

# PHYSICAL EDUCATION NEWS

Cambridge Street  
Upper School

April  
Mr. Fusco

## CSUS DOES IT AGAIN!



CSUS will be adding another trophy to its display case for the fourth straight year. Our boys came into the game as such significant underdogs, that the only people who thought they could win were the Cobras themselves. After a slow start, the team regrouped at halftime and came out firing on all cylinders. Christian V. and James F. got things started off early in the 2nd half and then David P. took over in overtime. Nick N. was incredible defensively, perfectly executing the defensive strategy and holding Putnam's 6'4 center to only two baskets for the game. Still, the play of the game came in the final minute of regulation from Harrison B, who stepped up to take a vicious charge from Putnam's star guard, fouling him out and preserving the one point Cobra lead.

CSUS went on to claim the victory 37-34 in overtime. The title is the school's fifth in four years the boys' and girls' teams have claimed since the creation of the middle school league. The boys won with class and made their coaches and their school proud.

## Orienteering

Cambridge Students Win at National Orienteering Championships CRLS 1st and CSUS 2nd in cross-country foot navigation races

April 6, 2016 (Cambridge, Mass.) -- 2016 was the first year that Cambridge sent teams to compete at the annual USA Interscholastic Orienteering Championships, with remarkable success. In two days of racing with maps from checkpoint to checkpoint in forested terrain near Cincinnati, Ohio, the high school team took home the JV trophy, and the middle school team finished second in the Intermediate category. The top individual results for the Interscholastic championships were Isak P. (first place, JV) and Keegan Harkavy (1st place, Intermediate). The Championships were preceded by a day of sprint format navigation races (2-4 km). Cambridge athletes won first place in all three school categories entered: Nicolena Capello, Keegan Harkavy, and Isak P. in Intermediate Female, Intermediate Male, and JV.

To win, competitors need to both run fast and be smart. The high school team built on a solid physical base from their participation in the track and cross-country programs at CRLS. Their challenge was to learn the navigation skills required for the sport. Junior Isak P. orienteered growing up in Sweden. He taught the other team members, senior Walter D, and sophomores Jeffrey C, Pilli C. and Ethan R. Using orienteering maps provided by local clubs Cambridge Sports Union and the New England Orienteering Club, the team trained in forests and parks in the Boston area.

The Intermediate team students, Nicolena Capello, Alex Rosenberg, Harlan Altepeter, and Keegan Harkavy, attend the 7th grade at Cambridge Street Upper School (CSUS). They learned orienteering in an elective offered by Physical Education teacher Dan Fusco. The students had fun and learned basic skills in that class, but training for a national competition motivated them to train hard. They practiced three times a week in the month leading up to the races, practicing running off trail, estimating distance, recovering quickly from errors, following linear features like ridges and creeks, planning attack points, and memorizing map symbols. While each athlete runs their own race, cooperation in learning is important in this sport. Team members did intensive course reviews, sharing and critiquing their route choices. "Going over the map together opened my eyes to other strategies and improved my navigation," Keegan said.

In Ohio, the teams attended a presentation by the national orienteering team coach, Erin Schirm. "Erin talked about how you have to work hard to get better; that applies to real life too," said Harlan. "I liked what Erin said about training your brain as well as your muscles, and being a whole body athlete," said Keegan.

The teams were organized and supported by local organization Navigation Games. Cambridge Sports Union and the New England Orienteering Club provided support for the Cambridge teams, including training maps. The teams raised funds to pay the cost of the trip, and are thankful to the donors.

The students are looking forward to more orienteering this spring, including a national meet in Foxborough in April organized by the New England Orienteering Club, and an orienteering camp in June run by the Cambridge Sports Union. Nearly all orienteering meets are open to the public, with introductory courses for beginners.

## About Orienteering

Orienteering is a navigation race, often held in unfamiliar terrain. Using only a map and compass, competitors visit a series of checkpoints in forests and parks. The activity is easy to learn and a fun way to exercise your body and mind as you enjoy the outdoors. Orienteering is a life-long sport suitable for everyone, and beginners are always welcome. Team member Harlan Altepeter says, "I like orienteering even better than cross-country running: It's fun to have somewhere you are going and being able to choose your own path."

About Navigation Games Navigation Games was founded in 2015 to bring map navigation skills and outdoor experiences to children in Cambridge. In 2015, Navigation Games delivered 167 hours of teaching and training, reaching over 400 people, mostly children, through school, after-school, and community programs. Navigation Games partners with the Cambridge Community Schools to bring navigation education to after-school and summer classes. About the New England Orienteering Club and the Cambridge Sports Union Both the New England Orienteering Club and Cambridge Sports Union host several orienteering meets per month throughout the fall and spring in Massachusetts, Rhode Island and eastern Connecticut. In 2015 the two clubs hosted 46 meets. For more information: <http://newenglandorienteering.org/> and <http://www.cambridgesportsunion.org/> CSU was founded by Cantabridgians Larry and Sara Mae Berman, and celebrates its 54th anniversary this year.

About Orienteering USA Orienteering USA is the national governing body of US orienteering; it was founded in 1971 and is comprised of 60 local orienteering clubs. For more information: [www.orienteeringusa.org](http://www.orienteeringusa.org).





