



# **REPORT HP TRAINING CAMP 16-18 MAR 2018**



## **HP TRAINING CAMP 2018**

**(NOODGEDACHTWEST FOREST, KAAPSEHOOP ROCKERY, MPUMALANGA )**

The year 2018 brought good news for Limpopo. SAOF selection committee honoured POC with the nomination and selection of the two new members to be added to the National Development squad which formed five members from POC. It's really exciting to see the development continue to grow productively so.

"Many thanks to the SAOF selection committee for the invitation; moreover, thanking SAOF as a whole for considering POC again for such an amazing opportunity. The knowledge we continue to acquire it's really making a big impact to our experience and that help us to perform better and even better. To all the coaches and everyone else, we thank you, we appreciate you, we embrace you." Ephraim Said.

The POC team still continues to appreciate the wonderful support they continue to receive from their amazing federation (South African Orienteering Federation), the support they continue to receive from SAOF is incomparable and duly underscores the aforementioned credits.

- **FRIDAY, 16 MARCH 2018 (Depart)**

Five (5) members from POC which were nominated and selected for the weekend of 16-18 March 2018 for HP Training Camp are **Ephraim Chuene, Tebatso Ramodik, Khutšišo Matlakala, Thato Phogole** and **Lesedi Chuene**

The team left Limpopo (Polokwane) on Friday afternoon and embarked on the long journey to Mpumalanga.

- **SATURDAY, DAY 1 (Nooitgedacht and then Rockery)**

**STARTING TIME: 08:00AM**

Coaches which were introduced:

- ✓ TANIA WIMBERLEY
- ✓ CARL HOMLS
- ✓ GARRY MORRISON
- ✓ MICHAEL PALOMBO
- ✓ SARAH POPE

Everyone seemed to be ready and willing to give it a try. After Garry Morrison refreshed everyone with Intro-Toolbox it was clear to all athletes that both challenge and fun are ahead of them.



*Day ONE pose: POC Squad*

## **DAY 1 DELIVERABLES**

- Map interpretation Practice
- Traffic light/AP Practice
- Compass bearing Practice
- Control picking Practice
- Map memory Practice

✓ ALL DELIVERABLES WERE NICELY ACHIEVED.

Everyone seemed to have a good understanding and was able to conveniently navigate their way through their attempts.



*Athletes seen here to be discussing their legs*



*Michael is seen here doing the coaching*

- **SUNDAY, DAY 2 (Nooitgedacht forest)**

STARTING TIME 08:30 AM



*Warm upping and ready for day two*



*Contouring practice*

### **DAY TWO DELIVERABLES**

- Contours Practice
- Relocation Practice
- Star relay

✓ DAY TWO DELIVERABLES WERE ACHIEVED

It was the last day of the camp, and through close wrapping time it revealed how equipped the athletes are, since the coaches were doing at their level best to equip them. The actions were showing the enjoyment of the atmosphere of the camping and the sessions too.

*A Quote from one of the coaches:*

Tania said "I'm thrilled that we could include the new POC youth members in this year's camp. They impressed the coaches with the skills they have already"

After the wrap up the POC squad was full of confidence as they knew that they made it through out the camp, especially for the two new members (*Thato Phogole and Khutsiso Matlakala*).

### Lesedi Chuene's Interview:



#### What was your favourite session and why?

Compass bearing, I easily managed to get to the control without struggling and it made my route simple.

#### What was your least favourite session and why?

Countouring, eish... It was very hard for me to read only the countours and again I was struggling to know where I was.

#### Which session did you learn the most from and why?

Map Memory, the technique made me to focus on the features I was targeting and made me avoid the features that I will not need on the way.

### Ephraim Chuene's Interview:



#### What was your favourite session and why?

Attack Point, it was easy for me to concentrate on the feature I was going to and since I was focusing, my navigation was just simple as A, B, C...

#### What was your least favourite session and why?

Map memory, eish... I felt the pressure since I had to play with the feature(s) that I have to see on my way to my control and that was not working well for me.

#### Which session did you learn the most from and why?

Relocation, for the first 20% of my navigation I was stubborn to convince myself that am lost but since I was practicing to believe that am lost, I find it easy to go with the follow afterwards and I was nicely doing well on my remaining 80% of navigation.

### Tebatso Ramodike's Interview:



#### What was your favourite session and why?

Compass bearing, Since it helped me to take less time thinking about lot of stuff, it just took me to the control straight.

#### What was your least favourite session and why?

Corridor, I found it hard to concentrate within the small area, because even the features were numbered.

#### Which session did you learn the most from and why?

Map Memory, the technique enabled me to use my memory amazingly, I got myself being in a different world and it was just amazing to navigate without referring as it saves time.

### **Khutsiso Matlakala's Interview:**



#### **What was your favourite session and why?**

Compass bearing, It was making me to hit my controls nicely and without struggling.

#### **What was your least favourite session and why?**

Relocation, eish... I was unable to have an idea of where I was as sometimes I was missing my control point or direction and I was not easily adjusting with the technique.

#### **Which session did you learn the most from and why?**

Contours, It was easier for me to read the contours actually I loved the brown map.

### **Thato Phogole's Interview:**



#### **What was your favourite session and why?**

Attack point, It helped me to target my control easily since I was adjusting easily so.

#### **What was your least favourite session and why?**

Traffic lights, I am not good at measuring the distance because I was afraid to run faster as it might happen for me to pass my control..

#### **Which session did you learn the most from and why?**

Compass bearing, it helps to get you straight to the control avoiding to go around or worrying about lot of features.

*Report by:*

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The President

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