

## Summer Training Camps 2015

### Badaguish

I was very proud to be selected to train with the GB Talent Squad this summer at Badaguish. I knew it would be hard work and I would have to listen very carefully but the high intensity of the camp came as a bit of a shock.

Every day we had a long warm up to get our muscles ready. We did some very physical exercises so the coaches could see where we were and what we needed to improve upon. We travelled to some really technical areas and tested our orienteering on complex contours. Just by doing this, I could see what I needed to improve on and I wanted to try and practice all these new skills during the week. After every session we would also do a cool down. After each cool down I realised how important they were to do because I felt so good afterwards. We were also advised on nutrition.

In the tests we were put through during the week, they would compare us with each other. I found this hard because I was the youngest there and often found myself behind the older girls, some of whom were three years older than me.

It came as a surprise to me to discover at the end of the week that they were using the camp to select athletes for the GB Talent Squad for the year ahead. This probably explains why everyone was so intense and less friendly. Unfortunately, I was not selected for the Talent Squad but I am only the first year in my age group and I now know the areas where I am weaker. I have been given so much advice from the coaches so I can go away, get better and hopefully be selected next year.

The data they provided and the written assessment I received has given me areas of my fitness which would greatly benefit from specific work. These include an increase in physical fitness, particularly in terms of aerobic capacity, speed in terrain and strength on hills. My navigational abilities were considered to be of a high standard but improvements were suggested in my orienteering processes and techniques through more experience in technical terrain. It is important now for me to concentrate on these aspects of my training. It was also recommended that I can develop further using weight training, cross training and terrain training including hill work and on the advice of my coaches I will be working with the Human Performance Unit at Essex University and undertaking physiological lab testing to help me set my training zones accurately and specifically for my personal needs.

## Deeside

After the Scottish 6 days I moved to the JROS training camp in Deeside. This camp had a more relaxed, friendly feel. I was very pleased to have been invited to train at Deeside. Last year I went to Lagganlia and Deeside was a large step up as we had to be more responsible and we were all obviously more improved.

I learnt so much. I got shadowed a lot. This was helpful because they could pick out the pros and cons of how I orienteer. My coaches said I chose good routes, I just needed to execute them with accurate bearings and looking up.

The camp was more relaxed than I expected, however I believe this was a decision they made as everyone was so exhausted after such a busy summer including the week of competition that we did beforehand. I was particularly exhausted after two weeks of very physical work.

At the end of the camp, my coach, Charlotte, who was competing in WOC only the week before, complimented me on the talent I had shown. She noticed that the accuracy of my bearings had got a lot better and I was looking up at the shape of the contours and other features to get myself to the next control. I now feel a lot more comfortable and confident.

Unfortunately there wasn't much opportunity for photos at either of the camps but this is one of me at the Scottish 6 Days.



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