

SOGO Bridge

By Karin and Jan Erik

Juniors

Orienteering
Canada HPP



SOGO Bridge

- Includes Coaching, Mentoring, Saturday training opportunities by Jan Erik Naess
- All Juniors competing beyond city limits are welcome [SOGO3 or small \$fee]
- Currently: 8 athletes (13-18y)
- Sponsored by FWOC/SOGO and AOA






These kids are active/busy!

- For these Juniors (ranging 13-18y) Orienteering is not (yet) their primary sport in terms of hours/week. And that's ok!
- XC-Skiing
Swimming
Track/XC
running

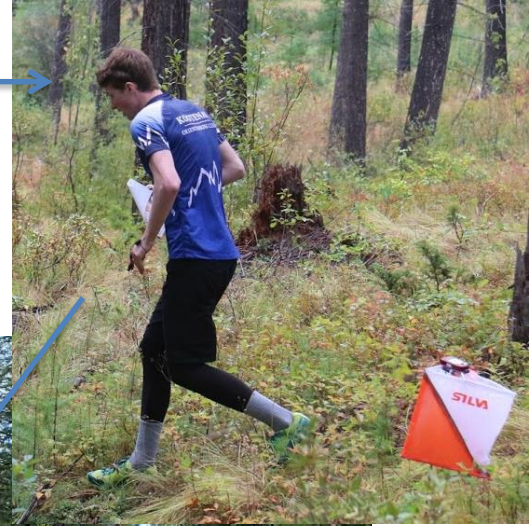


Training Logs

- Jan Erik asks them to log all physical activity
- Cross Training is ok! LTAD: Train to Compete in other sports = Training Discipline (9-12x per week)
- Flexibility is key: kids have been able to phase in up to 3 Orienteering sessions per week (Saturday, Sunday, and Monday/Thursday)

Olympic Training 1-10		Robyn	
Competition Time	Total Duration	Comments	
	0:50	Orienteering ...	Su
			⋮
	1:30	Swim practice	Mo
	1:30	Orienteering ...	⋮
	2:00	Swim practic...	Tu
			⋮
	2:00	swim practic...	We
			⋮
	1:30	swim practic...	Th

WCOC - Kimberley

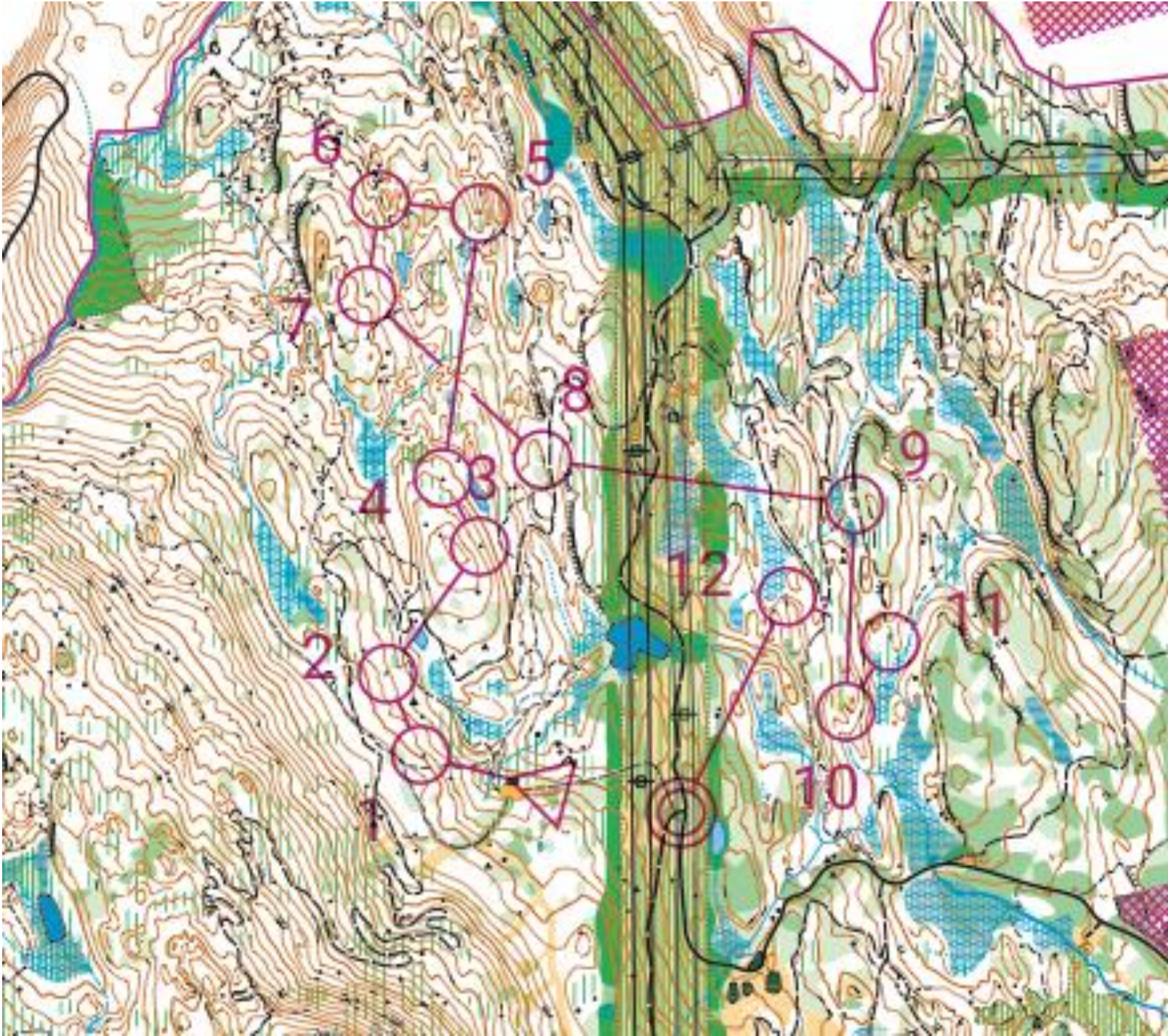




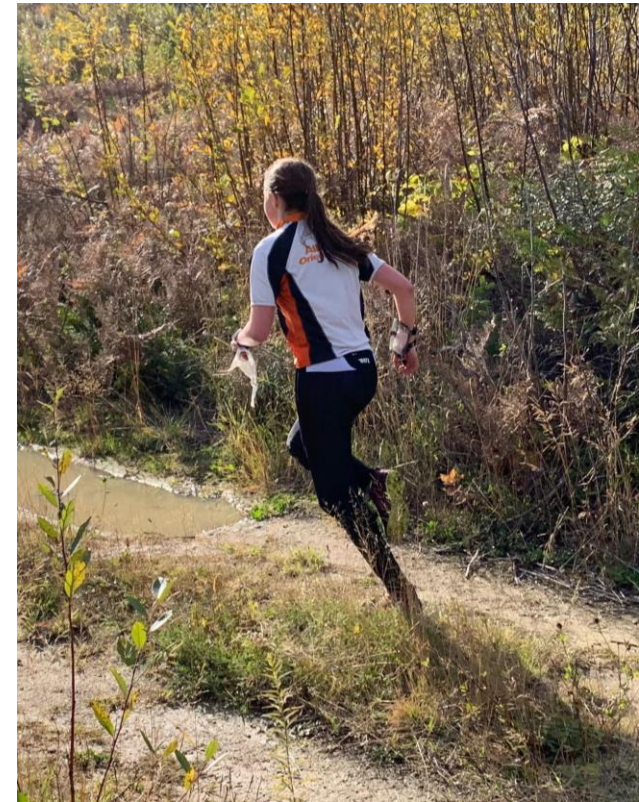
Revelstoke – First Training Camp



Race Prep

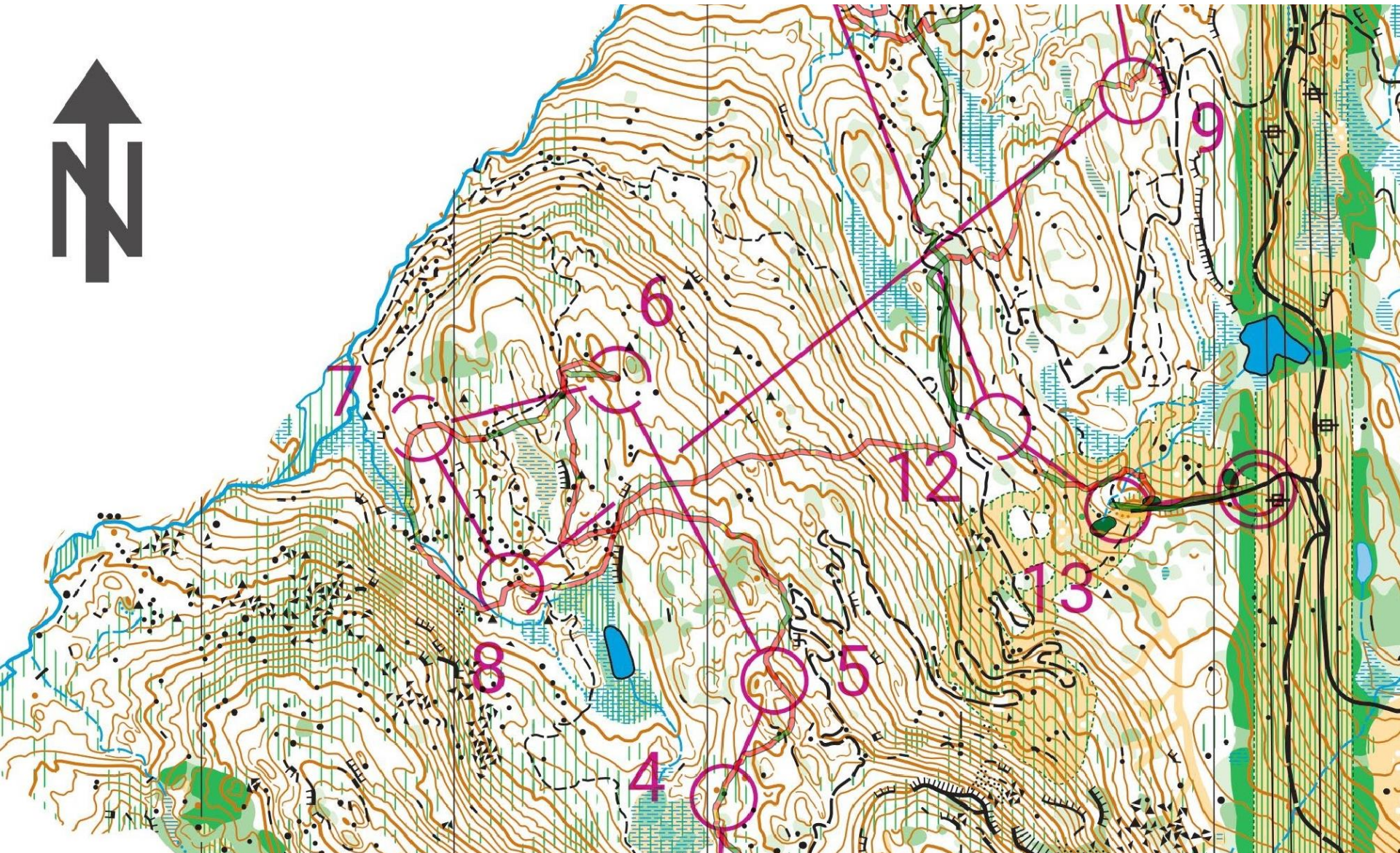


It was awesome!



5 Athletes (Advanced Course!)
2 Coaches (Jan Erik & Michael assisting)
2 Parent Chaperones (Teresa & Mark)

Post Race: Learning QuickRoute



Personalized Post race analysis

Here is your quickroute from Sunday. Good job focusing on your navigation for the first portion of the races until your excitement could settle in. You took some really tough controls head-on and came out clean, you need to be happy with that! Looking forward to hearing your thoughts on how this race went for you.

-Jan Erik

Early Successes

Just a few highlights:

- Flora running *way up* W15-16 at WCOC – long – and did great!
- Robyn running *up* W17-20 at WCOC finishing <1h -> a 2nd place on the long distance!
- Andrew and Ewan (both M15/16) absolutely killing it in Revelstoke – on Advanced Course!

Canada HPP applications



2020 HIGH PERFORMANCE PROGRAM

APPLICATIONS DUE NOVEMBER 29, 2019

www.orienteing.ca/team-canada/high-performance



Expanding this mini-pilot

- Extending SOGO Bridge over the Winter
- Making SOGO Bridge available to EEOC juniors (e.g. at Training Camps and Races)
- Semi-annual Fitness Testing (3km time trials) and Long term goals (for each Junior Athlete)

Contact Information

Coach:

- Jan Erik Naess: naessjanerik@gmail.com

Parent support/logistics:

- Karin Gerritsen: karin@astridge.ca
- Teresa Winn: tkwinn@shaw.ca