SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

REPORT TO SCOA COMMITTEE MEETING MARCH 2018

HIGHLIGHTS

- Two weekend overnight trips have provided a step change in opportunities for the athletes.
- Bethany Kippin (W18) has been selected to be a reserve as a W20 for the England Interland team.
- Bethany Kippin was second at the British Night Champs; Thomas Howell was third on M18.

ACTIVITIES DEC 17 - FEB 18

Date	Location	Coach/Comments							
16-17 Dec 17	Mychett	East Midland Junior Squad and SN Junior Squad joined a full day of training at Mychett. Fiona Bunn organised the morning exercises. 11 SCOA athletes took part. After a swim at the local swimming pool both squads were accommodated at the local Scout hall. Anthony Squire provided an evening lecture on race preparation.							
13 Jan 18	Frith Hill	Fiona Bunn organised the morning and afternoon sessions for both the SCOA Junior Squad and SN Junior Squad. 9 athletes took part.							
17-18 Feb 18	The Gower	8 athletes and 5 coaches/helpers travelled to take part in the Welsh Squad 'Open weekend'. The SW Junior Squad and Bristol Univ were also in attendance bringing the total athletes to over 40. Mark and Alice planned great training exercises on Oxwich and Broughton Burrows during the 2 days with a night score in the wind and rain on Whitford Burrows.							

LOOKING FORWARD

- The JROS Sprint Training at Sheffield clashed with the Welsh Squad training weekend so no trip to Sheffield this year.
- The Junior Squad will be supporting the JROS Stand at Days 2 and 3 of the JK.
- Three athletes will be running the BUCS courses organised by OUOC next weekend as pre-
- The squad management app GroupSpace has died so we are looking at a new app Spond looks promising.
- We have a number of promising juniors that may be selected for the Welsh WJHI squad this year!

PLANNED ACTIVITIES

Date	Location	Coach/Comments					
24 Mar 18	Ightham, Sevenoaks	Session led by SEJS					
Jun 18	TBD						

PROFILE

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INIOR SC	QUAD	C	(1	5 (5	1	. (27									

MYCHETT TRAINING





GOWER TRAINING





