

Virtual Lagganlia

Due to covid-19, Lagganlia could not go ahead as normal, so the coaches came up with a virtual alternative which took place over 3 days. There was a morning, an afternoon and an evening session and sometimes an activity that we had to complete individually during the day. Our first zoom call on Tuesday evening was mainly about getting to know each other and talking through what we were going to cover during the week.

On Wednesday, we looked at compasses, comparing a baseplate and thumb compass and looking at different methods of distance judgement such as pacing and visualization. We also looked at different compass techniques such as aiming off. Then we had the opportunity to go out into terrain to test which methods worked best for us. Pre- Lockdown, I was using a thumb compass during events, and had never tried to use a baseplate and so was excited to test t both out. I generally found the thumb compass easier to use but the baseplate gave me more accurate bearings. I found visualizing a distance of 100m incredibly difficult and will probably never try to use it again, however pacing seemed to be mostly accurate for me. That evening we had a very interesting talk on distractions and concentrating, which I found very useful as I tend to make most of my big mistakes when I lose focus...

On Thursday we looked at contours and simplifying them. We started off with a kahoot which had some really tricky questions and some fairly simple ones. Then spilt into break – out groups to talk through some seemingly complicated legs and simplifying them. In the afternoon, we split into our coaching groups of around 5 people to do a simplification talk – o. This meant that everyone in our group had a blank map for 4 different areas and 1 with a course on it. The person that could see the course had to describe a route to the different controls using the simplification technique that we had looked at earlier. The other people had to draw where they thought the controls were on their empty map. This activity was really fun and also made us realise how we can easily over-think a leg.

During our Friday morning session, JWOC champion Fiona Bunn talked about race preparation and all we can do to make sure our race goes as well as possible. (Such as training in similar terrain, making sure all your o-kit is ready, warming up before a race etc.) We then spent the rest of the morning talking about planning courses and getting used to using purple pen. (I had used it before, but good to get some tips). In the afternoon we split into coaching groups to make courses and feedback to each other on them. I did a sprint for W14s. That evening we had a fun non – orienteering related quiz to finish off a great week.

Saturday training

One of the Lagganlia coaches, planned a small training session for a few of the athletes who lived within the area. This allowed some of the athletes to get to know each other in person. We started off in a fairly runnable area working on compass bearings with different compasses. Then we did 2 short courses that looked at aiming off and a corridor exercise. I managed to mess up the first control on the aiming off course by forgetting to aim off but relocated quickly. We moved to a different area in the afternoon, this time looking at contours. Probably the reason Windmill Hill was chosen. (Windmill Hill was used for the JK

middle distance 2019). To start off with, we split up into pairs and a coach to do a map walk. About half way through this it started to rain, very heavily. Our final activity was a clock relay in pairs. This involved taking an object out to the first control, then the next person would move the object from control #1 to #2. Then the next person would move the control from #2 to #3 and so on. The last person to go would move the object from the last control back to the start. The rain was a torrential downpour throughout the relay and everyone got soaking wet and freezing. My team came 2nd and we hadn't even finished the course because the weather was so bad. Many thanks to the coaches who organised the training in their own time!

