

Talent Camp and Deeside report

During the summer holidays I was selected and attended two orienteering training camps to help improve my orienteering. I was able to attend these tours because of your generous grant which I am very grateful and appreciative of. I hope you enjoy reading what I got up to during the tours and again thank you.

The first tour I went on was the **GB Talent Development Camp**, held in Wales in late July. This camp was run by British Orienteering and was a chance for some top quality coaching from some of the best coaches in England. This gave a chance to learn new skills and techniques that will help to improve and refine my orienteering. During the week we did 1 day of physical training, 2 days of technical training and 1 race day. This was very useful as it took us through the different sections of orienteering during the training days and we could then put any advice and techniques into practice on the race day. As well as doing a lot of physical and technical training every night we did some theory in a classroom. During this we did work on training logs, different training focusses throughout the year and also what training would be best for us. This was very helpful as it gave us advice on how to become the best orienteer we can be. As well as being a training camp this was a chance for the coaches to select juniors to get onto the GB Talent Squad which can then lead onto being selected for different international competitions so it was important we listened to the coaches and took on any advice they gave.

The second tour I went on was the Junior Regional Orienteering Squads (JROS) **Deeside** tour held in Scotland at the beginning of August. During this camp we did 6 days of training in some top quality Scottish terrain. We had many different focusses throughout the week which meant that we could practice every skill and technique to help us improve in all areas. Training in the Scottish terrain was very helpful to improving skills as each area was different which helped us learn how to adapt different skills to different areas. As well as all the training we completed during the week we also had the Deeside Tour Championships. This included a micro sprint and normal sprint around Templars Park (the area we were staying), a night individual and relay race and also a middle, classic and relay race during the day. These races were very useful as it meant we could practice any skills in a more pressurised environment and at a higher intensity. Obviously we also had time for having lots of fun, going swimming in the freezing rivers and playing games around Templars Park. I really enjoyed spending time with all the coaches and athletes as it was very encouraging getting positive feedback but then also because there were numerous coaches there was always something for you to work on and keep practising.

Overall these tours were very helpful in finding out what skills and techniques I need to work on in order to achieve the best I can. However these tours would not have been possible without the individuals who made the trip possible. Thank you, I hope that our future performances will reflect your hard work and will show the tours were worthwhile.

Thank you, *Niamh Hunter*