

	<u>Basic Fundamentals</u> Participation Club	<u>Talent Identification</u> Club Talent Squad	<u>Talent Development</u> Regional Talent Squad	<u>Talent Fulfilment</u> GB Squad	<u>World Class</u> Performance Squad
Mental excellence	Display a general enjoyment of and positivity about orienteering.	Feels happy, relaxed and secure when alone in an orienteering environment.	Start of competitive focus. Be able to focus on training/racing etc. as appropriate and able to enjoy improvement & performing.	Understanding own technique: what am I doing? Work with O rhythm as mental training.	Mental strategies e.g. relaxation and optimal arousal levels, mental stop & restart after a mistake.
Competition	Developing a positive feeling towards competition.	Reflection/Building Phase: understanding what needs to be developed both on and off course. Introduction to the professional approach of GB Orienteering. Low levels of performance consistency. Performer just starting to appreciate the difficulty of delivering performance consistency. Using mistakes as learning opportunities. Also concentrates on what you do well. Focus Phase: getting ready for competition with specific pre course routines. Beginning to understand importance of how to balance orienteering goals with life goals. Low/medium levels of performance consistency. Winning attitude, enjoy performing and enjoy improvement. Enjoy the social side of training and competing.	Strengths Phase: focusing on strengths to build a mental performance plan. Appreciation of the role strengths play in building mental resilience. Low/medium levels of performance consistency	Depth Phase: a deep understanding of choices made while under pressure through self awareness / self regulation development. (unconscious incompetence, conscious incompetence, conscious competence and unconscious competence) Experiential learning. Development of tacit knowledge necessary for advancement in orienteering. Medium levels of performance consistency.	Delivery Phase: Highly developed attitude/ motivation for world class performance E.g. ability to cope with ambiguity, injury, selection, travel, media, competition. Understanding/experience of delivering a quality performance under pressure. High levels of performance consistency
Self awareness	Know strengths related to basic orienteering skills (e.g. running, navigation); focus on what you do well	Develop strategies to use strengths to best advantage; identify other areas to work on; know what winds you up and how to overcome it.	Focus on strengths to build a mental performance plan; have own anchors; develop mental stop-start strategies	Deep understanding of choices made under pressure through self- awareness / self - regulation	Able to cope with ambiguity, injury, travel, media, competition at World Class level
Self control		Accept the difficulty in delivering performance consistency (e.g. at TD5; in different terrain etc.)	Understand the power of self talk; develop positive self talk. Deal positively with set-backs (injury, non-selection etc.)	Recognise and reproduce 'flow' state	
Self Confidence	Enjoy social side of orienteering; see peers as friends as well as rivals	Winning attitude. Enjoy performing and enjoy improvement	Appreciation of the role strengths play in building mental resilience		