

COACHING COMMITTEE

Report to the Board of British Orienteering.



Meeting of
COACHING COMMITTEE

Held on 21st March 2009 at Carrs Lane Church Centre, Birmingham, B4 7SX

The Board is asked to NOTE:

- 09/07** The concern expressed by the Committee at the inability of British Orienteering to communicate easily with Coaches through the membership data base.
And the proliferation of standalone spread sheets being used to track the implementation of the UKCC awards and related coach retraining.
- 09/15** The Committee's lack of understanding of the new agreement with Ordnance Survey and whether it could adversely affect Coaching activities.

COACHING COMMITTEE

MINUTES (21/03/09)



Minutes of the meeting of
COACHING COMMITTEE

Held on Saturday 21st March 2009 at Carrs Lane Church Centre, Birmingham, B4 7SX

09/01 Chairman, welcome and introductions, attendees.

Present: Keith Marsden Chairman SEOA, Christine Vince SWOA, Dave Rogers SCOA, Nev Myers YHOA, Ursula Oxburgh EAOA, Jim Clarke BSOA/EMOA, Alice Bedwell WOA

In attendance:, Vicky Thornton Coaching Manager, Derek Allison

09/02 Apologies for absence.

Mike Hamilton British Orienteering Chief Executive, Steph Ilesley Coaching Administrator, Peter Christopher British Orienteering Board Member, Cath Williams WMOA, Hilary Palmer EMOA, Helen Pearce SEOA, Linda Thornton NEOA, Mark Saunders WOA, Steve McLean NWOA

Corresponding members:

Sarah Dunn SOA, Ray Finlay NIOA

It was noted that the SEOA will, in future, be a corresponding member.

09/03 Declaration of Interests

KM made a request for committee members to submit any outstanding Declarations of Interest for 2009 to Laura Young at British Orienteering office.

09/04 Minutes of last meeting for approval.

The minutes of the last meeting were approved. See British Orienteering website:

http://www.britishorienteering.org.uk/downloads/documents/cc_2008_11_08.pdf

09/05 Matters arising not covered elsewhere in agenda or not completed

With reference to item 08/44, VT is to check progress on making the names of CRB checkers more widely know, for example by listing them on the web **VT**

09/06 Update on Funding

Details of the funding settlement for the next four years have been included in the Spring 2009 edition of Focus.

Since the major funding announcement additional small amounts have become available from sportEngland and sportscoachUK to support specific Coaching projects.

09/07 Chairman's Comments

Report to the Board: The Committee Chairman had attended the Board meeting held on 25 February and given a progress report with regard to the development and implementation of UKCC and had then gone on to summarise the current position with regard to Coaching in British orienteering.

The informal response to the presentation appeared to have been favourable although no formal feedback had been received and the summary minutes of the meeting (on the web) only covered a portion of the presentation.

The Chairman explained that he had made the point that whilst British Orienteering had begun to establish an initial award system for coaches there was much to do in the area of education for existing coaches.

The Committee looked forward to further feedback

Coaching Activity Registration: The Committee noted that, following the implementation of the new on-line fixtures system, the process with regard to registering coaching activity had been implemented differently from region to region.

It was hoped that these differences would not cause difficulties in the future.

Hawkshead 2008 and 2009 – See report Appendix A

DA reported that he wished it to be noted that for Lakeside 2007 Jon Duncan had only received his expenses and had not been paid any fee for the talk he so generously gave. The Committee thanked Tony Carlyle for co-ordinating the training weekend for 2008.

KM agreed to ask Tony if he would be happy to co-ordinate the weekend for 2009.

British Orienteering database: It was noted that there still was no easy way of the Coaching staff communicating with all coaches. (PMN: Mike Hamilton has offered to email things to coaches and/or provide VT with an email list for coaches. This will help with, for example, the sending out of coaching newsletters to all coaches but it will not solve the need for targeting certain groups of coaches – refer to point 09/10 below).

The implementation of UKCC and the ongoing retraining of Coach Educators and Assessors had resulted in increasing amounts of data being held on Excel spread sheets outside the data base system. This was a source of concern to the Committee.

The Committee asked that its concerns be expressed to the Board through these minutes.

Continuing Professional Development – See briefing paper Appendix B

The Chairman introduced the subject by saying that there was a need, under the terms of the UKCC Endorsement, for British Orienteering to produce a plan for the implementation of a CPD system for the benefit of its coaches. The paper which had been circulated (and included as Appendix B) was intended to seek the views of the Committee members and to seek their help in formulating such a plan.

There followed a discussion covering a number of areas of the subject and the Chairman requested that all thoughts and suggestions be sent to the Chairman by the end of April in order to allow time for a paper to be produced prior to the annual review of the UKCC implementation, due in June. The suggestions which were given at the meeting have been included as Appendix C.

09/08 Board feedback

It was noted that had Peter Christopher been able to attend the meeting, this would have been his last one before Peter stood down from the Board and therefore the Committee wished to record their thanks to him for his support over the years.

09/09 Coach Education:

NM requested that a list of all qualified coach education staff and that past Coach Education Newsletters be circulated to the regional coaching representatives.

VT

VT stated that all past Coach Education Newsletters will also be posted up on the tutor/assessor section of the coaching website along with a calendar of coach education courses.

VT

Teaching Orienteering courses: It was noted that the Teaching Orienteering courses have continued to be popular. So far over 1,000 candidates have attended the Teaching Orienteering Part 1 course. VT pointed out that March 2009 had been especially busy with 28 courses being held but that the number per month is now expected to drop since the 'Coaching for Teachers' funding has now been used up and the scheme will not be repeated next year.

VT reported that the updated versions of the Teaching Orienteering CDs were still being developed by Pauline Olivant and Caroline Povey. The new CDs will include details of the Scottish curriculum and a Welsh

translation of the material. A number of comments were made that the cost of the Teaching Orienteering courses appeared to be very low and the Committee unanimously agreed that the price of the Teaching Orienteering packs should be increased once the new CD is available. VT to consult with MH on the future cost of packs.

Teaching Orienteering – tutor training courses: Two tutor training courses were scheduled for 2009. VT stated that the first took place in February at Sale Water Park with 5 new tutors attending and the second will take place on October 17th in Bristol.

VT

UKCC:

UKCC Level 1 It was reported that UKCC Level 1 in Orienteering had attracted a great deal of interest. 8 courses had been delivered in 2008 and a further 19 are already in the calendar for 2009 together with two Bridging (to UKCC Level 1) courses.

The scale of the success had resulted in increased work load on the Coaching administrative staff as well as the rest of the British Orienteering office staff.

There had also been some issues with the provision of 1st4sport resources which it was hoped had now been resolved.

Clearly the growth in the number of candidates and courses was to be welcomed being in line with the aims of the Whole Sport Plan but concern was expressed by VT that additional support might be needed in the future.

VT also requested support from the RR's in helping to ensure that all courses attracted as many candidates as possible.

RR's

In an attempt to fill the proposed Bridging course at Longmoor it was suggested that VT contact 1st4sport to enquire whether it was possible to obtain a list of candidates who had attended a Level 2 course but had not been assessed.

VT

Coach Educator/Assessor Training/IV Training

It was reported that so far one CTS and one IAPS course had been run this year and it was expected to run further ones in the future. It was also reported that British Orienteering was hosting Archery on these courses; this having the dual advantage of increasing British Orienteering revenue and allowing us to run courses which may not attract sufficient Orienteering candidates.

UKCC Level 2

KM reported that the aim is to have UKCC Level 2 documents ready to present to sportscoachUK for endorsement by the end of April. He explained that there is a Coaching Standards Group meeting scheduled for the end of July where it is hoped that the qualification will be 'signed

off'. The aim then is to run two pilot courses during September/October so that courses will be made available come Autumn 2009. Hilary Quick already has a course planned for December 2009.

KM explained that no 1st Aid qualification will be included in UKCC Level 2 as this is not a requirement for endorsement and he went on to explain that British Orienteering's licensing process takes care of this requirement. It is likely that, in the future, the necessity for a first aid qualification for the UKCC level 1 award will be removed for the same reason.

KM stated that the NSG is still playing an active role in assisting with driving forward the UKCC Level 2 qualification.

VT

NM requested that minutes of the NSG meetings and a list of NSG members are circulated to all Coaching Committee members.

09/10 Coaching Award Scheme:

Existing Awards: The old Level 1 courses ceased from end of September 2008. Assessments for 'old' Level 1 will cease on 31st March. The old Level 2 courses are currently being phased out although assessments will continue for up to two years from the date of the training course.

License to Practise: Both SI and VT along with the help of RR's have been keeping on top of coaching award updates and qualification renewals as best they can. VT reported that although ultimately the long term benefits of having a web-database in place will accrue to British Orienteering the current on-going developments to both systems means that normal methods of communication to coaches in terms of having the ability to filter off certain groups to communicate with is currently still restricted and there is no indication as to how long this situation may continue. The areas that are suffering most are;

- Sending license component reminders.
- Adverts or requests to coaches within regions or according to their coaching level etc.

The Committee agreed that the Board should be made aware of the disruptive impact the work was having on normal communications and ease of record keeping.

09/11 Incentive Schemes

Most RR's have sent their feedback to Steve McLean. However the Chairman had been unable to discover the status of the work. The Committee noted that this topic was now a priority for the Development Committee and would therefore leave the issue until that Committee had reported and respond accordingly.

09/12 Reports from Regions

EAOA report - Ursula Oxburgh

Because all the UKCC Level 1 courses seemed either to be full or to be in Snowdonia or Bonnie Scotland – very picturesque but a long way to go for Level 1, I decided to organise EA's very own Level 1 course. I was quite surprised to receive 27 expressions of interest when I advertised it around the clubs and have now organised the EA first course complete with tutor and assessor. The second will go ahead in the autumn I hope, though this is the first that Vicky has heard of it. The new BOF Development bursary scheme should result in clubs or regional squads putting on loads of coaching to mop up the new coaches' 15 hours of voluntary coaching which is a requirement of the bursary:

Although the Cambs and Peterborough County Sports Partnership puts on lots of 4 hour First Aid courses they fill up very rapidly and in my experience they are in very short supply in large tracts of East Anglia so I am looking to put on one myself.

EMOA report – Hilary Palmer

Coaching continues to be offered at local events and separate activity and coaching sessions by EM clubs and notable news re coaching is:

- The Buxton satellite club project has brought almost 60 new members to DVO and around 40 people attend the weekly activity / coaching sessions. Some are now entering events elsewhere in the county. A UKCCL1 coach course has started for some Buxton volunteer helpers.
- NOC held 2 awareness-raising 'Try orienteering' sessions in Ashfield and Mansfield last weekend with over 100 newcomers. Coaching was available and publicity for the new West Notts weekly activity satellite group was given out. The first session was held on Tuesday 17 March with a mix of ages and newcomers to the sport as well as some club members – about a dozen attendees which was pleasing as Ashfield/Mansfield is a challenging location with low sports activity levels.
- LEI is part of the Clubmark clubs 'grow' project this spring – 12 projects around England holding weekly activities for families and publicised through schools. There was so much demand in the LEI focus area that the sessions will be repeated for more newcomers after Easter.
- LOG has a new UKCCL1 coach from the Sheffield course (December 2008) and 5 EM members (3 from LEI, 1 each from DVO and LOG) have attended the recent UKCCL1 Bridging course.
- In summary, coaching has a much higher profile now in the EM clubs and is appreciated by the club members who attend.

SWOA – Christine Vince

SWJS:

The Squad held a training weekend just before Christmas in the New Forest, and another on Dartmoor last weekend. The New Forest weekend was well attended and boosted by half a dozen athletes plus helpers from SCOA, with catering provided by several SW members. The Dartmoor weekend unfortunately clashed with a rearranged SW Compass Sport Cup/Trophy round, so attendance was down but athletes worked hard, ate huge amounts and enjoyed themselves. A Squad member won W18L at BOC, having attended Badaguish last year. She and four others from the SW have been selected for WSOC, plus one of the reserves.

SW Clubs:

A UKCC Level 1 course is being held on 17/18/24 October. One member of Devon is attending a UKCC Level 1 course this weekend. Two members of Wimborne and one from SARUM should achieve their Level 3 soon. Following an initial tidy-up of the SW coaching records, three people have asked for help in updating their records and becoming licensed coaches, possibly all Level 2.

SOA Report – Sarah Dunn

- One further UKCC Level 1 course has been held in Scotland this year, with a second one running this weekend. The SOA have been allocated funding by SportScotland to cover 75% of the course costs for 40 new coaches in 2009. The first CTS and IAPS courses for orienteers to be held in Scotland were also run recently and were well attended.
- ScotJOS held their first development weekend of the year at the beginning of March. This was attended by 50 juniors, with a number of younger pre-squad athletes invited to join the regular squad for the weekend.
- In December 2008 a performance weekend was held for coaches, SEDS athletes and older (M/W 18) athletes in ScotJOS. Although recent SEDS activities had been very successful and appreciated by those that participated, they had been disappointingly supported in terms of numbers. Over 30 attended and by the end, a concrete plan had been set for SEDS for 2009 that had full support of all attending. SEDS activities in early 2009 have been much better supported and it is particularly pleasing to see older juniors starting to make the transition to the senior squad.
- Regular coaching activities have been continuing as usual at club and regional levels.

WMOA Report – Cath Williams

WRE: attending the club coaching day in the Lakes in April

OD: continuing to do Saturday coaching for newcomers and Juniors not in the WMJS

WCH: recent away weekend in the Lakes; about to hit the Chase for

weekly coaching sessions once gym training ends at Easter (weekly fun O sessions over winter months); "Hobnob tent" continues at Chasers events. Fungal infection across the Chase limiting access & permissions for training & beginners events/coaching.

WMJS: monthly newsletter to all juniors with general info and one specific topic more in-depth; all really appreciated the efforts of Tony Carlyle in making the Lakes weekend happen in November; joint weekend with Wales juniors in the Gower; squad going to BOF Coaching day in Lakes in April.

No info from HOC, COBOC or POTOC.

YHOA report – Nev Myers

AIRE:

Fairly simple this one - not a lot of coaching at this moment or recently, at least at club level - several people are doing work in schools.

The first move will be to get a club coach available at their O-Lite events this summer, and they're looking at the whole club development and coaching area. It's just being discussed at the moment, but the aim is to get things moving later this year.

EBOR:

They are developing a system for identifying talented youngsters within the club at an early age, providing a recognised pathway for them to progress from club to region and on into the BO squad system. Some of this they already do, but they do need to have a formal club structure.

Under Clubmark accreditation they will need to produce this.

They are also moving more towards working with schools.

For the first time for many years, a series of Saturday morning coaching sessions has been organised for May and June this year.

No reports have been received from SYO, EPOC, HALO or CLARO,,

SEOA Report - Keith Marsden

Happy Herts recently staged the first Level 1 event under the new Fixtures programme. The same event hosted the Interland international and a round of the FCC and consequently attracted over 1200 competitors.

Southdowns Orienteers, as one of the five Participation clubs, continues to organise a weekly club meeting and attempts are being made by other South East clubs to replicate this.

Happy Herts continues regular junior training and has invited juniors from CHIG and LOK to join the training.

Unfortunately because of the lack of junior orienteers in the South East only Southdowns and Happy Herts have any junior membership of note. The need to provide a Grade 3 controller for all Level 3 fixtures has been the catalyst for the organisation of a Level 3 Controllers course in April.

There continues to be a dribble of L2CCO assessments taking place and one Level 4 Coach has recently been assessed. Two other level 4 assessments are in progress.

SEJS continues its monthly training and recently held a joint session with EAJA.

SCOA report – Dave Rogers

Activities:

- Junior Squad conducted 20 training days in the last 12 months [March 2008 to 7th March 2009. Squad numbers around 35 mark, with 15 to 20 regular attendees. 15 training days and competition weekends planned for the rest of 2009.
- SCOA website now has a 'Coaching' section which is slowly being populated.

Junior Squad Successes:

- Peter Bray [SN] has been selected for the ISF World Schools Championships 2009 and Tamsin Moran [SOC] has been selected as a reserve.
- Interland 2009 selection and 3rd place for Katherine Bett [SN, W14A]
- British Champions: Tim Morgan [SOC, M12A], Fiona Bunn [TVOC, W10A], Alex Moore [BKO, M18S] and Katherine Bett [SN, W14A]
- Southern Champions: Megan Bett (SN, W12A) and Mark Salmon (TVOC, M18A), as well as several podiums from other squaddies.

Courses:

- John Tilsley [WSX] is running the UKCC Level 1 coaching course on 21st and 22nd March and 4th April 2009 at Longmoor, Hampshire. Four helpers from the junior squad will be attending.
- UKCC Level 1 Bridging course is planned for 25 April and 16 May 2009 at Longmoor.

Other:

- Dave Rogers now qualified as a coach assessor – first assessment carried out on 30th January 2009.

WOA report – Sue Doherty

- Mark Saunders is to take over from Sue Doherty as the RR for Wales – no official hand over yet.
- Helena Burrows is running a UKCC Level 1 coaching course March 21-22 and April 4th with 5 candidates from Wales and 3 from south west England attending. All candidates have received financial assistance from British Orienteering.
- One junior squad training weekend has been arranged per month.
- Half term training was shared with BOK juniors with approx 30 juniors and last month training was shared with WMOA.
- There will be a Summer tour to Norway.

09/13 Coaching Manager other notes:

Annual Coaching Conferences 2009 and 2010

There were 43 people booked on this year's Conference – 5 pulled out either due to injury, illness or the bad weather meaning that 38 attended.

The programme was put together and facilitated this year by Mike Hamilton and although it was to a different format it was well received by the majority who attended.

KM stated that offers, sent to VT, to facilitate the Conference next year would be welcomed.

VT gave feedback from the conference following the return of 17 forms. It was interesting how some loved the whole weekend being run with so much group discussion and others stated that they preferred the talks by speakers. Some stated that they had found Mike Hamilton's introductory talk valuable. There were a number of comments to the effect that although they found the group work fun, interesting and valuable more guidance from Mike would have been useful to aid a better understanding of what was required. Also a few thought that mixing of groups would have provided more variety and changes in style. Steve Vernon's running skills coaching session was especially well received and there were requests for more practical sessions in future. Several commented that it was a shame that the Lilleshall orienteering map had not been used. There was recognition from some that coach education sessions at the Conference would be useful egs UKCC update and a recent coaching development update. Inspirational speakers eg from world class athletes and Scandinavian input always seems to be a popular request. Most people have requested a mix of talks and group work for the future with some practical. One person suggested group work Saturday and talks Sunday to allow for continuity for the group work. There was some feedback that a Friday evening start was difficult for some but acceptable providing it was not compulsory.

VT

VT also confirmed that the feedback from the conference will be loaded onto the web. VT to consult with Mike Hamilton.

VT has applied to Lilleshall to book next year's conference for Feb 5th to 7th 2010. This date will not be confirmed by Lilleshall until May/June.

VT

Coaching Code of Conduct

VT explained that due to developments regarding British Orienteering's Equality Policy the following paragraph has been added to the Coaches and Coach Educators Code of Conducts:

All coaches should be aware that a serious breach of the coaches code of conduct could result in the coaching licence being revoked and them being subject to the British Orienteering Disciplinary Policy and Procedures. For further information refer to the British Orienteering 'O' Safe Policy, Complaints Procedures and Disciplinary Policy and Procedures.

The Committee agreed that VT should check with Laura Young to establish whether or not there is a necessity for all coaches and coach education staff to re-sign the amended documents or whether or not the implementation of the new amended Code of Conducts in the future would suffice.

VT

Coaching Kit

New suppliers are now being used (eg Henbury and Fruit of the Loom) to

provide coaching kit and a range of garments in the agreed colours of black and red are available. Full details with pictures will be made available on the website along with a new order form and prices. A service is also offered for coaches who wish to choose their own black or red garments and these can be embroidered with the coach logo at a cost of £6 plus post and packing.

VT

Funding for Coaching Courses – report from Hilary Palmer:

Brief update on the bursaries for the upcoming UKCCL1 courses:

'Burnley course: 6 awarded (5 of them also have grants from Lancs 'Get Qualified')

Cannock bridging course: 6 awarded

Forest of Dean course: 8 awarded (5 from Welsh clubs which are working towards Clubmark or have a link with at least one local school)

Longmoor course: 8 awarded

Total = 28 bursaries awarded at a total cost of £5,688 which works out at an average of £203 per person. '

Hilary Palmer will be using the remaining Club Links grant to fund further grants and after April 'Whole Sport Plan' sportEngland funds will be used to support courses which are held in England. In future the % bursary may have to drop in order that greater numbers can be support to some extent.

All the people who have been awarded bursaries have committed to offering at least 15 hours of coaching within 6 months of qualifying and have been given a log sheet to record their coaching activity, which will need to be witnessed.

Hilary understands from Hilary Quick that SOA is able to support Scottish club members who attend the courses in Scotland.

Members Coaching Days

VT reported that the planning for the members coaching day to be held at Bouth Woods in the Lake District on April 18th is almost complete. (PMN: Planning is now complete and details have been sent to those who have booked). VT reported that although bookings tend to come in at the last minute - 10 groups and 5 individuals have already booked. DA will coach the individuals.

Offers to plan more members coaching days will be gratefully received by VT.

Peter Palmer Trophy Coach of the Year Award 2008

Nominations for the Coach of the Year Award are still sought and will be accepted until 3rd April.

RR's

The trophy will be presented by Neil Cameron at the AGM on 11th April at the JK.

Coaching News

VT aims to send out a Coaching Newsletter to all coaches at the end of May.

VT

09/14 British Schools Orienteering Association report

JC reported that arrangements were well advanced for the World Schools Event in April to be held in Spain.

He noted that although ten coaches had responded to the request for coaches to accompany the team it had been disappointing that only two females, the exact number required, had put their names forward.

It was noted that Josh Jenner, a new comer to team management had been selected to accompany the boys' team.

09/15 Any other business:

In response to a question UO confirmed that she is planning to review the Step system in order to make easier to read and understand.

DA raised the concern that the new contract with Ordnance Survey may make it more difficult for coaching. It was unclear whether such things as linking maps to the web site and the use of Route Gadget may be affected.

The Board to be made aware of such concerns through these minutes.

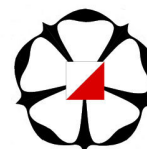
09/16 Dates of next meetings

Proposed dates for future meetings; June 13th 2009, November 7th 2009, March 20th 2010

APPENDIX A

YORKSHIRE AND HUMBERSIDE JUNIOR ORIENTEERING SQUAD

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REGIONAL SQUADS TRAINING YHA HAWKSHEAD 28th to 30th November 2008

Table below shows the number of attendees from each region.

Region	Juniors	Coaches/helpers
EA	2	1
EM	5	2
NE	6	2
NI	1	0
NW	10	2
SC	2	2
Scotland	5	4
SE	7	3
SW	9	3
WM	7	2
Wales	4	2
YH	12	2
Support team		10
Sub Totals	70	35
Total		105

Accommodation/Catering

The size of the rooms available was flexible enough to allow squads to be together with appropriate adult supervision in nearby rooms.

I heard no complaints about the food. The availability of a hot breakfast was appreciated by many and the serve yourself approach meant all had their fill. The evening meal choice was limited, but there was plenty of food available. An extra vegetarian option was produced for those who didn't like the one offered. Paying extra for a second round of sandwiches in the packed lunches also went down well with the juniors and should be repeated next year.

The hostel staff were concerned that they met our catering needs and were prepared to make changes if asked. Next year it may well be worth suggesting evening meal options for negotiation with the catering manager.

The after training, evening snacks and drinks were well used and I only had to buy extra milk for the last morning. List of items bought in Appendix 1.

Classroom space was adequate for our needs. The main evening talk took place in the lounge/dining room in the main building, but next year it may be better trying this in the main classroom as it would have been big enough to take everyone seated on chairs.

Training

Areas used; Claiffe Heights, Hawkshead Youth Hostel grounds, Holme Fell and Tarn Hows.

Not being able to get permission for Esthwaite Intake meant that some changes had to be made to the original programme. Martin Bagness remapped Claiffe Heights for the weekend and British Orienteering made a contribution to LOC towards mapping costs. Originally Martin had planned a race on the area which was adapted to provide the two slopes exercises.

Tarn Hows and Holme Fell are both physical areas but provide plenty of opportunity to relate contour to ground shapes. Conditions underfoot were much better than expected with most of the bracken being low making it easier to see the ground detail and to travel through the terrain.

The plan was to have enough controls out for set exercises, but also to allow squads to adapt and make changes if they so required. I know planned courses can be restrictive but comments from coaches suggest that they were pleased with what was offered.

Number of controls used as follows;

Claiffe Heights	21
Holme Fell	24
Tarn Hows	32

Full size kites attached to a 3 foot cane were used. I also thought it important that numbers were attached to each control to reinforce checking of control codes and offer reassurance to the less experienced athletes.

If anyone has copies of alternative activities that they used, or suggestions for improving the planned exercises, if you forward them to me I will add them to the weekend file for future reference.

Maps were printed on waterproof paper by print 5. All junior athletes had an individual map for each exercise and coaches/helpers had an all controls map for each area.

Three club tents were available for shelter if the weather had been poor but were not required.

Hawkshead Night relay. A most enjoyable part of the weekend. Iain Embrey mapped the area on Autumn Start weekend and produced an exciting format for the race. Emit was used for the event, thanks to OD and West Midlands. The map was sponsored by GGmaps and print 5 sponsored the prizes. The event took longer than planned, if repeated next year it needs to be started earlier so that it doesn't run into evening meal time. The competition and enjoyment factors were so high the race should be repeated next year as it more than made up for the loss of the sprint race. Many thanks to Iain for all his work in putting on the race.

Forest team

Comprised of; Josh Beech, Becky Carlyle, Chloe Haines, Hector Haines, Jess Halliday, Sabine Hauswirth, Stuart Hooton, Alice Leake, Matt Speake, Douglas Tullie. They were divided into 3 groups and rotated round the areas. I had tagged control sites on Tarn Hows and Holme Fell and this was found to be a big help and speeded up the putting out of controls. All members of the forest team were kept busy helping the different squads. I hope you all got your share of help. Many thanks to all members of the forest team for their continued support over the weekend.

Evening Sessions

After the evening meal Becky Carlyle ran a voluntary workshop session on simple strength and conditioning exercises for young orienteers. This was well attended and would have been better in two smaller groups as numbers were more than expected. A presentation from Douglas Tullie and Hector Haines followed. Doug concentrated on what was needed to be a top class junior orienteer whilst Hector talked about his experience of JWOC. All the evening sessions were well planned and received many favorable comments from the juniors.

I had originally planned that we would have had more workshops before the presentation, but this didn't work out. It was so well received by the athletes that next year we probably need to pursue this more vigorously and look at providing 3 voluntary workshops before the presentation.

General

Control collection on Sunday began at 13-00. This suited most groups but I was asked to delay collecting on one area. If no one objects then next year control collection could be put back to 14-00.

There was a request for showers by some before heading for home on Sunday. Some arrangement should be possible next year, but it must be raised early in the discussions of our requirements with the hostel.

Again there was no be-brief session on Sunday afternoon. Is everyone still happy with this arrangement? If so then next year it might be worthwhile preparing a quick questionnaire for athletes and coaches to provide feedback from the weekend.

I would also like to thank British Orienteering for the financial help provided in paying for the map printing and the balance of the hostel fee.

I have already made a provisional booking of the hostel for the same weekend next year. Areas we could use include, Graythwaite and High Dam? Any other suggestions let me know so that I can begin discussions with Carol McNeill.

Finance (Accounts attached)

Without the £1696.60 contribution from British Orienteering we would have made a loss of £123.98 for the weekend. This could easily have been recouped by asking the forest team to pay a contribution of £12 towards the weekend. A decision needs to be made for next year whether or not we expect a contribution towards costs from them, or do we just absorb their costs in the free places? It is worth noting that Doug and Hector refused to accept a speaker's fee (£138 last year) as they preferred the money to be used for the juniors.

It is also worth noting that due to an oversight I was not informed of the NWOA area fees when permissions were sought. This would have amounted to a further 50pence per person per area, i.e. £157.50. As I hadn't been informed of the fees they were not charged. They will need to be figured into the budget next year. The £1572 balance will be used for next year's deposit, approx. £1100. If we are to continue with this arrangement in future then we need to look at having our own account somewhere. I shall ask BO to see if they can offer this facility, if not then we must come up with a suitable solution to handle the finances. Until a decision is made the balance will be kept in the YHOA Junior Squad Account.

If anyone has anything further to add to this summary please forward so that I can add it to the file and circulate if appropriate.

Tony Carlyle

Appendix 1

After Training and Evening Snacks

- 6 x Warburtons toastie loaves
- 3 x Raisin loaves
- 2 x Kingsmill wholemeal loaves
- 3 x packs of crumpets
- 2 x 500g Flora
- 1 x jar peanut butter
- 1 x jar raspberry jam
- 1 x jar chocolate spread
- 1 x mini muffin tub
- 1 x mini chocolate muffin tub
- 1 x mini flapjack tub
- 1 x mini butter flapjack tub
- 2 x chocolate chip cookie tubs
- 2 x brownie bites tub
- 1 x shortcake bite tub
- 1 pack ginger snap biscuits
- 1 pack shortcake biscuits
- 3 x packs chocolate digestive biscuits
- 3 x 36 Jaffa Cakes
- 2 x jars Cadburys drinking chocolate break
- 1 x box tea bags
- 1 x jar coffee
- 1 x 500g bag sugar
- 6 x pints semi skimmed milk
- 1 x pint skimmed milk
- 2 x 2 litre apple & blackcurrent squash
- 2 x 2 litre orange squash
- 1 x 2 litre Summer fruits squash

INCOME

Paid direct to	
YHA	
YHOA	£100.00
NWOA	£100.00
NEOA	£100.00
SOA	£100.00
EMOA	£100.00
WMOA	£100.00
WOA	£100.00
EAOA	£100.00
SEOA	£100.00
SCOA	£100.00
SWOA	£100.00
NIOA	£0.00
Sub Total	£1,100.00

Paid to YHOA JS	
SEOA Marsden	£440.00
EAOA Louth	£300.00
NWOA	£540.00
SOA Brown	£500.00
NIOA McCann	£60.00
EMOA	£240.00
EMOA	£80.00
SCOA	£240.00
YHOA	£740.00
NEOA	£320.00
NEOA	£60.00
NWOA	£60.00
SWOA	£180.00
SWOA	£440.00
NWOA	£120.00
WOA	£260.00
WMOA	£380.00
BO payments	£1,696.60

Sub Total £6,656.60

Total £7,756.60

Balance £1,572.62

EXPENDITURE

YHA deposit	£1,100.00
YHA payment	£2,500.00
Transport Edinburgh	£107.93
NWOA admin and farmers fund	£15.00
LOC OCAD files	£45.00
National Trust Access Tarn Hows & Holme Fell	£60.00
National Trust Access Claife Heights	£30.00
Print 5 maps (paid by BO)	£100.00
Matt Speake travel expenses 256 miles	£53.76
Stuart Hooton travel expenses 230 miles	£48.30
YHA Balance (paid by BO)	£1,596.60
Car park fee Tarn Hows	£5.50
Tony Carlyle expenses	
After training, evening snacks and drinks	£65.77
Pick up O kites from AIRE store in Leeds 36 miles	£6.51
Travel to areas checking control sites and tagging 141 miles	£29.61
Refund EAOA overpayment and refund	£220.00
Refund NWOA overpayment	£100.00
Refund SCOA overpayment	£100.00

Total £6,183.98

APPENDIX B

Coaching Committee

21st March 2009

Continuing Professional Development

Background

Continuing Professional Development (CPD) is one area which was highlighted in our original UKCC Endorsement as a development point which will require us to bring proposals forward if the Endorsement of our UKCC awards is to continue.

It is clear that we have been successful in beginning to establish a new system of Coach Awards based on the principles of UKCC but the newly qualified coaches, as well as those with existing awards, require British Orienteering to support them and develop their coaching skills.

There are a number of different, but related groups to be considered, each with their own needs and requirements.

I see these groups as;

- Coaches
- Coach Educators/Assessors
- Internal Verifiers

So far we have addressed the Coach Educators/Assessors/Internal Verifiers by conducting a Standardisation Meeting at the Annual Coaching Conference in Lilleshall. We have also published a 'Coaching Education Newsletter' late in 2008 and we intend to publish further editions in the future.

Where next?

What I am seeking is views from the members of the Coaching Committee in respect of the future requirements for CPD.

Let me toss out some questions that immediately spring to mind in considering the needs;

Are the groupings I have highlighted above correct? Are there other groups we should consider?

What should a programme of CPD for these groups contain?

Can such a programme be conducted remotely, for example with on-line training or should attendance at (regional) meetings be included?

Should such attendance be a condition of continued licensing?

What frequency should such education be?

If attendance at meetings is required how long should they be?

- A few hours?
- A full day?

What should such education sessions cover?

- General Coaching theory and practice?
- (Orienteering) Technical sessions?
- Physical training?

Are there areas of priority?

APPENDIX C

Suggestions made at the meeting with regards CPD – Appendix B:

It was suggested that KM could contact Sportscoach UK to attempt to gather any useful CPD information already produced by other sports or their Committees.

So far we have addressed the Coach Educators/Assessors/Internal Verifiers by conducting a Standardisation Meeting at the Annual Coaching Conference in Lilleshall. We have also published a 'Coaching Education Newsletter' late in 2008 and we intend to publish further editions in the future.....

It was noted that not all had attended the Standardisation meeting and that this needed to be allowed for in any proposals.

Add to this process: that meeting notes and newsletters are also circulated to those coach education staff not present.

Are the groupings I have highlighted above correct? Yes and they should all be licensed (link to licensing)

Are there other groups we should consider? The 'trainers'

What should a programme of CPD for these groups contain? Derek Allison's suggestions:

Variety – ideally so that individual requirements can be met – self assessment? -

produce a list of available training tick boxes

Can such a programme be conducted remotely, for example with on-line training or should attendance at (regional) meetings be included? - Yes CPD can be conducted in lots of different ways –

Derek Allison suggested that a 'points system' be devised and adopted from the start.

DA's Ideas: On-line training doesn't obtain as many points as attending a meeting or course. There could be different ways to score points such as:

Attend courses eg Sportscoach UK course

Work alongside more experienced coaches (eg Go to Hawkshead)

On-line training

Mentoring

etc

Should such attendance be a condition of continued licensing? Unanimous - Yes

What frequency should such education be? Every year especially is available on line.

If attendance at meetings is required how long should they be? Variable

- A few hours? Yes

- A full day? Yes both.

What should such education sessions cover? DA's list so far:

Communication, Measurement, Nutrition and diet, Injuries, Psychological, Analysis – course – results, Drills, Strength and conditioning, Core stability and Pilates

- General Coaching theory and practice?

- (Orienteering) Technical sessions?

- Physical training?

Are there areas of priority? How to coach.

Dave Rogers suggested 3 areas for CPD: Knowledge, experience and training.