

# Intro

In 2023 I took over from Darren. 2023 was a hand-over period for me. My passion lies in human performance and high performance.

I have been an accredited coach and trainer from the age of 16. Starting out as a skiing and snowboarding instructor on club level. At 18 I got involved and coached the club's ski racing team. I started orienteering at the age of 8 and was selected to regional junior squad with 11 and federal junior squad with 14. I was a senior athlete with the Irish orienteering team and let the training camp for JWOC 2022, followed by being the team manager at JWOC 2022.

The 8 year plan for the senior squad is to restructure the team and team approach with the goal of having athletes consistently performing at mid to high level at Eurometing, EOC, WC and WOC.

This requires a shift in culture and evaluating the approach and mindset of high performance on the athlete level.

## 3 year+ road map

3 Year + plan

Year 1 - Pilot Phase

Year 2 - Testing

Year 3+ - Sustain

## **Year 1 - Pilot Phase - COMPLETED**

- Develop & implement Senior Squad team application form
- Set up monthly team meetings
- Create a second communication channel with the team
- Set performance bench marks for athletes aligning with international orienteering performance standards
- Establish social media presents
- Establish best behaviour documentation on social media for senior squad
- Establish access to experts in sports
- Roll out yearly competition calendar
- Establish accreditation/progression path for athletes ( 2 year athlete planning )
  - 1. WRE events -> 2. World Cup events -> 3. Euromeeting -> WUOC -> 4. WOC
- Establish regular training camps.
  - First half of the season focus on WOC prep
  - Second half of the season focus on EOC prep
- Establish higher visibility by regular event reporting on OI website
- Selector team re-evaluation

## **Year 2 - Testing Phase**

- Take the learning outcomes to start creating a playbook to scale and feed into future high performance planning
- Establish a high performance coaching team with focus on sprint and forest.
- Establish regular sport performance testing with the athlete team.
- Test year-on-year rolling change of training demands Sprint WOC / Forest WOC. 2 year prep WUOC cycle.
- Establish regular funding process for Elite team.

## **Year 3+ - Sustain Phase**

- Establish knowledge base for athletes and coaches
- Finalise Orienteering Ireland High Performance team blueprint.
- High Performance trainer accreditation

## **Accomplishments**

### **WOC 2023**

#### Woman

- Long Final: Clodagh M 62nd (+ 1:05:33)
- Middle Quali: Clodagh M 26th (+15:54)
- Middle Final: Clodagh M 59th (+43:54)

#### Man

- Long Final
  - Colm M 60th (+ 44:17)
- Middle Quali
  - Paul P 26th (+8:58)
  - Ruairi S 26th (+ 10:08)
  - Colm M 27th (+ 11:20)
- Middle Final
  - Paul P 49th (+ 18:23)
- Relay 28th (+41:22)

## **EOC 2023**

### Woman

- Sprint Quali
  - Niamh OB 36th (+2:25)
  - Eadaoin MC 41st (+3.08)
  - Aoife MC mp
- KO Quali
  - Aoife MC 36th (+1:32)
  - Eadaoin MC 41st (+2:08)

### Man

- Sprint Quali
  - Josh OSH 30th (+0.52)
  - Colm H 43rd (+1:47)
- KO Quali
  - Josh OSH 31st (+0.43)

Relay ( first on more than 5 years )  
19th (+9:25) ( Aoife - Josh - Colm - Niamh)

# Acknowledgement

Many thanks to Darrens selectors whom got the team ready for WOC 2023.

Welcome to the new selectors Toni O'Donovan, Hugh Cashel & Shane Lynch.

Thank you to all the clubs that have provided us with maps so far.

Thank you to Eric and his staff for all the support.

Jens Waechter  
High Performance Manager