

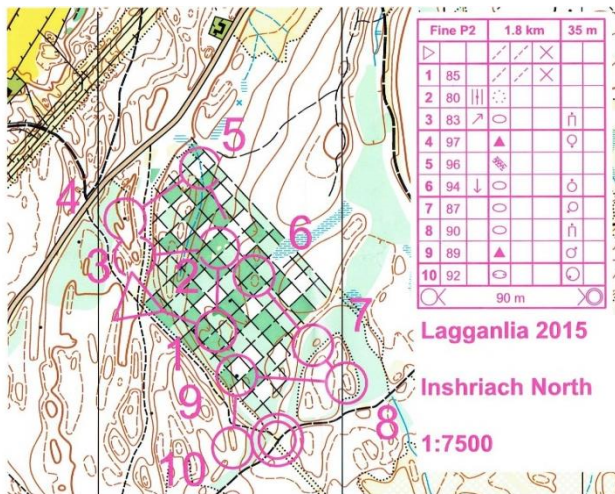
LAGGANLIA 2015

I was so happy to get selected for this year's Lagganlia training camp. The train journey was very long but I had a great time getting to know some of the boys. When we arrived at Aviemore it was a true Scottish day as it was raining! After arriving at Lagganlia and finding out that I was sharing a room with Rachel Collins the girls to know each other while watching a bit of CBeebies! After dinner we all got to know each other playing fun games with Brenda and Brian Bear. After everyone being a bit quiet to begin with we ended the day with a mega pillow fight.

Day 1

On Sunday morning we went to Uath Lochans. One of the coaches started by showing us a proper orienteering warm-up, then after this we did 100m pacing on track and terrain. We got into our training groups and were set different exercises by our coaches. I was in a group with Meg, Luke and Thomas. First of all I worked on bearings walking round with Tony Carlyle. We took it slowly and I learnt that I tend to go a little to the right but now that I have learnt this I know what to do to correct it. After this I went round on my own practising aiming off which I felt quite confident about. After lunch we did a relay and I was in a team with Anika and Dom – which was really fun! We were able to put into practice what we had learnt in the morning.

We then went to Inshriach, near Lagganlia where we did a checkerboard. There were coaches out on the course trying to distract us. This exercise was meant to help us keep our concentration and contact with our map at all times.



Day 2

We started the day by walking through a map looking at contour details and relocation. We were then set different courses to practice.

In the afternoon we went to North Granish where we were put into teams for a relay. I was in a team with Eilidh and Catherine. My first run went well but unfortunately I had a bit of a problem with one of the controls on my second run – it gave me some good practice at relocation though!

When we got back to Lagganlia we did four mazes where we were working on control flow. I came 2nd in one of them and was very happy.

Day 3

We spent the day working on the sand dunes at Roseisle, which was really fun. I had only run on sand dunes once so this was an excellent experience for me. We were working on catching features and attack points which I felt comfortable with but in a terrain I wasn't used to. We also worked on simplification where my coach, Zoe, gave me my map to look at and I picked out three features on the

way to my next control. She then took the map away from me and I had to find the control. It got easier with practice. In the afternoon there was a relay but unfortunately I didn't do this as I was told to rest my foot.

After a tiring day we had some fun on the beach ...



Day 4

Today we went to the Moor of Alvie for a middle distance race. We had a silent start, which was useful, as it was good competition practice. The course had a butterfly loop in it and it was great to practice what we had learnt during the week so far. Apart from a problem with one control, I was really happy with my run. We then went to Badaguish where we had a course with a double-sided map. This was a sprint-style race where we worked on quick thinking and good control flow. Again I was happy with my run although looking at my map afterwards there were a couple of route choices which could have been better.

As a bit of fun we went on the rings and I was absolutely rubbish but I did enjoy myself.



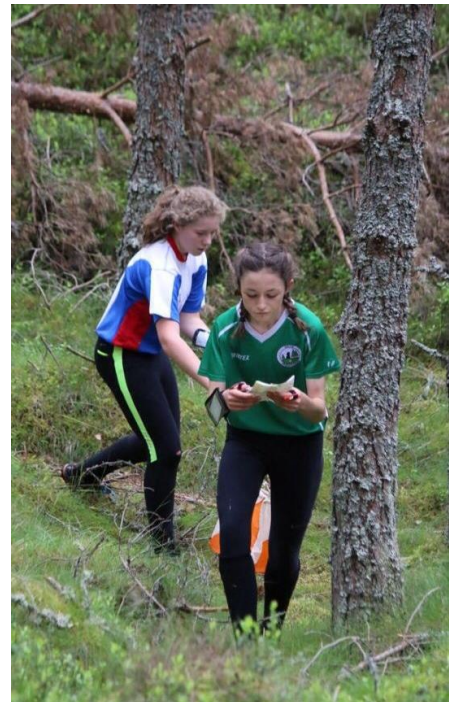
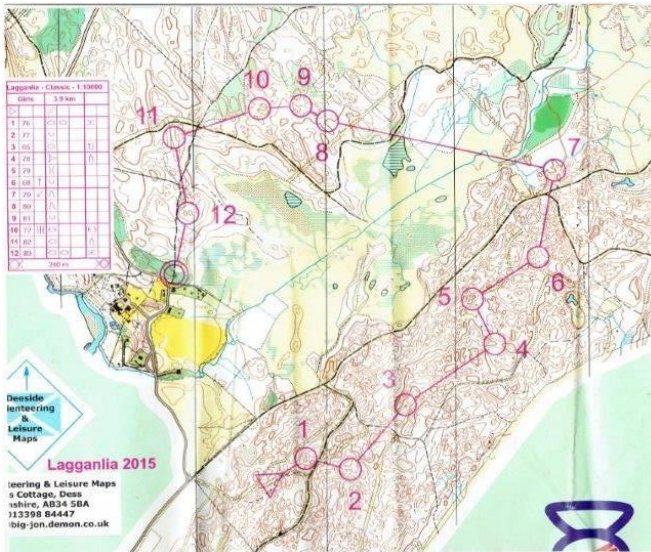
Afterwards we went to a Loch where we all had a great time swimming.

Day 5

Meg and I were partnered up at Granttown-on-Spey to do Talk-O. We took it in turns leading each other to the next control by describing the features on the map so we could work out where we had to go. After that it was time for the peg relay.

Day 6

Today was the classic race which took place at Lagganlia. I had a bit of trouble with control 2 but I soon learnt from my mistake and using some of the new techniques I had learnt during the week navigated the rest of the course well which I was pleased about because it was a green standard course. It was really helpful speaking to the others and comparing route choices afterwards.



As a bit of fun we did a relay which had a bit of a twist as you had to carry a balloon round with you.

On the last night we had our awards evening and I was awarded the 'Yellow Submarine Award' this was because I was so terrible at the rings. This was followed by Lagganlia's Got Talent where the girls were definitely the best!



I really enjoyed my week at Lagganglia and am very grateful to all the coaches for everything I learnt. I made lots of new friends, learnt lots of new skills and was then able to start putting them into practice at the Scottish 6 Days the following week!

