

## **Ceci Knight – Lagganlia 2025**

On 19th July I travelled up to Scotland to take part in the 1 week JROS camp known as Lagganlia. It was so enjoyable and I had a really good time developing my orienteering skills and making new friends! For the orienteering we would travel to beautiful Scottish training areas such as Loch Vaa, Roseisle and North Granish where we would spend the day training and then normally end the day with a fun relay. The terrain was not like anything I'm used to and very tricky! I feel like my way of thinking as an orienteer has completely changed for the better and I learnt about ways of navigating that I've never used before. Our coaches had created fun short training exercises for us to run and focus on something like: simplification, picture, control pick etc. I was shadowed quite a bit through the week which was a lot of fun, my coach once tested me by taking away my map so I could practise map memory! I got a bit lost! All the athletes were put into coaching groups of about 4 or 5 with 2 or 3 coaches leading the group. After our training we would split up into our coaching groups and chat about how the training went, what went well and what didn't go so well. In the middle of the week we had a 'rest day' where we had our sprint championships and went for a swim in one of the lochs nearby. The last day was our tour championships at Culbin where we all competed against each other. I'm so grateful for SWOA and KERNO for funding me to journey up to Scotland and take part in this amazing camp. The whole week was so much fun and I learnt so much!