

# Focus on Success

Geoff Ellis

- “For me, I’m focussed on what I want to do. I know what I need to do to be a champion, so I’m working on it.”

*Usain Bolt*

# Scope

- Focus on Orienteering
- Focus on Experience
- Focus on Variety
- Focus on You

# Call Up

## Equipment Check

Shoes (Laces taped)

Compass

EPS (SI, EMIT, ETag)

CD Holder (With Focus Card)

Vision (Glasses, Contacts, Magnifier)

Watch

Headband

Winning isn't everything, It's the only thing – Pain  
is temporary, Glory is forever

# Focus on Orienteering

- Why do we need focus?
  - To put us in the right frame of mind to orienteer.
  - To remember our start, course and start time.
  - To improve capacity.
  - To improve confidence.
  - To improve durability.

# Focus on Experience

## Race Focus

Every race should have a focus.

Remind yourself of the focus for that race using a focus card in your control descriptions holder on the way to the start.

Choose up to 3 things to focus on. Keep them simple and achievable.

They are likely to be consistent for several races until you master a technique.

Ensure your Foci are positive.

## Race Focus

Every race should have a focus.

Use a focus card.

Choose about 3 things to focus on. Use grouped techniques and add in approach to that race.

2 of the foci are likely to be consistent, whereas 1 should be specific to that race.

Ensure your Foci are positive.

## Race Focus

Every race must have a focus.

Use a focus card.

You now have a wealth of techniques and experience to draw on.

Make your choice of foci relevant to the race, the terrain, the discipline.

Consider whether it is a pathway race (qualification) or the key race (final).

The foci must be specific to that race.

Ensure your Foci are positive.

# Focus on Variety

- Venice
- BSOC Heat
- BSOC Final
- Another Event & Style

# Venice - 2012





# Focus – BSOC Heat 2014

Start Time

12:05

Course

1.2

WINNING  
ROUTES

Focus

EXPLOIT

Focus

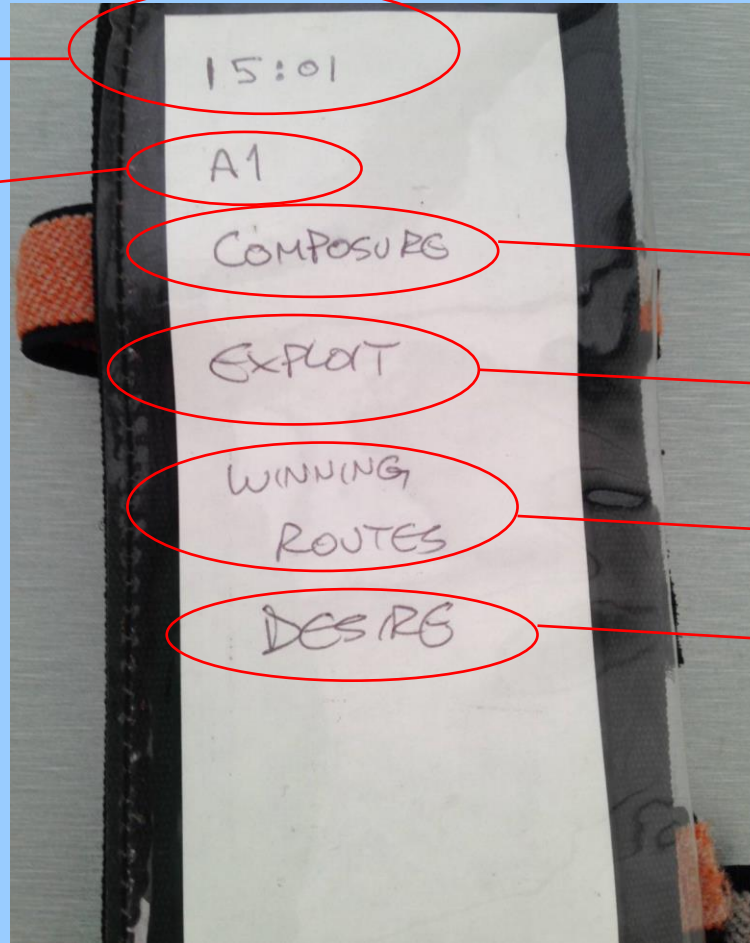
COMPOSURE

Focus

# Focus – BSOC Final 2014

Start Time

Course



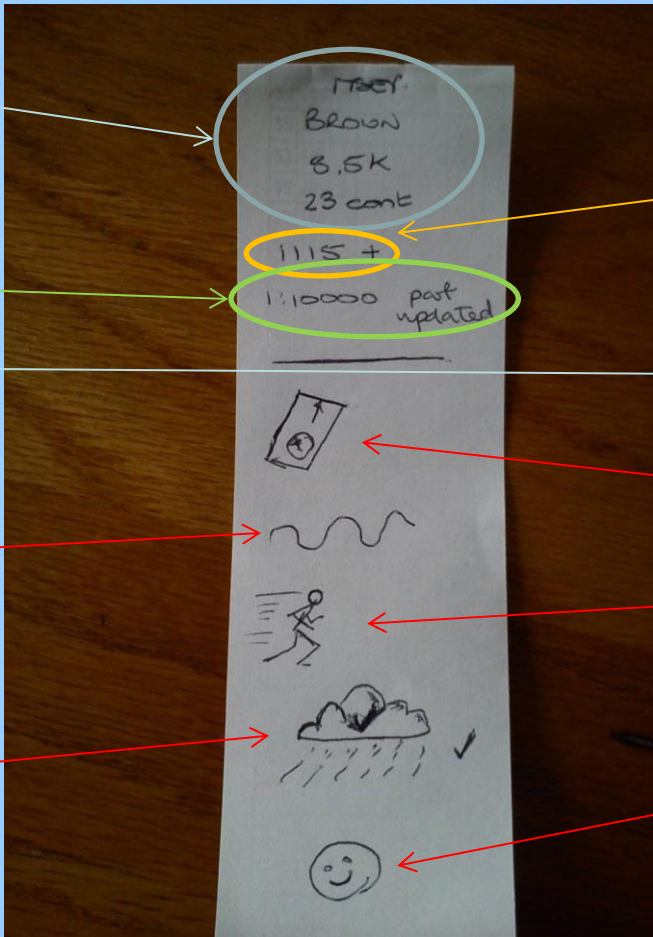
Focus

Focus

Focus

Focus

# Focus – Another Event & Style



The image shows a hand-drawn orienteering course plan on a piece of paper. The plan includes the following elements:

- Course Information:** "MBEF. Brown 8.5K 23 cont" (circled in light blue).
- Map Scale and Points:** "1115 + 1:10000 part updated" (circled in yellow and green).
- Focus Points:** A small square with an arrow pointing up and a circle with a cross (circled in red).
- Smooth Flow:** A wavy line representing a path.
- Run:** A stick figure running.
- Weather:** A drawing of a cloud with rain and a checkmark.
- Enjoy:** A simple smiley face.

Annotations and callouts are provided in boxes:

- Course, Length, Climb & No of Controls:** Points to the course information.
- Map scale and points to note:** Points to the scale and points.
- Start time, + time to leave assembly if reqd.:** Points to the time "1115 +".
- Focus Points:** Points to the focus point symbol.
- Smooth Flow:** Points to the wavy line.
- Run:** Points to the running stick figure.
- Have trained for bad weather, so not an issue:** Points to the weather drawing.
- No rough bearings:** Points to the focus point symbol.
- Enjoy:** Points to the smiley face.

# Focus on You

- It is Your Focus
- Use Positive Framing
- Try it out

**Start Time**  
**Start**  
**Course**

1.

2.

3.

# Summary

- Focus on Orienteering
- Focus on Experience
- Focus on Variety
- Focus on You

# Questions

