

Team Manager's Report for Regional Junior Squads Summer Tour Gothenburg 22nd August – 31st August 2015

Venue: Savedalens AIK Club Hutte, Partille, Gothenburg.

Gothenburg Staff: Richard Tiley & Rachel Ashton

Gothenburg Athletes

Frances Brown	Michael Adams
Hannah Cleary-Hughes	Dane Blomquist
Hannah Cox	Sasha Cheplin
Katrina Hemingway	Alastair Masson
Helen Ockenden	Tim Morgan
Jennifer Ricketts	William Rigg
Alice Rigby	Daniel Stansfield

Joe Woodley, Alistair Thornton & Matthew Galloway were selected but withdrew.

Fran Brown (selection results collation), Katrina Hemingway (transport guru), Michael Adams (entry secretary) & Dane Blomquist (maps & training) were all being invited back for a second time on the basis that they shared some of the tour jobs.

Travel

All athletes made their own arrangements to get to Sweden. As in previous years the athletes made use of the extensive bus network there being a bus stop within 200m of the hutte. We only booked one car and it was used for trips to collect shopping, a trip to the hospital and in collecting & returning the athletes to the airport.

Accommodation and Catering

The athletes formed themselves into four groups and shared the cooking and clearing up. The cooking was uninspiring and on a couple of days Rachel stepped in to both suggest what might be cooked and to help deliver in the kitchen. Bringing along a chef in the future might be something to consider.

The boys camped out in the main room in the hut, and the girls in the additional office room. The only additional "private" space for the adults was a small partitioned area at the end of the mens shower room adjacent to the girls room. This proved to be a challenge in that adult bed time was dictated by when the girls decided to settle down.

Training

The hut sits on the edge of two very large technical areas (WMOC 2015), plus being the home for JWOC 2008. In addition there is the "Hittaut Nu" Swedish health initiative maps together with some maps from previous tours. There are over 15 Orienteering Clubs in the Gothenburg region (Goteborg-Majorna, IFK Gothenburg, Gothenburg OL, etc) and by translating their websites I was able to identify other training opportunities.

Both Dane & Will Rigg had planned some exercises on the adjacent areas, and mindful that three of the athletes had been selected to run JEC in October I had planned a “tour champs” race on 1:15000 maps.

Programme and Logistics

Athletes who arrived early spent the first afternoon training in a local area. I had already identified an activity being put on by a neighbouring club for Sunday morning. The athletes were told on Saturday evening that they were to sort out their own program but after 24 hours without any discussion I then instigated the debate on Sunday evening. There was SAIK Club training on Tuesday evening, a day was needed for tour champs, and there were local races on Saturday (Middle) and Sunday (Relay) to attend. The athletes then constructed a framework for the rest of the week.

Saturday – PM - Rahult. O-Intervals planned by Will.

Sunday – AM - Jonserud. Compass work on 1:15000 map by Gothenburg OL.

Sunday – PM – Stora Kasjon. Control Pick planned by Dane.

Monday – AM – Lilla Kasjon. Trains exercise planned by Dane.

Monday – PM – Partille (urban). Sprint intervals from previous weeks SAIK training.

Tuesday – AM - Stora Kasjon. Control Picks planned by Dane.

Tuesday – Eve – Stora Kasjon. SAIK club relay training.

Wednesday – AM – Chalmers Uni. JWOC2008 courses at Uni & Botanic Gardens in centre of Gothenburg.

Wednesday – Eve – Gothenburg. Evening out.

Thursday – AM - Stora Kasjon. Tour Champs.

Thursday – PM - SAIK Hut. Sleeping.

Friday – AM - Stora Kasjon. Revisit/rerun legs on Tour Champs.

Friday – PM - SAIK Hut. Sleeping.

Friday – Eve – Partille. Maria Magnussen (SAIK Elite coach) core session.

Saturday – AM – North Gothenburg. Middle race.

Saturday – PM – SAIK Hut. Sleeping.

Sunday – AM - West Gothenburg. Relay race.

Sunday – PM – SAIK Hut. Sleeping.

Sunday – Eve – Gothenburg. Evening out.

Monday – Disperse

Comments

There are some advantages to holding the tour based on the SAIK hut, but there are also some challenges. The hut is based adjacent to some great forests, next to a lake for swimming and the public transport infrastructure makes moving around the city very easy.

The drawbacks are the limited privacy (with related poor sleep patterns) afforded to the adults and the food to recharge the batteries can be very bland.

The biggest challenge is attempting to devolve control to the athletes whilst still retaining ultimate responsibility. One missing link from the 2015 tour was not having any peer athletes (like Ralph & Kris in 2014) who can act as mentors to the more inexperienced athletes. There was little post exercise feedback or discussion in the hut.

The other issue to consider is the timing of the tour. Many of the athletes had not been at home for a month (combination of their own holidays, O-Ringen, helping Lagganlia, helping Deeside, attending Cairngorm, Scottish 6-Days & Pre-JWOC Switzerland). Two athletes turned up with injuries and several were complaining of fatigue and advised to sit out sessions within 48 hours of arrival.

My perception was that for some the main summer focus had been (say) Scottish 6-Days and Pre-JWOC Switzerland so that Gothenburg was treated as an orienteering holiday with some training & racing rather than a focussed training camp.

Should camp be aimed at JWOC athletes?

Should camp be earlier in the summer?

What is camp aiming to achieve?

Accounts

JROS had kindly provided a grant of £70 per athlete. I acted as banker for the tour which turned out to be very cheap.

Rachel & I had been out in Sweden for a week before joining up with the athletes and so I only charged to the tour less than half the cost of the hire car.

I took out for each athlete, a blank A3 map of Rahult & another of Stora Kasjon, plus two sets of exercises I had planned (but were not used), plus the exercises Will Rigg had planned, plus the tour champs maps, plus the JWOC 2008 maps, plus the Gothenburg OL exercise plus some other exercises on Jonserud. The athletes were not short of maps. Each athlete charged £5 to cover printing costs onto waterproof paper.

Athletes entry to the two races at the end of the week was co-ordinated by Mikey Adams who made the payments to the clubs.

Costs SEK

SAIK Club Hut	3,000
Food	7,152
Car share	2,500
Hospital Car Park	94
Car Fuel	475
Map Printing	700

In addition to the grant from JROS, each athlete contributed £40 to the costs of the tour. They also paid for their own flights, race entries & bus passes.