

## **SAOF Technical Portfolio Report April 2011**

### **SAOF Executive Meeting**

**23 April 2011**

#### **High-Performance**

Reports by High Performance Manager Nicholas Mulder and the Chair of the Selection Committee, Michele Botha, are attached.

Prompted by SASCOC, candidates were submitted for Operation Excellence, aiming to prepare athletes for possible qualification to World Games 2013. The selection committee nominated two male and three female orienteers based on the nature of the event, which is fast running in technically easy terrain. Nominations were submitted to SASCOC, no response has yet been received.

Following the Western Cape Orienteering Championships in early April teams have been selected for WOC and JWOC. A call for applications has been made for a Junior Team Manager/Coach (1 position).

The introduction of 3000m time trials appears successful in allowing for assessment of athlete progression through the season. It will also become important for benchmarking in the future, and should be continued.

A training camp was organised in the Cape prior to the Western Cape Championships, and appears to have been very beneficial for all attendees (8 members of various squads). Another training camp is planned for Belfast at the end of April. A point which needs consideration is the SAOF's position on whether interested non-squad members can attend the national squad camps if space and logistics allow. I suggest the SAOF leaves this call to the discretion coach in charge of the camp, who should be able to make a decision based on the logistics of dealing with extra numbers. The coach must make sure the non-squad member orienteers have sufficient orienteering and physical skills abilities to keep up with the program of the camp.

An ambiguity has been found in the High Performance documentation about whether the Selection Committee can add athletes to national squads mid-season. The HP documentation needs updating to clarify this point.

The rule that only competitors that have been paid-up members of an SAOF member club for three months or more can win awards at Province and National Championships

has also been questioned. A rewording has been suggested for the rules of orienteering in South Africa, to the effect that paid-up membership is required, but does not need to have been current for three months. The following change should be proposed at the SAOF AGM.

#### 4. Participation

4.1 To be eligible for medals, competitors at SA Championships, Gauteng Championships and Western Cape Championships must be a paid-up member of a Member club, and be a citizen of South Africa or have been resident in South Africa for at least 3 months.

The High Performance Manager raises concerns about lack of intermediate (between basic and National Squad level) coaching. This is an important point, and the Coaching Framework needs to be designed to fill this gap (see below and attached Coaching Framework draft).

### **Development of Materials**

In view of the aim to grow orienteering in several provinces, and the clear need to start more clubs, there is a need to develop material for a professional *Resource Pack* to be given to people interested in starting Orienteering in new areas. This is particularly important in view of creating an *Implementation Plan* for the expansion of orienteering.

### **Map Making**

A new map of the V & A Waterfront was used for the South African Sprint Championships in April, and shows promise to increase the exposure of the sport.

Focus should now be on accessible maps to new clubs in new provinces, with a focus on areas that can be used for new schools leagues.

Of course, it is imperative that new maps are also produced that can be used for championship level events.

## **Coaching Framework**

A report by the Chair of the Coaching Committee, Michele Botha, is attached. Note that this report includes the resignation of the Chair, for personal reasons. We thank Michele for her involvement and work done as Chair of this Committee, and a new Chair will be appointed in due course.

Based on information learned at a SASCOC coaching framework workshop in March, a draft Coaching Framework has been put together and is attached to this report. The Framework document is now circulated to the SAOF committee and the Coaching Subcommittee for comment. The framework is based on the LTAD plan for orienteering and on the expected format of the national coaching framework to be developed by SASCOC and distributed later in the year.