

## SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

### REPORT TO SCOA COMMITTEE MEETING JUNE 2017

#### HIGHLIGHTS

- The squad has held four training sessions, two of which were associated with the SE Junior Squad.
- Several athletes entered major competitions during the period and achieved good results: JK, British Champs, Northern Champs, Midland Champs and British Night Champs.
- A number of athletes have been selected for GB and Junior Regional Orienteering Squad (JROS) camps this year:
  - JROS Lagganlia Camp: Hazel Williams, Frank Townley
  - JROS Deeside Camp: Thomas Howell
  - JROS Stockholm Camp: Bethany Kippin, David Bunn
  - JWOC 18 GB Team Hungary Camp: Fiona Bunn
  - GB Summer Talent Camp: David Bunn
- Fiona has also been selected to represent GB at Junior World Orienteering Champs (JWOC) and Junior European Champs (JEC).
- Fiona, Bethany and David represented England at the Interland competition (see attached summary produced for TVOC).

#### ACTIVITIES MAR-MAY 17

Date	Location	Coach/Comments
18 Mar 17	Long Valley	Athletes took part in a training session organised by the SN Junior Squad in the morning. This was followed by a short SCJS session focussed on terrain intervals.
1 Apr 17	Gordons School	The members of SCJS joined SEJS in a day of spring training around the complex area of Gordon's School. The day was about speed work, fast navigation and racing. One exercise was aimed at improving the reading of control descriptions and involved having to find the controls inside a box using only the pictorial descriptions.
12 Apr 17	NW Wisley	SCJS trained with a group of 20 juniors from Norway who were visiting England for the JK. The training involved a series of four short courses with many controls. The purpose of the session was to stay in close contact with the map while flowing through the controls and twisting around the technical courses.
22 Apr 17	Kings Wood, High Wycombe	Four athletes were coached on rough and fine navigation using a combination of corridor, pathless and standard maps. We also discussed the different interpretations of "traffic light orienteering".

#### LOOKING FORWARD

- Training being planned for Summer to Christmas 2017.
- Investigating the feasibility of hosting a JROS 'Open Weekend' jointly with the other Southern Junior Squads.

#### PLANNED ACTIVITIES

Date	Location	Coach/Comments
1 Jul 17	Bloom Wood	
28 Aug 17	Abingdon Urban	TVOC Fundraiser
23-24 Sep 17	Winterfold and Blackheath	JIRCS – hosted by SEJS