



ORIENTEERING
AUSTRALIA

Great Performances Workshop

High Performance and Coaching

Welcome from the HP Management Group

Director of Performance: Clare Hawthorne

OA Head Coach: Natasha Key

High Performance Administrator: Fredrik Johansson

Manager of Coaching Development: Brodie Nankervis

Manager of Coaching and Controlling Accreditation: Jim Mackay



Agenda

High Performance (30 minutes)

Break (5 mins)

Coaching (40 mins)

Other business from states (20 mins)

Aim to finish by 10pm (AEDT)



High Performance



National Team Wrap Up 2024

This year we had team members at

World Cup 1-Switzerland

Henry McNulty, Ewan Shingler, Callum White, Andrew Kerr, Serena Doyle

World Cup 2-Italy

Henry McNulty, Ewan Shingler, Callum White, Andrew Kerr, Serena Doyle, Mary Fleming

IWOC Czech Republic

Alvin Craig, Sam Woolford, Oskar Mella, Jamie Woolford, Cooper Horley, Callum White, Owen Radajewski, Mikaela Gray, Nea Shingler, Zoe Carter, Natalie Miller, Erika Enderby, Milla Key

WOC Scotland

Brodie Nankervis, Cooper Horley, Ewan Shingler, Henry McNulty, Caitlin Young, Erika Enderby, Mikayla Cooper, Milla Key, Nea Shingler

World Cup 3-Hungary

Emily Sorensen, Oskar Mella, Alastair George, David Stocks and Toby Wilson

WUOC- Bulgaria

David Stocks, Angus Haines, Leith Soden, Ewan Shingler, Alastair George, Callum White, Emily Sorensen, Justine Hobson, Julia Gannon, Nea Shingler, Caitlin Young, Mikayla Cooper

World Cup 4-Finland

Brodie Nankervis, Alastair George, Andrew Barnett, Emily Sorensen

Bushrangers NZ

Duncan Currie, Nick Stanley, Riley McFarlane, Anna Sheldon, Sophie Taverna, Liana Stubbs



National Teams 2025

Junior World Orienteering Championships

01 - 06 July, Trentino, Italy (Sprint Relay, Sprint, Long, Middle, Forest Relay)

World Orienteering Championships

7-12 July, Kuopio, Finland (Middle/Long/Relay)

World Games

8-11 August, Chengdu, China (Middle, Sprint, Sprint Relay)

Orienteering World Cup

Round 1, 18-21 June, Idre Sweden (Qual, Middle, Long, Relay)

Round 2 (EOC), 27-31 August, Hasselt Belgium (Sprint Relay / Knockout/Sprint)

Round 3, 26-28 September, Uster Switzerland (Sprint / Knockout/Sprint Relay)

Australia-New Zealand Challenge

Oceania Championships Palmerston North NZ, 24-27 January

Bushrangers 2025

Kings Birthday NZ TBC

Aus Champs Week TBC



National Team Selections 2025

Selectors

Senior - Bruce Arthur, Wendy Read, Shannon Jones

Junior - Rob Walter, Rachel West, Grant Bluett, JWOC coach with Natasha as Headcoach adviser and Fredrik as adviser

Selection Races (see selection criteria)

WOC - Oceania, NOL 2 Middle, Easter Day 1-3

JWOC - NOL 2, Bendigo Test Race (TBC) and Easter Day 1-3



National Squads 2025

High Performance Squad

Leaders - Grant Bluett, Julian Dent and Natasha Key

National Development Squad

Leaders - Aston Key

Squads are selected and being published soon.

High Performance

Alastair George, Angus Haines, Pat Jaffe, Brodie Nankervis, Ewan Shingler, Matt Doyle, Henry McNulty,
Nea Shingler, Emily Sorensen, Grace Crane, Caitlin Young, Aislinn Prendergast, Mikayla Cooper

National Development
coming



AUS vs. NZL Challenge 2025 & Bushrangers

Aus vs NZL Challenge 2025 Oceania

The Bushrangers team plays an important role in our Elite development.
Bushrangers vs Pinestars planned competition for 2025

- Kings Birthday Weekend, NZ 30th May- 2nd June
- Aus Champs, QLD, races TBC, 27th Sept- 5th October



NOL 2024

13 events for individual NOL over 4 Rounds. Hobart Tas, Easter 3days South Australia, Brisbane Sprints and individual finals in ACT. Additional 4 events included during Australian Champs in Armidale NSW for the Teams State challenge.

In 2024 (2023,2022), 217 (249,174) different athletes competed in the individual NOL: 70(75,56) senior men, 55(69,42) senior women, 52,(59,43) junior men and 40(46,33) junior women.

M21 Brodie Nankervis TAS

W21 Grace Crane ACT

M20 Sam Woolford NSW

W20 Milla Key VIC, Nea Shingler NSW



17-18 Feb 2024 - Round 1 - Hobart, Tasmania

17 Feb – West Hobart – Sprint
17 Feb – Sandy Bay – Sprint
18 Feb – Lovely Banks – Middle

29 Mar-1 Apr 2024 - Round 2 - Easter 3 Days, South Australia

29 Mar – Heathfield – Sprint
30 Mar – Pymton – Middle Distance
31 Mar – Ngaralta – Long Distance
1 April – Narrinyeri Hills – Relay Length

25-28 Apr 2024 - Round 3 - Brisbane, Queensland

27 April – AM – WRE Sprint
27 April – PM – Sprint Relay
28 April – AM – Knockout Sprint Qual
28 April – PM – Knockout Sprint SF & Final

18-19 May 2024 - Round 4 - ACT

18 May – Wee Jasper
19 May – Awoonga

28 September - 6 October - Round 5 - Australian Championships, Armidale, NSW (team competition only)

28 Sept – Middle Distance Championships
29 Sept – Relay Championships
5 Oct – Long Distance Championships
6 Oct – Sprint Championships



NOL 2024 Presentation Dinner



Australian Championships Participation Elite

Victoria 2022	M20E	W20E	M21E	W21E	Tot	
Middle	25	18	36	26	105	
Long	26	15	27	24	92	
Sprint	28	21	32	20	101	
					298	
WA 2023						
Middle	24	17	20	10	71	
Long	23	14	16	6	59	
Sprint	23	18	22	10	73	
					203	
NSW 2024						
Middle	28	24	32	18	102	
Long	23	18	30	16	87	
Sprint	27	25	29	20	101	
					290	



NOL 2025

24 - 27 Jan 2025 - Round 1 - Palmerston North, New Zealand (Oceania Championships) ^

24 Jan – Palmerston North – Oceania Sprint Distance Championships
25 Jan – Koitiata – Oceania Middle Distance Championships
26 Jan – Knottingly – Oceania Long Distance Championships

8 - 9 Mar 2025 - Round 2 - Perth, Western Australia ^

8 Mar – AM – Middle Distance.
8 Mar – PM – Sprint Distance
9 Mar – AM – Sprint Distance
9 Mar – PM – 2 Person Sprint Relay

18 - 21 Apr 2025 - Round 3 - Loddon Valley, Victoria (Aust. 3-Days) ^

18 Apr – Prologue Sprint Distance
19 Apr – Day 1 Aust 3-Days Middle Distance
20 Apr – Day 2 Aust 3-Days Long Distance
21 Apr – Day 3 Aust 3-Days Relay Distance

10 - 11 May 2025 - Round 4 - Central Coast, NSW ^

10 May – Middle Distance
11 May – TBC

28 Sep - 5 Oct 2025 - Round 5 - Aust Championships, Brisbane, QLD (team competition only) ^

27 Sep – Sprint Distance Championships
28 Sep – Long Distance Championships
4 Oct – Relay Championships
5 Oct – Middle Distance Championships



NOL 2025

NOL program has been published, it can be found here:

<https://orienteering.asn.au/index.php/national-league/nol-information/>

More information about individual rounds coming soon but dates will not change (can book flights!)

Some small states may be interested in travelling with other states - let us know and we can help coordinate (Tash)



NOL 2025

NOL guidelines undergoing some small changes (mostly fixing up errors). Will be available soon.

In 2025:

- Aus Champs will be part of Team Competition
- Sport class ongoing part of NOL
- Applications for next season close Jan 31st (this is wrong in current online version)
- Point scoring for teams - all are by points (not time) and all 3 person teams do not automatically beat all 1 and 2 person teams
- Final event worth 33 points, not double points (if not using chasing start)
- Sprint relay scores normal for teams, not double
- Number of races for full scores in individual NOL - seniors can miss one round, juniors can miss 2)



NOL 2026

Application for NOL 2026 rounds to be completed as Google form [here](#) by no later than January 31st, 2025.

Details on form of what we are looking for: JWOC in south Sweden, Sprint WOC Italy. 2 rounds pre Easter, one post.



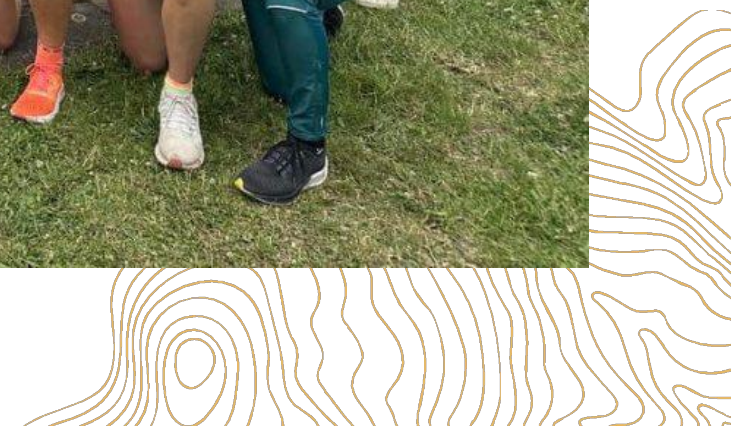
OA Webinar Series

- Season 2025 Overview - December 2024
- Pre Oceania - January 2025
- Pre NOL 1
- Pre NOL 2
- Pre NOL 3
- Pre NOL 4



Uniforms

During 2024 ordered a new design of uniforms from Oland.



Australian Sports Foundation (ASF) donations

Procedure for 2025 donations:

- We encourage people to donate to the team(s) as a whole
- While we encourage individuals to seek their own sponsorship and support, anyone who has a personal ASF funding page will not be eligible for a share of team funding. This is to encourage orienteering donors to support whole teams or programs.
- There is no capacity to donate to a section of the team, e.g. the junior boys or senior girls. All funding received through our teams channels will be divided equally, based on representation.



Athlete's Commission

Last meeting we discussed the 2024 season and we implemented requests in NOL guidelines for 2025
New Meeting Pre Christmas

2025 Commission:

- Expressions of interest for membership of the Athletes Commission in January
- Announced prior to the first round of the National League
- Current athletes on commission can remain, they can be members for up to 8 years.



Communication Channels

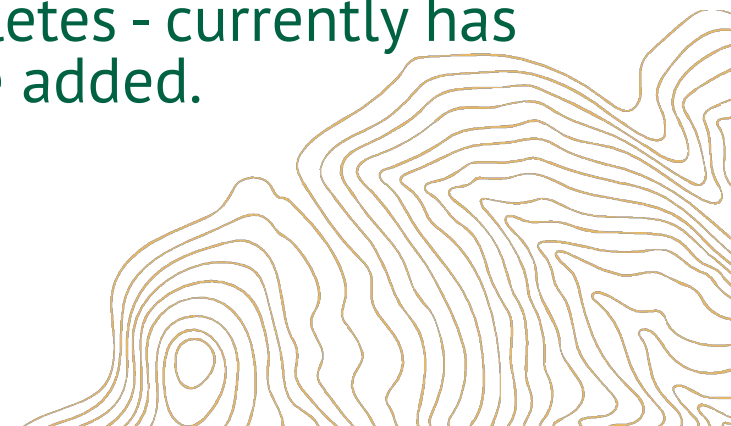
HP and coaching committee - meets end of year, and usually at least once more during the year.

The State HP/NOL coordinators are the main communication channel for us to the athletes (that are not in squads). Needs active involvement from state reps to pass message on.

Each state - 1 HP rep, 1 coaching rep. Is this up to date?

NOL communication is sent to NOL managers - is this list up to date?

This year we also set up direct communication group to athletes - currently has 112 members. Please ask individuals to contact Brodie to be added.



Communication Channel Email

nol-coordinators@googlegroups.com

brucearthur1@bigpond.com

capricain@gmail.com

cpigerre1@gmail.com

djgray16@gmail.com

kj_neumann@hotmail.com

matthewcrane1@googlemail.com

nol.jnol.coach@tasorienteeing.asn.au

nolmanager@vicorienteeing.asn.au

nswstingers@gmail.com

rachelwest5666@gmail.com

sprodlivs@gmail.com



HP in 2025

High performance and coaching committee - no meetings in 2024 except for this one. Aim to hold 1-2 apart from this in 2025

Another big goal in 2025 is to write a HP Strategic plan - to align with the OA/whole of sport Strategic Plan and Participation Plan which will both be written for the 2026-2029 period in 2025

Coaching



Orienteering Learning Centre



ORIENTEERING LEARNING CENTRE



EXPLORE. CONNECT.
COMPETE!

Australian Government
Australian Sports Commission



Orienteering Learning Centre is live!

Orienteering Instructor (Community),
Orienteering Instructor (Teacher) and
Learn and Play Orienteering Coach
can now be completed.

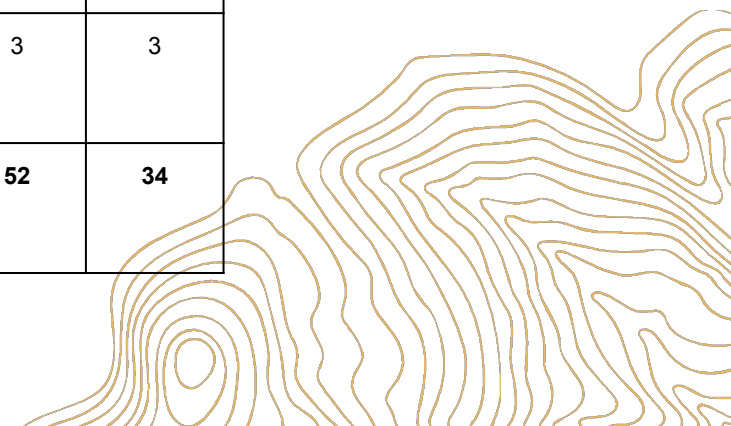
Competition and Performance
Orienteering Coach will launch next
year!

Other courses for photography, course
setting, mapping will follow.



Coaching Accreditation Update

Females											
	<i>Dec-24</i>	<i>Nov-23</i>	<i>Dec-22</i>		<i>Dec-21</i>	<i>Dec-20</i>	<i>Nov-19</i>	<i>Nov-18</i>	<i>Oct-17</i>	<i>Mar-17</i>	<i>Mar-16</i>
OI	26	153	317								
L&P	31	40	38	Level 1	36	35	34	44	57	44	28
Comp	15	17	18	Level 2	13	14	11	11	8	5	3
Perform	6	7	8	Level 3	3	3	2	4	3	3	3
TOTAL	78	112	381		52	52	47	59	68	52	34



Coaching Accreditation Update

Males											
	<i>Dec-24</i>	<i>Dec-23</i>	<i>Dec-22</i>		<i>Dec-21</i>	<i>Dec-20</i>	<i>Dec-19</i>	<i>Nov-18</i>	<i>Oct-17</i>	<i>Mar-17</i>	<i>Mar-16</i>
OI	34	147	254								
L&P	31	37	37	Level 1	32	36	40	51	46	45	33
Comp	10	6	8	Level 2	10	9	8	7	9	8	7
Perform	5	5	4	Level 3	1	3	5	6	6	5	4
TOTAL	80	195	303		43	48	53	64	61	58	44



Coaching Accreditation Update

	2024				2023				2022				2021			
	OI	L & P	Comp	Perf	OI	L & P	Comp	Perfor	Level 0	Level 1	Level 2	Level 3	Level 0	Level 1	Level 2	Level 3
ACT	2	4	1	2	9	7	1	1	9	6	1	1	9	6	1	-
NSW	10	10	3	4	106	9	3	4	216	8	3	5	198	10	5	-
Qld	22	16	8	1	92	22	7	1	154	19	6	1	154	18	3	1
SA	8	2	2	-	3	8	2	1	24	12	3	1	6	12	2	1
Tas	2	3	2	1	2	4	2	1	-	4	2	-	3	1	2	-
Vic	12	8	3	3	19	8	4	4	59	8	4	4	39	7	4	2
WA	3	17	4	-	69	17	4	-	111	18	7	-	111	14	6	-
TOTAL	59	61	23	11	300	75	23	12	573	75	26	12	520	68	23	4



Coaching Accreditation Update

?No Learn and Play courses run in 2024 - any reasons why?

Learn and Play now on OLC - states only need to run practical session

OA will run online practical session in December - finalising date ASAP!

Competition and Performance Coach ran in 2023. Will run 1 course of each again in 2025.

- Looking to train presenters/assessors for these courses, anyone interested?
- More details on this soon!

Will continue to push Orienteering Instructor over the coming months. What are states doing for practical? Are you doing it for experienced orienteers?



National Junior Development Camp

December 14th-19th
Canberra, ACT

Currently have 68 juniors attending, 102 total including helpers. Entries are closed (<https://eventor.orienteering.asn.au/Events/Show/19333>) but if anyone missed out camp coordinator Mike Radajewski is happy to discuss late entry if individuals email him.

At this stage 30-35 adults attending as helpers - a mix of parents, older coaches and young adult elites. If you or someone in your state is interested, ask them to fill in this form: <https://forms.gle/9HFPEshrV9J4VNfs8>



Sport Integrity Training

Anti-doping - compulsory for national team athletes and support personnel to complete as per <https://orienteering.asn.au/index.php/antidoping/>

Recommended for state level athletes - SIA may be testing at events in 2025 so this is highly recommended, please encourage those from your state to complete

Child safeguarding - now compulsory for all coaches (including orienteering instructors).



Other coaching/training opportunities

Coach in residence currently:

- SA - Hanne Hil from Finland
- NSW?

Coach in residence in future

- doesn't have to be state
- club could choose to have CIR
- plan to update website for 2025

