Orienteering Race Analysis

Name:

Date: **Event:**   **Course:**   **Distance:**   **Climb:**

Physical Shape		Motivation		Warm up		Mental Prep	
Position		Time		Time per Km		Satisfaction	

Rate your performance for up to 15 significant legs: 10 = Excellent **0 =** extremely bad

Control Number	Success /Split position	Attack point	Route choice /planning	Key features on route	Distance estimation	Terrain visualisation	Appropriate speeds	Concentration			Comments

Overall

Performance Contributors

The column headings are 7 important contributors towards successful performance. Each individual has a range of other contributors than can have a significant impact. These could be the use of specific techniques or skills, e.g. Aiming off; Compass; Relocation; Contour interpretation; Routines; Self-commentary. It could be physiological or psychological, e.g. stamina; strength; confidence; calmness; determination.   You can use the 2 blank columns for the particular factors you currently wish to monitor.

Success

Use the 'Success' column to rate your performance on the leg. This could be your position (see Win Splits) or a personal assessment (e.g. P=Perfect, G=Good etc).

Comment

You can use the comment section to note how satisfied you were with the leg, what aided the success or what causes any delay. It is important to remember your state of mind at the point something when wrong and how you managed to get back on track.

The whole course

Your thoughts on overall satisfaction, strengths and weaknesses in this event

Action

Your plans to address weaknesses or build on strengths