



**Alberta
Orienteering**

The Reentrant

April 2016

FROM THE EXECUTIVE DIRECTOR.....PASCALE

As a new season is just about to begin, we can't say that 2016 doesn't look promising and filled with so many exciting events.



Looking at the calendar you will see that the start of the season is pretty busy with the Prairie Opener in Rumsey - 30th of April, the AOA Training camp near Sundre 13-15 May, and the AOA Champs in Blackfoot Recreation Area May 28-29, there is plenty to choose from or to do them all to get you started.

We also have to mention that the WCOC-COC preparation is well underway and so many volunteers has already put so many hours to make these two events fun and successful.

At this point we want to wish you a great and safe season of orienteering.

Funding Provided By:



FROM THE PRESIDENTKITTY JONES



By the time you read this, the 2016 spring orienteering season will have begun.

When the snow leaves the forest, there are fresh new sights, sounds and smells to entice you out into the GREAT OUTDOORS!! Orienteering events take you to cool places in your neighborhood, your province, your country and even other countries – places you would never see otherwise.

It's never too late to make a New Year's resolution. Would you like to get out more? To get more exercise? To meet new people? To visit new places? The spring orienteering season is the time to do any or all of those things. Make a point of checking out your club's website on a regular basis. That's where you'll find up-to-date info about local, regional and national events, education programs and resources.

FWOC (Calgary): <http://orienteeringcalgary.ca/>

EOOC (Edmonton): <http://www.orienteer.ab.ca/>

AOA (Alberta): <http://www.orienteeringalberta.ca/>

Orienteering Canada: <http://www.orienteering.ca/>

We are excited to be hosting 2 major championships this summer. Mark your calendars now for the Western Canadian Championships near Hinton July 23-25 and the Canadian Orienteering Championships in the Canmore area July 30 – August 1. You might think that only competitive athletes can attend these events – wrong! We warmly welcome non-competitive participants – there are courses for everyone, including beginners! Details are here: <http://www.coc2016.ca/>

Volunteers are a vital part of all aspects of orienteering. These championship events are no exception. Please consider giving us your time and enthusiasm! Volunteering is a window to unexpected opportunities. We all need to feel wanted. We all need a purpose to feel worthwhile. We all like to be “one of the gang”. We all benefit from meeting new people, making new friends....and hey, you might even meet your future best friend – or maybe even your future spouse (that's what happened to me!!)

Hope to see you out on an orienteering map somewhere this year!

Kitty Jones



AOA TRAINING CAMP 13-15 MAY, 2016

This year we are pleased to have the chance to have Jeff Teutsch as master coach and Dorothy Penner as assistant coach.



Draft Schedule

Friday night: Presentation - overview of the weekend and map reading / visualization

Saturday AM: Coyote Canyon middle distance training with Sport Ident followed by simplification exercise using same controls

Saturday PM: Line-O Reverse corridor (you need to stay in a strip of blanked out map) exercise - goal is to figure out what you need to read to stay on or in your line

Saturday night: Presentation - how to do a good course review and learn from your mistakes

Sunday: Route choice / long distance training with focus on identifying and visualizing key features (similar exercise for both intermediate and advanced levels but with different course difficulties)

Training camp will be open to adult Intermediate and Advanced orienteers.

For all "junior" or "SOGO" level 3 orienteers, registration will be evaluated individually. The participant needs to be able to orienteer in the forest, and they need a chaperon that can follow them and orienteer at every session.

Participation will need to be approved before they can attend from the Head Coach Jeff Teutsch and the Assistant Coach Dorothy Penner and the Skills and Development Directors Andrée Powers and Clarence Kort. (If for any reason they will not be allowed to participate, they will have a full refund.)

The Accommodation: at the Brownell Children's Retreat (formerly James River Children's Retreat) Sundre

The maps that will be used for the training are: Beaver Lake, Coyote Canyon & Snake Hill

Cost: April 22nd until deadline May 1st:

Cost includes : the training sessions, material, accommodation and meals.

AOA Members: \$250

Non AOA Members: \$270

AOA-Junior members: \$200

Chaperons that will be "shadowing only"- they are only paying for accommodation and meals. : \$90

For any question please send an email at

pascale@orienteeringalberta.ca





VOLUNTEERS NEEDED

AOA CASINO

Saturday & Sunday, June 11-12, 2016

Casino Edmonton - 7055 Argyll Road - Edmonton, AB T6C 4A5

We are still looking for volunteers: if you have some availability and are interested in helping to fill a position- here is where we need people:

Saturday June 11th, night shift:

1 X General Manager : 6:15 pm - 3:15 am

General Manager: Responsible for the overall continuity of the casino. Makes sure all volunteer staff arrive and if not, has access to reliable "back-up" volunteer phone numbers. Some data entry experience is required. Can fill in for any volunteer positions for a short period (not a complete shift) of time if needed.

Sunday June 12th, night shift:

1 X Chip runner 6:30pm - 3:15 am

Chiprunner: Delivers chips from the Banker to the game tables as required. Will count chips with the gaming floor staff as required. A fair amount of easy data entry is required.

2 X Count Room: 11:30 pm - 3:30 am

Countroom Staff: will sort and use money counting machine to count money. Some data entry required.

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



COC UPDATE By..... Eduard Spelier

2016 will be an exciting year for orienteering in Alberta, mainly because we're organizing the Icefields Parkway Orienteering Festival in late July (July 23rd until August 1st). Two weekends of great orienteering on beautiful maps on either end of the Icefield Parkway. The first weekend at the revamped maps at Blue Lake just north of Hinton. EIOC will host the Western Canadian Orienteering Championships. The next weekend, FWOC hosts the Canadian Orienteering Championships in the Bow Valley. So far the registrations are going well and excitingly we'll have competitors from all over the globe (Belgium, England, Scotland, Russia, Switzerland, Australia and the USA).

The Canadians will start with the Middle race on the Rafter Six map. Courses will be set by Don Bailey. On the Sunday, the Long race will be at the Canmore Nordic Centre (courses set by Jane Rowland) and on Monday we'll conclude with the Sprint, also at the Canmore Nordic Centre with courses set by Marion Owen. All three races will be World Ranking Events!

You can find all relevant info on the website <http://www.coc2016.ca/>.



WCOC Report

Submitted by..... **Mary-Lou Hogg**



Plans for the 2016 Western Canadian Orienteering Championships, part of the Icefields Parkway Orienteering Festival, are well underway and it's gearing up to be a fantastic event, both for participants and volunteers.

The dates for the races are Saturday, July 23, for the Middle distance race, Sunday, July 24, for the Long distance race and Monday, July 25, for the Sprint race. The WCOC races will all be held within the William A Switzer Provincial Park, about 20 km north of Hinton, same location as the annual July long weekend Blue Lake orienteering training camp from years gone by. The terrain is excellent for orienteering, according to Ales Hejna and Martin Poklop, the two Czech mappers who made the maps that will be used for the 2016 WCOCs. Those of us who ever attended the training camps there have wonderful memories of the excellent, physical terrain of this area. Geraint Edmunds and Greg Yarkie, experienced course planners from EOOO, will be setting challenging and fun courses for participants whether you're running in your competitive age class or challenging yourself on a more recreational level.

The WCOC banquet will be held Sunday evening at the Hinton Legion Hall for those who have purchased tickets, a welcome feast after the Long distance race earlier in the day.

We are indeed fortunate to have the O-Store planning to be present at the WCOCs, a great opportunity for orienteers to shop in-person to add to and upgrade their gear. The O-Store sells a variety of goods for orienteers from compasses to SI punches, shoes to shirts and pants, gift items and much, much more. Check out their website at www.o-store.ca.

Camping is available at several campsites within William A Switzer Park, closer to Hinton or in Jasper National Park. A variety of other accommodation- hotels, motels and B&Bs, is available in or near Hinton as well.

After the completion of the WCOCs, the Icefields Parkway Orienteering Festival will continue with the Canadian Orienteering Championships and related events being held west of Calgary the following week and weekend. For more information about the WCOCs and Icefields Parkway Orienteering Festival, or to register for the events, check out www.coc2016.ca.

To volunteer for the WCOCs, or if you have questions about volunteering for the WCOCs, please contact our Volunteer Chief, Peter Mackenzie at pmackenz@yahoo.com.



CELEBRATING VOLUNTEERS

GEORGE MURPHY

Orienteering builder, to be inducted into the Edmonton Sports Hall of Fame

George Murphy, a key founding member of the Alberta Orienteering Association (AOA), EIOC and a Life Member of the AOA, will be inducted into the Edmonton Sports Hall of Fame at a ceremony in Edmonton on June 13. He will be inducted as a “Builder” for, amongst other things, his work with orienteering in Edmonton, Alberta and Canada. His picture will be hung in Edmonton City Hall after the formal induction.

After attending the first National Orienteering Leadership Clinic, organized by Sass Peepre in 1974 in Guelph, George got orienteering started in Edmonton in the 1970's. For more than 2 decades, he ran orienteering events for EIOC, taught courses and clinics, and assisted in the development of O maps through the Edmonton river valley and parks system. He was a member of the organizing team that hosted Western Canada's one and only Orienteering World Cup event, which has held near Caroline in 1990.

He worked with Juri Peepre to establish and organize the Blue Lake Orienteering Leadership and Training Clinics which took place for 25 years in a row at the site of the 2016 Western Canadian Orienteering Championships, near Hinton. These clinics made a huge impact on the development of western Canadian orienteering. There was always a mixture of representation from Alberta, BC, Manitoba and the Yukon; there were a variety of terrific Canadian and Scandinavian master coaches; participants learned many technical skills here and then passed them on to their local club members; and the crazy fun times were outstanding! The Blue Lake Follies gave our laughing muscles such a workout they were almost as sore as our running muscles on the drive home!

In addition to George's early work bringing the sport to Edmonton and Alberta, he was team manager for the Canadian Ski Orienteering Team at two Ski O World Championships, in Italy and Bulgaria, and was the meet director for the first Ski O event ever held in Canada. He assisted with the World Masters Orienteering Championships near Edmonton in 2005. He served on both the AOA and Orienteering Canada Boards of Directors.

George had a significant sporting life outside of orienteering. He had a first degree black belt in judo, was a member of the U of A judo team, and he ran a dojo in Edmonton, first in his basement and then in a school gym, likely one of the earliest ones. He was a certified cross country ski instructor before that sport was much of a Thing. As an Edmonton City Parks and Recreation employee, he helped

shepherd through several indoor soccer facilities.

Here's George's reaction: *"As is often the case the honour is not mine alone. There are so many people who were companions along the way..... And most of all, it was fun. Doing what we did and do, not for any honours but to open people up to so many wonderful aspects of the world around us and to take advantage of that while still being able to be goofy and have a ball."*

We congratulate George, and thank him warmly for his contributions to our sport.

Kitty Jones, Derryl Murphy, Jim Webster, Juri Peepre

CELEBRATING VOLUNTEERS



Picture from the Kimberley Rotary

JIM WEBSTER

On March 9, another great man who has done a lot for orienteering, Jim Webster has just received 2016 the Paul Harris Award which is presented to community volunteers.

If you want to read more about Jim and this Award you can go to the Kimberley Daily Bulletin link:

As a new season is about to start, it is a good opportunity to thank everyone who made the practice of the sport possible in Alberta. Without the efforts of so many dedicated people, Orienteering will not be possible.

THANK YOU



WORLD MASTERS GAMES APRIL 2017 - Marion – Jane – Christin

The World Masters Games is the world's largest multi-sport event. Held every four years, it is the pinnacle sporting event for masters competitors worldwide. In supporting the Olympic Games ethos of 'sport for all', the goal of the World Masters Games is to encourage participation in sport throughout life. Competition and camaraderie are equally celebrated.

World Masters Games covers a wide variety of sports, from archery to weightlifting and including orienteering. Many of you will remember 2005 when they were held in and around Edmonton. We had over 1000 orienteers and it was a fantastic competition. So, some of us from Calgary (and I'm sure a few Edmontonians), are already planning on taking part! The format has changed slightly in that they now include a sprint as well as a long distance. There are classes from 35+ all the way up to 95+!!

Here's a brief overview of the schedule:

Oceania 2017 takes place prior to WMG and is also in the Auckland region

Friday April 14th (Good Friday) – Thursday April 20th. The last two days of competition are on Middle Earth!

World Masters Games Orienteering:

Friday, April 21st – Opening Ceremonies

Saturday, April 22nd – model – sprint

Sunday, April 23rd – sprint qualifier

Monday, April 24th – sprint final

Tuesday, April 25th (ANZAC day) – model – long

Wednesday, April 26th – long qualifier #1

Thursday, April 27th – long qualifier #2

Friday, April 28th – rest day! ☺

Saturday, April 29th – long final

Sunday, April 30th – Closing Ceremonies

So, a full 2 weeks of activities, never mind ALL the other stuff to do! We think that it will be best to do the sightseeing etc. prior to the orienteering as that will likely have the best weather.

<http://oceania2017.nz/>

<http://www.worldmastersgames2017.co.nz/the-sports/find-your-sport/orienteering/>

The web sites have all the information, with map samples etc.





Camp Independence - Outreach Opportunity for FWOC Clarence Kort



Early in 2015, FWOC was contacted by an Occupational Therapist working with disabled children at the Alberta Children's Hospital. She wanted us to present some two hour sessions, as part of a program to promote independence in older teenagers who were transitioning to adult care programs. She thought that orienteering's skill set - map reading, route finding, decision making - might be useful!

And so it was. We developed and presented two sessions, in July and August, to about 8 young people each time. Some were in wheel chairs, while some were able to walk well. ACH staff members assisted our 6 FWOC volunteers, in guidance and supervision.

Our sessions began with one hour of class time. We reviewed some concepts about maps and route finding, and focused particularly on the Calgary transit system. Attendees learned about symbols and orientation, on different kinds of maps, and they practiced planning a route. Before going outdoors, we introduced and reviewed the orienteering map of the ACH.

Great enjoyment followed, as everyone grasped the idea and use of the SI system. The group quickly splintered, as some members began to drive the wheel chair more quickly, or even to run! Most people finished two of the three courses. I think everyone had a lot of fun.

We've been invited back! There will be another session of Camp Independence in August, 2016.

I'll be looking for volunteers!



All Sport One Day - A Chance to Showcase Orienteering Clarence Kort

Once a year, Sport Calgary presents All Sport One Day, a day for kids (and parents) to try out new sports. Charlotte McNaughton and Adrian Zissos were quick to realize that this was a chance to highlight their favorite sport! So, starting back in June of 2010 (or so), FWOOC volunteers have been meeting in Lindsay Park, to help to introduce orienteering to newcomers and their parents. Our club has attracted some of these children to our adventure running program, SOGO.



Every third Saturday in June, (usually a beautiful, sunny day), we meet at a civilized hour, in Lindsay Park. We set out SI controls, and set up SOGO's agility loop, and our reception area. By 10 am, about 10 volunteers are ready and willing, as the first group of children, aged 9 to 12 years, arrives. Group size is capped at 20 children.

After a brief orientation to the use of SI timing, off they go, racing around the agility loop, trying to better their loop times. One year, a young girl did the loop six times! Meanwhile, volunteers schmooze with their parents, talking about our sport.

Our compressed version of orienteering (because we have less than one hour) involves three of four simple courses of increasing length, starting at 400 meters. We do use SI timing, though, because the kids love that! Our volunteers provide close supervision and coaching throughout the races.

There are four sessions during the day, with a 30 minute break for lunch, so the event wraps up by 4:30. Control pickup and site take down are simple, so we can be on the road home by 5:30.



Lindsay Park is an excellent site, with clear boundaries, and good sight lines. And now we have an updated map! All of the other sports are offered inside the Talisman Center, so the children are happy to come outside, breathe clean air, and run around in the sunshine.

All Sport One Day is a great initiative, to promote physical activity, and I'm pleased that we can use this day to introduce orienteering to Calgary's kids and their parents.



HOT NEWS....

A WORD fromEOOC NEW PRESIDENT

Peter MacKenzie

I started the sport of orienteering in 1980 at the age of 7, in Innisfail Alberta, at a meet organized by Sven Jonsson. At this time orienteering was relatively new to Alberta, and for that matter, Canada.

After a break of 5 years I orienteered competitively from 1985 to 2000 representing the Parkland Orienteering club (central Alberta) and eventually, the Lost Boys Orienteering Club. From 1991 to 1993 I was on the junior national team for Canada and participated in JWOC in 1991 and 1993. My 32nd place result in the long distance is still a record for Canadian (male) juniors today. I spent one year in Switzerland, 1992 to 1993, training with several Swiss athletes who had just come off of winning the world relay championships. Throughout the 1990s I participated in world cups in Europe and was invited to represent Canada in World Championships. I attended and coached at Sass Peepre camps as well as O camps in Alberta.

In the mid to late 1990s I also competed as a cross country skier for the Alberta cross country ski team and the University of Alberta. This afforded me experiences in the World University Games in 1995 and in 1997. Ask me sometime about meeting the King of Spain in 1995!

My mapping experience started in 1989 under the tutelage of Sven Jonsson. Back then we used mylar and painstakingly drew each colour layer by hand. Since then I had OCAD experience mapping in Switzerland for the 1993 Swiss night orienteering championships, mapping in Red Deer, Innisfail, McKenzie Crossing, Calgary, Edmonton, and for the Yukon Orienteering Association.

As part of the Lost Boys Orienteering Club (LBOC), I took on roles of secretary, treasurer, and eventually president. As part of APOC 1990 we hosted what we called, CANSOC – the Canadian String Orienteering Championships. I am sure that the 3 legged racers are still cursing us for running the string over a barbed wire fence... I believe that Colm O'Halloran and Martin Pardoe were the 3 legged winners.

LBOC was a small club created by juniors of Alberta to create relay teams in the Canadian championships. Back then we had to create relay teams by club, rather than by province. Eventually, in 1993 we managed to win the Canadian relay championships with a team of Timothy Edmunds, Andrew MacKenzie, and myself.

In 1999 I became a Member at Large of AOA with the intent of giving back to the sport of orienteering in Alberta.

In the summer of 2000 I started my 12 year break in orienteering by moving to Dubai. I did, however, participate in the 2002 events in Alberta. I also introduced orienteering to my students at Dubai American Academy by setting up a course on the school grounds. I also made a map and courses in Sherwood Park for Cloverbar School (2006-2012).

In 2006 my family and I moved to the Parkallen community of Edmonton. Each fall, it seemed, I would pass by the hall the evening of the EOOO AGM and see many of my orienteering friends.

Finally, in the spring of 2012 I started back in the Wednesday night events of course I had to state: "What is this orientation thing?" as I approached Marilyn Edmunds at Dawson Park. That evening was a real sparks that ignited my passion for the sport of orienteering.

For the past few years I have been attending many of the EOOO/FWOC meets as well as teaching orienteering in Elk Island Public schools to both students and teachers (professional development days) and at Parkallen School in Edmonton.

I promote orienteering through interviewing (en français) with SRC (CBC), presenting at HPEC (Health and Physical Education Council), teaching, mapping, directing school events, and coaching.

I am very happy to take on the role of president for EOOO and hope to meet each and every club member at the various events in and around Edmonton.

Peter MacKenzie



2016 Sass Peepre National Junior Training Camp

For many years, Orienteering Canada's Sass Peepre Junior Development Committee has organized an annual training camp for juniors from across Canada. Junior athletes of all abilities from 11 to 20 years of age are invited to participate in the 3 day camp, which always has amazing volunteer coaches coming from the ranks of the Senior National Team, High Performance Programme athletes, ex-national team members, and parents wanting to help their kids. This year, the Camp will be held at Camp Jubilee, which is near the south edge of Cochrane, Alberta (a half hour drive west of Calgary).

Registration is here: <https://zone4.ca/reg.asp?id=11539> The early bird fee deadline is June 1. The regular fee deadline is June 30, after which there's a late fee. Registration closes on July 11.

This camp is run completely by volunteers. Contact Kitty Jones: kittyjones@shaw.ca to volunteer.



Picture Adrian Zissos

Marketing: How to get someone into orienteering?.....By Jeff Teutsch

The steps, broadly speaking, to get someone into orienteering, are surprisingly simple. They are, unsurprisingly this time, the same as those to get someone into any activity (or for that matter to get them feel a connection to any brand). Essentially, we're talking about the fundamental concepts of marketing:

1. Awareness
2. First contact
3. Follow-up opportunities
4. Enjoyment

Let me say at this point that I'm not a marketing expert but I have always had an interest in marketing and have been a long time as a coach, event organizer, and club volunteer, marketing our wonderful sport. It's not as hard as you may think (to make up a stat, 95% of people I talk to about orienteering end up saying either "Oh that sounds so much fun." or "My friend (or son, cousin, niece, etc.) would love that!"). But, it does require putting in place the 4 principles above.

Awareness

Simply stated, people need to know orienteering and/or the first contact opportunity exists. Typically this is what people think of when they think of marketing – getting the word out. But without well-structured opportunities to orienteer in place, there's not much point in getting the word out.

First Contact

This is the point when a newcomer to orienteering first orienteers (or rather does their first orienteering activity – it could possibly, but shouldn't, be a sit down orienteering clinic). Typically, awareness efforts should be in driving people to their first contact which should be low commitment (not a multi-week program) and super fun. The first contact needs to leave a good impression so the newcomer wants to come back and try more.

Follow-up opportunities

This is the coming back and trying more stage. These opportunities need to be well established in advance so you can clearly let people know during first contact what the follow-up opportunities are. You can have as many or as few follow-up opportunities as required but as the name implies, each opportunity needs to follow up on the previous.

Enjoyment

This one is pretty obvious – each step along the way needs to be enjoyable (or their needs to be some sort of enjoyable outcome) or they won't continue to the next step. The awareness step

needs to make the first contact, orienteering in general should sound enjoyable so they'll want to try it. The first contact needs to be enjoyable or they won't come back. And on it goes.

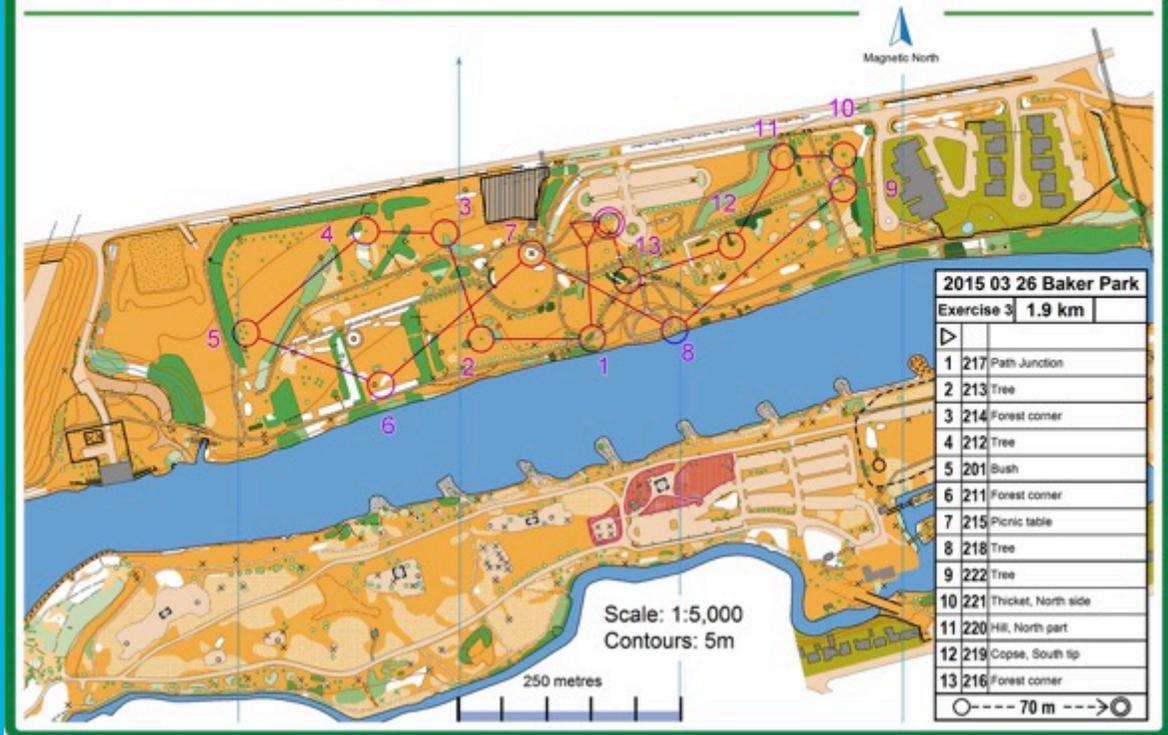
So what might this look like in practice?

As part of my work here with Foothills Orienteering I have been working to put in place a series of programs structured around the above principles, which I will now describe.



Exercise 1 from the Into to Orienteering Clinic at Baker park on March 26th.

Adrian Zissos has designed a brilliant first contact orienteering clinic. The clinic lasts an hour and a half and takes people from finding a handful of controls on a satellite photo map to completing their first orienteering course on their own with very little explanation and lots of hands on experience (remember: it needs to be enjoyable).



Exercise 3 (final exercise) from the Intro to Orienteering Clinic on March 26th. Participants had no trouble getting around this course after only 10 minutes of instruction and 30 minutes of practice on aerial photo maps

If they enjoyed their first contact we encourage them (on site and via follow-up email) to sign up for a Basics and Beyond program (the follow-up opportunity). This a 5 week program which starts a week and a half after the clinic so people have time to register and show up while their positive first contact experience is still fresh in their memory. We also let people know about local Wednesday night events but clinic participants made it clear they were more comfortable moving to a coached learning environment than jumping into an event / race. Those are intimidating and therefore less enjoyable to newcomers.

2 weeks after the last session of the Basics and Beyond program, we are starting a Basics and Beyond 2 program. This is the second follow-up opportunity – the next stepping stone as it were. After both Basics and Beyond 1 and 2, we will be encouraging participants to come out to Wednesday night events. We plan on offering an intermediate orienteering program in the fall as the next step in the learning progression, with the goal of ultimately creating competent advanced orienteers that are confident enough to participant in all levels of events including Canadian and North American Orienteering Championships and become advocates for our beloved sport.

With this structure, external promotions efforts are focused almost exclusively on getting the public out to the Intro to Orienteering clinics and the Basics and Beyond programs. Events that are not designed for newcomers are not marketed to newcomers. Therefore, with the exception of some general marketing of Wednesday events, all other club events are marketed to those within the club with some exposure to orienteering.

The Intro Clinics and Basics and Beyond programs have been promoted via Facebook ads and posters but it is anticipated that in the future the majority of participants will come through word-of-mouth. In order to facilitate this word of mouth marketing, we plan on hosting an Intro Clinic at regularly scheduled intervals (the first Saturday of every month for example) so participants can pass along that kind of easily remembered information along with a simple website address for more information.

FOOTHILLS
orienteering

Intro Clinics
Two hour hands-on
introduction to orienteering
Saturday March 26, 10am & 1pm
Saturday May 7, 10am & 1pm

Basics and Beyond Courses
5 week program for beginners
Tuesday April 5-May 3
Tuesday May 17-June 14

Find out more at
OrienteeringCalgary.ca

Your run. Your way.

OrienteeringCalgary.ca



AOA SCHEDULE 2016

EOOC: <http://www.orienteer.ab.ca/schedule/>

FWOC: <http://orienteingcalgary.ca/events/index/01-10-2015>

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

National Database , event calendar:

<http://www.orienteing.ca/events/national-database-event-calendar/>

If you have any questions you can send an email to:
Pascale@orienteingalberta.ca

WHAT' S NEW WITH MEMBERSHIP?

You are now able to buy your 2016 membership, the process is the same as last year, by buying your membership from your respective club (EOOC or FWOC) you are automatically considered an AOA member.

Membership needs to be purchase through your club:

EOOC : <http://www.orienteer.ab.ca/membership/>

FWOC : <https://zone4.ca/reg.asp?id=10691&lan=1&cartlevel=1>



AOA HONORARY MEMBERS

Honourary 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.

Here is the up to date AOA Honourary 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



Kitty Jones
President



Marion Owen



Clarence Kort
Secretary & VP Skills



Andrée Powers
VP Skills and Development

The AOA Board of Directors 2016



Don Riddle



Peter Gwinner



Pascale Henvey
Executive Director



Kim Kasperski
Past President

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



New Orienteering Canada resources for Junior/Beginner Programs

Orienteering Canada is excited to share the results of Phase 1 of the development of a national Athlete Development Matrix (ADM), which is a document that describes what skills athletes should be learning at each stage of development. On the LTAD webpage <http://www.orienteeing.ca/resources/long-term-athlete-development> you will find a series of tools to help instructors, coaches, and program administrators implement this matrix throughout their programs. These new resources include a Technical Skills Progression document, a Technical Skills Development chart, a set of Lesson Plans for an 8-week junior program, and a Lesson Plan template that can be adapted to different programs. This is a big step forward on the road to creating a complete ADM. A big thanks to Jeff Teutsch and Kate Knapp for their work so far.

We encourage feedback (via email to juniordevelopment@orienteeing.ca or in person to Kate Knapp, Jeff Teutsch, or Kitty Jones) as we move this project along.

Follow the latest news about Orienteering Canada on their website:

<http://www.orienteeing.ca>

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

CONGRATULATIONS

“Congratulations to Emma Sherwood and Michael Svoboda who have been selected to represent Canada at the Junior World Orienteering Championships (JWOC) 2016 which will be in Switzerland July 9-15. These 2 athletes have both been on the JWOC team before, and have been training hard over the winter. There are 4 girls and 6 boys on the team, with an additional male athlete as an alternate. The announcement and more details are here <http://www.orienteeing.ca/2016/03/jwoc-2016-team->

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@orienteingalberta.ca



The Atak: \$45



The Boulder short sleeves: \$35



The Boulder long sleeves: \$40

PICTURES AND CONTENT NEEDED FOR OUR NEXT NEWSLETTER

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

AOA CONTACT INFORMATION

Alberta Orienteering Association
PO BOX 1576
Cochrane, AB T4C 1B5

Pascale@orienteeringalberta.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@orienteeringalberta.ca or call 403-981-4444



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