

Any junior of a member family in the 12, 13 and 14 year age groups is eligible to apply to become a member of the squad. Candidates who enter at age 12 may be retained in the program for 3 years should their progress warrant the continued support of OQ. Some 11 year olds with advanced skills may be included.

Each year an effort will be made to develop procedures for identifying emerging talent through special encouragement programs at upper primary school level. Some experience in park and bush locations is essential in order to show that the candidate has demonstrated both interest and potential in the sport.

Activities:

These activities will vary from year to year but may include:

- A special fully or partially funded coaching camp for 12-14 year olds.
- *Mini Cyclones* coaching activities as part of the normal OQ coaching days.
- Subsidised bus travel to selected events outside Brisbane and the annual Queensland Championships.
- Being assigned to a personal coach or mentor who will provide advice on how to keep a performance log and analyse results.
- Receiving advice on training and injury prevention.

Special financial assistance may also be arranged for *Mini Cyclone* squad members who live outside Brisbane and may not be able to benefit from the city-based activities.

Parents must be prepared to support the program by seeing that their child has suitable orienteering equipment including an orienteering compass, a

whistle, appropriate foot-ware, and perhaps an orienteering suit. The State Director of Coaching will be able to advise on the most suitable equipment and where it is available.

Competition Level:

Juniors who enter the scheme in their **12th year** will be expected to participate in their first year at **Easy** (green) level of navigation with a view to improving their map reading and navigation skills.

Participating juniors in their **13th year** must be able to participate at an **Moderate** (orange) level involving off-track navigation and be confident enough to cope with re-location problems when controls prove difficult to find.

Participants in their **14th year** will be expected to perform very well at **Moderate** (orange) level and be prepared to try an occasional **Hard** (red navigation) course in training situations.

Fitness Level:

The junior incentive scheme is not directly involved in fitness training. It is not our philosophy in OQ to emphasize orienteering specific endurance running or strength training before the 15th year. Rather we believe that the natural fitness of the 12-14 year-olds best comes about by regular exercise in school and club based programs in other sports, recreation and family activities.

The emphasis in the program will always be on improving navigation skills and building orienteering experience in a range of different types of terrain. We want squad members to gain enjoyment from their orienteering while improving their own confidence and the independence to approach new challenges.



JUNIOR INCENTIVE PROGRAM 2013

In 2003 Orienteering Queensland introduced a junior incentive program for 12 –14 year olds to help promising young orienteers to progress in the sport. Each successful candidate for the scheme receives support of up to \$200 per year in subsidised coaching activities and/or travel assistance, and is included in a special sub-junior ‘*Mini Cyclones*’ coaching squad

APPLICATION FORM OQ Junior Incentive Program

Name: _____

Address: _____

_____ Post code _____

Phone: _____

Email: _____

O Club _____

Date of Birth: _____

School year: _____

School attended: _____

Distance running/Cross Country
performance record:

Orienteering experience/performance
record:

Other special abilities/interests:

Parents signature: _____

Post to: R.Simson,
11 Pandanus Street
Sunnybank, Q 4109

Application:

It is a requirement of the scheme that a parent completes the **application form** for the child. This application will be required **each year**. The application should be **submitted no later than the last day of February**, though the squad manager who with the State Director of Coaching reserves the right to issue invitations to other talented juniors should they be identified during the year.

Continuing juniors:

A participant in their 12th or 13th year shall not assume that their inclusion in the scheme for the following year will be automatic. Any **on-going participation will be dependent on the child showing continued interest, commitment and development** - perhaps in terms of reaching certain goals set out by the personal coach or State Coaching Coordinator.

Sponsorship:

Orienteering Queensland will endeavour to find a sponsor or sponsors for the program and this may result in the participants being expected to wear certain colours or logos while participating. Should such a sponsorship deal happen the parents will be advised of the conditions of the sponsorship in order to seek their agreement. Names, addresses and personal details will not be provided to sponsors without the parents consent and without a privacy agreement being entered into between the Queensland Orienteering Association Inc. and the sponsor.

Training Camp:

All members and potential members of *Mini Cyclones* are invited to participate in a **fully-funded 3 day training program**. The 2013 training camp is being held at Kindilan Outdoor Education Centre in the Easter school holidays.

Since we are keen to encourage parental involvement **one parent per child will be invited to attend** to assist the coaches at the training camp including helping with camp catering and cooking. The Junior Incentive Scheme will meet all costs for this 3-day program for both juniors and parents.

Rob Simson (Ph. 3345 4527) will be the camp manager and assisted by other qualified coaches to deliver the three day coaching program. Some orienteering activities will also be arranged for the parents so they learn some of the skills and gain confidence to participate in club events.

Separate enrolment forms for this annual camp are provided in advance together with one of the regular newsletters sent to squad members.

All juniors participating in the scheme will be expected to join the Orienteering Queensland Association and affiliate with one of the Queensland Orienteering Clubs. If your family is joining for the first time an introductory membership fee is available.