also have to register myself.

I hereby register for test run block 2. This consists without exception of the following test runs:

- Test run VI: July 9th, 2022, Middle, Ämpberg
- Test run VII: 07/10/2022, Long, Egg plates

For the middle on February 9th, 2022 (regional orienteering) I also have to register myself.

I hereby register for test run block 3, which consists without exception of the following test runs:

- Test run VIII: September 10, 2022, Middle, Wolzenalp
- Test run IX: 09/11/2022, Long, LOM, Selamatt

For the competitions (regional orienteering and long SM) I also have to register myself.

Date:

Signature:

