



**Alberta
Orienteering**

The Reentrant

April 2015



FROM THE EXECUTIVE

DIRECTOR.....PASCALE

With Easter at our doors we now know that our new Orienteering season is about to start.

Looking at the schedule, which is filling up with a really interesting list of events such as Official Level courses, a training camp in BC, opening season from other clubs etc, it is really exciting. Have a look at the complete schedule for all the details.

I want to thank everyone who has contributed to make this edition of the Reentrant possible - in providing pictures, writing articles, or even ideas about articles for the newsletter. We want to write about what you want to hear, so don't hesitate to let us know: a subject or an article to be a part of the next Newsletter.

If you are still wondering what is going on with the membership and why AOA has not sent you a reminder please see the section about membership, there have been some changes.

Have a good and safe season !
Pascale

Funding Provided By:



**FROM THE PRESIDENT
KITTY JONES**



**CONGRATULATIONS
TO
CHARLOTTE
MACNAUGHTON**



AOA is proud to nominate Charlotte MacNaughton for a Sport Volunteer Award, which is one of the 2014 Alberta Sport Recognition Awards. We'd like to share with you a glimpse of the HUGE volunteer contributions Charlotte has made to Canadian orienteering since 1988 at the local (Calgary), provincial (Alberta), national and international levels. The following is a slightly condensed version of the nomination that was submitted.

Charlotte had an “aha” moment in high school when she was watching the opening ceremonies of the 1984 Olympic in LA and she realized the potential of sport to help to create a better world. This moment heavily influenced Charlotte's academic, volunteer and career path. She studied sport administration, sport sociology and Olympic education in University. She worked for various sport organizations such as the Canadian Olympic Committee and the Alberta Luge Association. She also taught sport history and sport sociology at U of C. Charlotte discovered the sport of orienteering in the early 90s and Alberta has been the fortunate and grateful recipient of her passion, professionalism, and sport administration acumen. Orienteering in Alberta and Canada is much stronger because of Charlotte's volunteer contributions.

Charlotte began her involvement in orienteering with the Foothills Wanderers Orienteering Club in 1994. By 1997, she was on the AOA Board, serving there for 6 years, including 4 years as President. She quickly moved onto the Board of Orienteering Canada, starting in 2003, and has been volunteering there as Board member, President, Executive Director and committee member ever since.

In some ways, Charlotte's many volunteer roles in Alberta orienteering since 1992 have been overshadowed by her very significant work at the national level. But she could not have made the significant impact that she did at the national level, without building experience within Alberta first. In addition, Alberta Orienteering's progress over the last 12 years has benefited directly from Charlotte's efforts on many fronts on behalf of Orienteering Canada.

Charlotte's contribution to Orienteering Canada has been far-reaching. A few of Charlotte's major contributions to Orienteering Canada include:

- leading Orienteering Canada through a re-branding process and updating and improving the organization's communication strategies
- leading many governance related changes such as committee re-structuring, policy development, strategic planning processes
- leading the process to develop and implement a High Performance Program
- driving a push that has seen Orienteering Canada membership increase 46% since 2011
- developed an annual conference during the national orienteering championships to allow for greater information sharing and knowledge development among Canadian orienteers
- developed an annual National Orienteering Week to bring more newcomers to the sport
- driving to make the annual Canadian Orienteering Championships the "go-to" event in Canadian orienteering
- drove the process to develop Orienteering Canada's sport specific LTAD model.

The Alberta Orienteering Association is very fortunate to benefit directly from Charlotte's Orienteering Canada work. In particular, AOA's new Strategic Plan took a lot of ideas from Orienteering Canada's Strategic Plan, in which Charlotte took a leadership role. AOA members are grateful for the outstanding LTAD document that Charlotte brought to fruition; we refer to it constantly. Many Albertans have attended Orienteering Canada's national conferences, spearheaded by Charlotte, that have been held in conjunction with Canadian Championships. Charlotte made an effort to communicate about Orienteering Canada initiatives personally in Alberta; for example she delivered a number of presentations at AOA retreats to help Alberta orienteers understand Orienteering Canada's initiatives. She has served in an advisory role on a few orienteering committees in Alberta, helping us make sound decisions based on her experience and knowledge.

On Charlotte's resignation from the position of volunteer Executive Director for Orienteering Canada, Tracy Bradley (Executive Director, Orienteering Canada) said in August 2014:

"Charlotte MacNaughton, your volunteer efforts over the 10+ years as Executive Director are unfounded anywhere else. You have provided countless hours of work, leadership and guidance to help bring Orienteering Canada to where it is today." AOA could repeat this praise, word for word, in the context of the ways in which Charlotte has brought Alberta Orienteering to where it is today.

Charlotte: all AOA members owe you a heartfelt vote of thanks for all you have done to build Canadian orienteering to its current level.

Thank you, THANK YOU!



FROM THE MAPPING DIRECTOR – DON RIDDLE MAPPING 2015

Our sport counts very heavily on clear and accurate maps. We don't tolerate it when when we are asked to use poor or substandard maps.

And mapping is very much one of the bigger expenditures with the Alberta Orienteering Association budget. We expect high quality, which is expensive but for a non-profit organization it is a tight tightrope to walk to provide the desired maps within our budgetary constraints.

For 2015 the priority is for making a map for the 2016 Western Canadian Orienteering Championships. The area that the Edmonton Overlanders have selected is at Blue Lake, which is north of Hinton. We have had a previous map there and it is a beautiful area and very detailed. I personally am very happy they have made that selection.

The next part is getting mappers. Virtually all-Canadian mappers have full time jobs. So we have counted on bringing in foreign mappers for the past few years. No doubt you are aware of how the media is portraying temporary foreign workers. So - the Canadian government is making it more difficult (and more expensive) to do this. It has gotten more difficult each year. The application process is quite onerous with the absolute need to prove there are no Canadians capable of doing the work. We will persevere on this. Orienteering Canada is also helping out. With the difficulty across Canada they will be assisting by compiling a mapper data base so that compliance with the requirement to use Canadians first can be quickly achieved. They also be compling the experiences from various clubs over the past few years so that learning can be shared.

A lot of "behind the scenes" work goes into getting a map made. I thought I would share what some of this is during the season of the white months.

Foothills Orienteering's Evolving Junior Program.....Justine Scheck



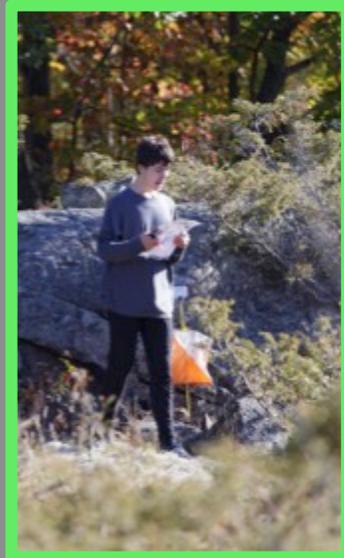
This spring will be a very exciting season for Foothills Orienteering. Over the past year and a half what was previously known as the "Junior Development Program" or JDP has morphed into a much larger-scale youth program, demonstrating that 100's of kids in Calgary are interested in running through the forest, being challenged both physically and mentally, and developing skills that make great orienteers.

In the early 2000s the beginnings of JDP were formed. This was a small group that consisted mostly of the children of long time FWOC club members. This group met at Wednesday events and travelled to competitions with their families. For a blast from the past, search "orienteeringcalgary" on youtube to see some familiar faces from this era tell you what they love about orienteering. Although the program was small, the juniors of this group were very successful, going on to compete at international competitions and giving back to the club by coaching juniors and volunteering for events.

By 2010 JDP had reached 72 participants, which was roughly the capacity of the program for the next 4 years, with many families turned away. The most recent generation of juniors have also been very successful, bringing home medals from Nationals, coaching, creating maps for our club, and competing at JWOC.

After a tour of Don't Get Lost (Formerly GHO)'s ARK program in the fall of 2013, Foothills Orienteering envisioned an exciting way to offer more young athletes the chance to orienteer. JDP was transformed into SOGO Adventure Running, using a structure that enabled experienced, non-orienteering parents to contribute to the program as well as seasoned navigators.

This spring we are excited to have over 200 youth join us for programming in 3 different locations. The most advanced juniors will now meet twice a week and will be able to test their skills, travelling to training camps and competitions as a team. The newest generation of orienteers will now have more opportunities to practice their skills than ever before and we look forward to seeing what this growing, vibrant group of youth will accomplish in the coming years!



OCEANIA CHAMPIONSHIPS

Angela Pearson & Robert Gilchrist



Angela and Robert attended the Oceania Championships on the NE coast of Tasmania in January this year. We were "in the neighbourhood" (New Zealand) and since she also has relatives in Melbourne, we thought, "Why not?!" Neither of us had been to Tasmania before, and we figured we might as well combine fun with fun.

Tasmanian orienteering terrain varied from the spectacular "Gorge" in Launceston, to east coast terrain that ranged from heavily forested areas, to open

scrub, to runnable forest with huge rock features, to 100+-year-old surface tin-mining. Vegetation was mainly a wide variety of 'gum' trees. Wildlife encountered during our events ranged from wallabies, to lizards, to...snakes. ...Ask to see Angela's left leg sometime...

Running in parallel with the Oceania Champs was the first World Cup of the season, so there were lots of fast boys and girls around. Mind you, all the local Australians seem fast too...!

Some of you may remember spunky 80+-year-old Caryl Woof from Launceston, who attended the Canadian Champs in Yukon a few years back. Sadly, she had just recently died, so we were unable to renew our friendship with her. There were, however, several other familiar and friendly faces from the US and UK (including Nick Barrable, publisher of *Compass Sport* -- the best English-language O magazine out there...get a subscription if you don't have one). The people running the event were typical friendly orienteering types, and did a great job.

Tasmania (at least the part that we saw) was great, and there were many highlights outside of the orienteering:

**Interesting animals (a number seen only in wildlife parks, because judging from the amount of road kill we didn't want to drive anywhere close to dusk, night, or dawn!). We did see live, natural wildlife too: a couple of kinds of lizards; a snake; several echidnas; seals; a really wide variety of unusual (to us) birds; a scorpion; little penguins; even a couple of mosquitos.

**Great views of mountain ranges, ocean vistas.

**Excellent restaurants.

**Lovely crafts (especially wood).

**Old architecture in Launceston.

**Mostly laid-back, friendly people.

**Good small-town museums.

**Vineyards everywhere.

**Oh yes, we are now the proud adoptive parents of a Tasmanian devil. Ask us about Ajax.

**Lots more! We'll happily bore anyone with our photos if they're interested!

We'll undoubtedly be back, maybe to visit the west & south and do some hiking along the apparently-spectacular routes there. A highly recommended destination!



WHAT' S NEW WITH MEMBERSHIP?

You might already know but to renew or get your AOA membership you do not need to buy it from AOA like it used to be. You can now buy your membership from your respective club (EOOC or FWOC) and by doing so you will be automatically considered an AOA member.

TO SIGN UP

Foothills Wanderers Orienteering Club (FWOC) :

Contact person: Justine Scheck: justine@orienteeringcalgary.ca

you can sign up from their zone4 registration page:

<https://zone4.ca/reg.asp?id=8301&lan=1&cartlevel=1>

Edmonton Overlanders Orienteering Club (EOOC)

Contact: eocmembership@gmail.com

You can sign up for EOOC at : <http://www.orienteer.ab.ca/membership/>

Kootenay Training & Coaching Camp May 2nd- May 3rd 2015

Ready to get out and do some spring orienteering? KOC are finalizing plans for a spring training camp May 2nd and 3rd in Invermere.

The lead coach will be Brent Langbakk.

Full details and registration will be available 1st week of April, but just to help with your planning here are a few details:

- two events on two maps: a sprint, in Invermere and a middle distance on Lillian Lake
- at least four additional coaching sessions each focussing on a specific orienteering skill
- members of the national High Performance program will be also be participating
- two streams: improve your coaching skills or improve your orienteering skills
- good rates on accommodation at the Best Western in Invermere, including full breakfast. Book on-line for \$125 or less for a room with 2 queen beds. http://www.reservation-desk.com/hotel/207235/best-western-invermere-inn/?check-in=05%2F01%2F2015&check-out=05%2F03%2F2015&hotel_new_step_hid=1
- Hotel is directly across from the bakery and within a short distance of the sprint map.
- Great maps and open terrain.
- Great pricing

You will be able to find full details at this link:

<http://kootenayorienteering.com/events/view/1833>

**Congratulations to Albertans HPP members
Tori Owen, Will Critchley, Emma Sherwood and Michael Svoboda
See below their Biography with the authorization of Orienteering Canada**



Tori Owen:

Your 2014 results in Europe

WOC 2014 sprint – 24th in qualifier

WUOC 2014 – 47th in the sprint – 75th in Long – 83rd in middle

Also attended SOW, Jukola and local orienteering events in Stockholm and Uppsala Sweden.

Which of your 2014 result(s) are you most proud of and why?

I was quite content with my races at WUOC. Although I placed best in the sprint, I had so much fun running the long and middle and had great flow during my races. It was also a wonderful environment to compete in and the whole week was just a great experience.

What races are on your 2015 calendar?

I am planning to go to WOC 2015 in Scotland as well as Canadians in the Maritimes! I am hoping to get some other races in when I am in Europe too.

Which race/races are you most excited about for 2015?

I am quite excited about running in the heather in Scotland as well as orienteering on the east coast!

What is one place that you want to orienteer in, but haven't had a chance to yet?

I have yet to go or orienteer in the Maritimes and I am very excited about this year being the year I get to do both!

What is your favourite post-race indulgence?

Chocolate... although that is not an exclusive post race indulgence...

What goals do you have for 2015, outside of orienteering?

I am hoping to make it down to Yosemite this spring and do some big wall climbing. Climbing something like half dome would be sweet. I am also taking a critical care nursing course and hope to finish the course work for that in 2015.



Will Critchley

Your 2014 COC results

Middle – M21E – 2

Sprint – M21E – 1

Long – M21E – 4

What races are on your 2015 calendar?

World Championships 2015 in Scotland and the Jukola Relay

Which race/races are you most excited about for 2015?

The ones I haven't heard about yet that I decide to go to on a weeks notice.

What is one place that you want to orienteer in, but haven't had a chance to yet?

Japan, amongst blossoming sakura.

What is your favourite post-race indulgence?

If I DQ, I go to DQ.

What goals do you have for 2015, outside of orienteering?

I'm not aware of anything outside of orienteering.

Will is a member of Orienteering Canada's 2015 High Performance Program



Emma Sherwood

Your 2014 Europe result

JWOC sprint: MP
JWOC long: 115
JWOC middle quali 3: 32
JWOC middle B final: 33

List your 2014 COC results

Unfortunately I was sick during the COCs :-(W20E:
Middle:10 Sprint:7 Long:DNS

Which of your 2014 result(s) are you most proud of and why?

I'm most proud of my NAOCs Sprint, in which I won the bronze

medal because I had struggled with sprints most of 2014 and did well speed-wise and in regards to decision making, navigation, and trap avoidance. I only made a mistake on the control at the start of the finish chute and I was faster than many athletes who are normally faster than me. Also my two middle races at JWOC because I stuck to my plan of going slower to avoid mistakes in the terrain, even in a situation I might be pressured to go faster, and even though I had struggled with that type of terrain in training, my plan paid off in the race and it turned out to be my best race(s) at JWOC.

What races are on your 2015 calendar? JWOC, possibly COCs, other smaller races

Which race/races are you most excited about for 2015? JWOC!!!

What is one place that you want to orienteer in, but haven't had a chance to yet?

Norway or other Scandinavian countries

What is your favourite post-race indulgence?

Honey Stinger dark chocolate cherry almond bars

What goals do you have for 2015, outside of orienteering?

Finish high school, get accepted into university, start university.

Emma is a member of Orienteering Canada's 2015 High Performance Program



Michael Svoboda

Your 2014 Europe race results

JWOC 2014 Sprint – (2nd Canadian) – 121st
Middle – Alpe Adria – Middle Elite M21+ – 63rd
Sprint – Alpe Adria – M21+ – 40th out of 103
Long – Alpe Adria – M21+ – 45th
WUOC – Grand Prix of Kromeriz Sprint – M21 – 11th place out of 46

Which of your 2014 result(s) are you most proud of and why?

The JWOC sprint because I had a relatively good race and was able to keep it all together on my first.

What races are on your 2015 calendar?

10th Annual Vancouver Sprint Camp

Jukola 2015

Norsk O-Festivalen

JWOC 2015

O-Ringen 2015

What is one place that you want to orienteer in, but haven't had a chance to yet? China.

Which race/races are you most excited about for 2015? JWOC sprint, middle and long.

What is your favourite post-race indulgence? Water.

What goals do you have for 2014, outside of orienteering?

Climbing – climb a 5.13c

Academic – get my 4 main subject average above 90% in school, and maintain it there. (2014-2017)

Running – decrease my current time 19:50 to below 18 minutes for a 5km on track (2014)

Running – run at least 3 peaks of the Canmore 4 Peak challenge in one day

Michael is a member of Orienteering Canada's 2015 High Performance Program



AOA SCHEDULE 2015

April 22, EOOOC opening season
April 29, FWOOC opening season
May 2-3: Kootenay Training & Coaching Camp: Invermere, BC
May 10th, Morningside, AB
May 16-17: Sage Stomp, BC
June 6-14: National Orienteering Week
(<http://www.orienteeing.ca/events/national-orienteeing-week/>)
July 3-5: WCOC, Whitehorse, Yukon:
(<http://yukonorienteering.ca/wcoc2015/index.html>)
Aug 14-23: COC: NB, NS & PEI: (<http://www.coc2015.ca>)
Sept 19-20: Alberta Champs: Calgary Area
Nov 7-8: AOA Leadership Retreat, Alix AB
Nov 7: AOA AGM, Alix, AB

For a complete list of the upcoming events in Alberta, please visit the link below:

<http://www.orienteeingalberta.ca/index.php?id=143>

If you have any questions you can send an email to:

Pascale@orienteeingalberta.ca

WCOC – COC 2016.....Eduard Spelier

Mark your calendars: FWOOC and EOOOC are organizing the 2016 Icefield Parkway Orienteering Festival featuring the 2016 WCOC and COC. The week will kick off on July 23rd with the Western Canadian Championships which will be held on the refreshed Blue Lake maps close to Hinton. The weekend after the Canadian Championships will take place in and around Canmore and Banff.

For complete information you can look at the website:
<http://www.coc2016.ca>

If you have any question, wish to volunteer you can contact Eduard Spelier at: Eduard Spelier: e.spelier@gmail.com

Cheers

Vancouver Sprint Camp - A First Timer's Perspective.....Marsha Fehr



I had the pleasure of participating in the Vancouver Sprint Camp for the first time. I went into it with not a little trepidation – I don't run really fast, and my orienteering could use some work. As a member of FWOC, I have big o-shoes to fill – I'm never quite as fast as the Fast Women of Calgary. Marion O (one of those Fast Women) was urging everyone to go, so I went hoping to pick up some tips on how to make the FWOC "title."

Brent Langbakk, the coach this year, did his best to help with that.

In fact, Vancouver Sprint Camp lived up to its billing; it was terrific. We had a lot of awesome orienteering on some really fun terrain. Ten events in three days – you'll never get such intense learning anywhere else. With five training sessions planned, there was a lot of coaching available; you had to have come prepared to listen to the expert and work hard to apply that advice to get the most out of the weekend.

Each session had a different focus, and while it was billed as a sprint weekend, much of the advice could be applied to any race - sprint or no. We worked on such techniques as precision compass, maintaining contact with the map, relocation, map folding, staying focused, and visualizing post-race. Check out the 2015 Program for all the details. (<http://data.whyjustrun.ca/files/1/7/XaGDbmznOI18aj1K9Yf7Cg.pdf>)

Training sessions were intermixed with five SI-timed races at which to utilize the training techniques. The terrain was a mixed bag with most being at least partially forested with the exception of the PNE one man relay event. All the races were great fun. There was also a post training swim planned prior to the group suppers on Friday and Saturday so a real sense of camaraderie was built.

At the two suppers, Brent offered some sound advice in his two talks. While Saturday, with its five events, was a little busy, it was totally doable. I really feel that GVOC has created a great package of activities.

On top of the great orienteering, GVOC has established a billeting network that is amazing. Joanne and Stan Woods opened their house to me, my daughter and two other athletes. They accommodated our eating preferences and even provided chauffeur services! Truly first class kindness. Of course staying with the Woods added its own challenge - Joanne was usually the fastest woman in the expert category; I'll have to get a lot faster to beat her!

Albertan Teens in SPOTTKitty Jones

(Sass Peepre Orienteering Training for Teens)

James C, Tyson M, and Isaac S (all FWOC juniors) are three of the eight juniors who are participating in the 2015 SPOTT Online Training Program. Adam Woods (currently a UBC Engineering student) is leading this program, which consists of 10 1-hour skype sessions (one every 2 weeks). So far they have had 4 sessions covering Sprint, Middle and Long distance disciplines (what's unique about each one) as well as the Catching Features game (Eric Kemp helped to introduce this).

SPOTT is an on-line program for orienteers aged 13 – 18. SPOTT builds smarter, more prepared orienteers through off-season, on-line discussions, activities, games and mentoring. SPOTT also seeks to expand the teen athlete's orienteering community by extending the opportunity to interact with orienteers of like ages from just summer to year-round.

SPOTT aims to facilitate the goals of teen orienteers in whatever role you seek, be it athlete (HPP or other), coach, event organizer, or mapper, as you continue to grow in orienteering. SPOTT will provide coaching, training and mentoring. SPOTT will include some exposure to mapping, coaching, course setting and event organization.

Most participants will be at the "Train to Train" stage, with some being at the "Learn to Compete" stage (see Orienteering Canada's LTAD Guide).

Further details about the 2015 SPOTT program are available :

<http://www.orienteering.ca/2014/12/sass-peepre-orienteering-training-for-teens/>

And here's the link to the 2015 SPOTT page :

<http://www.orienteering.ca/2014/12/spott2015/updated> by Coach Adam.

If you want to find out more about SPOTT, contact Marsha Fehr, Karen Martino or Kitty Jones.

All for now



NAOC STORY.....Justine Scheck

Last fall a team of juniors from Foothills Orienteering travelled to the North American Orienteering Championships. I had the pleasure of travelling with them and providing coaching at the event.



Growing up training for orienteering, I didn't have many training partners in Whitehorse but I had friends across the country that I got to see a couple times a year at competitions. Ten years ago I went off to the NAOCs in Ohio with my sister, and my coach, Ross. Ross always had endless amounts of advice and tips, but I don't remember exactly what advice he gave me on the model map, what race goals we came up with, or how I placed. I do remember hanging out with my good buddies from New Brunswick, and meeting American Juniors that I would see again two years later at JWOC, and just having a great weekend of racing that would keep me motivated to do training runs on my own until the next event.



Travelling to an event like this is a key piece of a young orienteers career. Whether they stand on the podium, have a tough race, or have the best race of their life and still come in middle of the pack it's a valuable learning experience. It's an opportunity for them to meet youth that share their passion, feel a sense of accomplishment after a season of hard work, see what they have to work on, and learn what a weekend of competition is all about. It's also an opportunity to see what could be ahead for them.

I witnessed a lot of really neat things at this event. There was a great showing of young elites (M/F 17-20), and it was wonderful that the event made a point of showcasing this group in the flower ceremonies along with the elites. Of course there was no lack of stellar athletes for the young juniors to look up to, but I also noticed many of the young adults I used to race with were still part of the orienteering community and taking part in the event in leadership roles.

Meghan Rance would start early and come back to announce in the stadium. Our friends from Don't Get Lost were also in attendance, supporting their juniors and running. Jeff and Jennie had excited the nearby schools and communities, teaching them how much fun indoor orienteering can be which we got to witness during the opening ceremonies as a local hockey team navigated their way around the rink. Other young adults were leading clinics, running the marketplace, and helping organize various components of a spectacularly run event.

Travelling to the NAOCs was a positive experience for the whole group. I was very impressed by the effort our juniors made, putting together some great races against a strong field of juniors, and especially by those that made improvements over the course of the weekend. I can only hope that their race weekend was both fun and eye-opening, and that our great group of juniors continues to push themselves to explore their orienteering potential in any aspect of the sport.



AOA HONORARY MEMBERS

Honorary life membership is awarded to persons who have given outstanding service to Orienteering as recommended by the Board of Directors and whose nomination was approved at an Annual General Meeting.

In 2013 the AOA awarded Charlotte MacNaughton an Honorary membership, in 2014 Adrian Zissos was the selected recipient.

Congratulations to you both and thank you for everything you bring to the world of orienteering



Here is the up to date AOA Honorary members who have contributed to make orienteering what it became today

- * Jim Webster
- * Nancy Craig
- * George Murphy
- * Peter Wong
- * Charlotte MacNaughton
- * Adrian Zissos





Wayne Best
Vice-President



Kitty Jones
President



Marion Owen
Treasurer



Sherry Haley
Secretary



Andrée Powers
VP Skills and Development

The AOA Board of Directors 2015



Don Riddle
VP Mapping



Karen Martino
VP Skills and Development



Pascale Lévesque
Executive Director



Kim Kasperski
Past President



Peter Gwinner
Member at Large

If you are interested in getting involved on the Board or if you want more information, send an email to: Pascale@orienteeringalberta.ca



Follow the latest news about Orienteering Canada on their website: <http://www.orienteering.ca>

The link to subscribe to their Newsletter is: <http://eepurl.com/wgNC5>

AOA T-SHIRT FOR SALE

The AOA still has technical t-shirts for sale, if you are interested in purchasing one please send an email to: Pascale@orienteeringalberta.ca



The Atak: \$45

The Boulder short sleeves: \$35

The Boulder long sleeves: \$40

For more details and to see samples click:

<http://www.orienteeringalberta.ca/docs/AOA%20T-SHIRT%20for%20sale.pdf>

Coaching requirement

We at the AOA Board just wanted to remind you of the upcoming coaching opportunities if this is an area of interest to you. A great way to give back to the sport that you love to participate in! Orienteering Canada has provided an outline of the steps involved in pursuing your competitive orienteering coaching certification. Bill Anderson sent out information in January referencing the new Orienteering Canada COMP-INTRO Coach. This program will be presented as a pilot project in the summer of 2015. (Details pending) In order to take this step there are two other levels of coaching training that you must have. First is the Community Coaching Course. The second part of the process is ensuring you take the appropriate Multi-Sport coaching modules offered through our Provincial Sport Organization.

Refer to the Alberta Sport Newsletter for dates of the upcoming Part A and Part B modules, http://albertasport.ca/media/345408/newsletter_winter_2015.pdf. Those interested in taking part in the pilot project of the new Comp-Intro Coach for orienteering this summer need to ensure they have the required course/modules.

Please feel free to contact the AOA if you have any questions.

Pascale@orienteeringalberta.ca

PICTURES AND CONTENT NEEDED FOR OUR NEXT

The AOA is currently looking for pictures, articles or any content that you would like to share for our next edition of the newsletter.

If you are interested in contributing please send an email to: Pascale@orienteingalberta.ca

AOA CONTACT INFORMATION

Alberta Orienteering Association
PO BOX 1576
Cochrane, AB T4C 1B5
403-981-4444

Pascale@orienteingalberta.ca

To remove your name from our mailing list or if you have questions or comments please contact Pascale at the AOA office at pascale@orienteingalberta.ca or call 403-981-4444



Alberta
Orienteering