

Deeside 2018

Deeside 2018 is an orienteering camp for the best M/W16 orienteers in Britain situated at Templars Park in Peterculter from the 4th to 11th of August. It's a great opportunity for junior orienteers to experience some of the best and most challenging terrain in Britain. The trip was managed by a brilliant team of young coaches who not only coached us throughout the week and organising lots of competitions for us to test our skills but provided us with food, accommodation and plenty of free time. The areas were some of the hardest I'd ever experienced both physically and mentally but the coaches individually mentored and trained us throughout the week following us round courses, pointing out what we did wrong and providing tips for physical training as well. Each day we worked on a new area of orienteering mainly focusing on Plan, Direction and Picture technique but we also did training to see how we could read the map under pressure, compass work and route choice planning. The multiple competitions throughout the week allowed us to put our techniques to test and found out what worked and what didn't in race conditions. Every evening following dinner we would go through each days training and chat with our groups and coaches about what we need to work on. Then we would have a presentation highlighting individual techniques as well as training plans so we can be in top form when the major races come up. Deeside 2018 camp has been incredibly useful for me, being taught new techniques and perfecting old ones and I feel like as time goes on I will really see the improvements in my orienteering due to Deeside and the amazing coaches who organised it all putting in there time and effort so we could have a good time.

I would like to thank The Cumbrian Schools Orienteering Association, West Cumberland Orienteering Club and the North West Orienteering Association for supporting my trip to Deeside, I had a great time and wouldn't have been able to take this opportunity if it wasn't for their generous donations.

Charlie Rennie – September, 2018