

Talent Camp 2019

The BOF Talent camp is aimed at M/W 16's with the potential to compete internationally for GB. This year there were 12 juniors including me and Joe Hudd (also from WCOC).

The general aim of the camp was to assess everyone's technical and physical abilities, and to improve them if required. The camp was also run in the format of a 'periodised year' with each phase (Transition, Base, Pre-Competition: General, Pre-Competition: Specific, and Competition) on a different day.

The first day acted as the transition phase, where you are preparing for the next season. So, in the morning we completed a 3k Time Trial. This was for the coaches to gauge where everyone is physically in comparison to others. In the afternoon we headed to Alvie to complete the technical assessment. This was a middle style course of around 4.5km, the aim of the session was to nail the navigation and not worry about the speed you are running at.

The second day was planned to replicate the technical side of the base phase, wherein you are improving the basic orienteering skills of Direction, Distance & Picture. We travelled out to Roseisle and started the day with a blank map exercise perfecting fine compass bearing; next was a windows exercise requiring you to use both direction and distance judgement. In the afternoon we moved to the north end of Roseisle to run either a line course or No Compass exercise which required a strong picture to complete them.

On the third day we stayed local and went to Loch Vaa, a very heathery vague area. This meant that it was crucial to have a good plan for every leg otherwise there was little chance of getting round without making a big mistake. Today was simulating the Pre-Competition: General phase, where you are starting to put the different techniques together.

On the Thursday we again travelled north this time to Forres where we did a sprint course around the town centre, this was part of the Pre-Competition: Specific phase where we are now simulating the processes that would happen during a race. In the afternoon we headed across to a lesser known section of Culbin where we would do a long course (around 6.5km).

The Final day was 'Race Day'. Today we would do two courses. A 3rd leg relay simulation (at North Granish) and a middle simulation (at Moor of Alvie), both approximately 4km long.

I would like to thank the Cumbria Schools Orienteering Association for supporting my trip to Badaguish to attend the BOF Talent Camp as it was an amazing opportunity for to me to learn what skills I need to improve and also how to improve them.