

## What Goes Through Their Mind?

Sunday 28th April 2013 00:00 - 00:00 EST

**Classification** Local event

**Discipline** Foot

**Classes** This event has no classes

**Punching system** manual

**Status** legacy

**Organiser** Ugly Gully Orienteers

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### ELITE ORIENTEER - WHAT GOES THROUGH THEIR MIND?

Coaching Symposium presented by Mikko Salonen, Geoff Peck and Anna Sheldon

Come and learn about exactly what through the minds of our elite orienteers as they study their map and navigate through the terrain.

What are they looking for? How do they plan their route? What happens when they make a mistake? How do they adapt to different terrain? Do they have any secret strategies for race day? Why are they so consistent?

Target Group - Intermediates and Advanced, but beginners are welcomed to attend

Afternoon tea will be provided

Orienteering members only

Enter for the symposium like you enter for an event.

PRE-ENTRY is COMPULSORY due to catering and hosting purposes.