

“Deeside 2019”

This year I was lucky enough to be selected for Deeside camp for second time. I was looking forward to knowing the general routine and how things worked.

The theme of the week was similar to last year being - **plan, direction and picture**. However the personal areas that I wanted improvement in had changed.

The camp was an amazing experience, as always! My mood was slightly dampened after leaving the first area when I fell down a mountain bike trail and badly twisted my ankle. After that my aim for the week had to be adjusted as I could no longer work at pushing the pace while orienteering. Instead I focused on my fine navigation in tough terrain and long length legs. One of my big focuses was making sure that I had good and accurate compass bearings that I could keep whilst covering a long distance. I definitely improved on this during the week as my coach's report highlighted it.

Before the camp I was slightly nervous that I was going with a totally new set of people however when I was there (just like previous years) I made many new friends. It was also nice training with a group of the first year 16's as I have never trained with them before.

Another massive thank you goes out to everyone that helped with the coaching during the camp, JROS for organising, Ali for the catering and everyone that helped raise the money to get me there (LOC, NWJS, CSOA) their support is greatly appreciated.

Thank you, Ellie Simmonds LOC W16