

SOUTH CENTRAL ORIENTEERING ASSOCIATION COACHING OFFICER

REPORT TO SCOA COMMITTEE MEETING 20TH JUNE 2019

SOFA:

- No specific coaching activity. However we did receive a last minute approach by a group of families on holiday together in the area. Too late to organise anything but gave them some ideas of informal activities they could do themselves.

TVOC:

- Chris Poole coached 6 athletes on a 3 day period in May, 2 days of fundamental and technical training and a level C O event to culminate the weekends activity.
- Saturday series events are still bringing in large numbers of newcomers, so coaching advice is provided at all such events to get people started, and to help those wanting advice on improvement. This has also provided specific coaching to 2 individuals to complete their DofE awards.
- Simon Kippin is running the SCOA junior squad and running coaching/training activities for juniors on a regular basis, both in the SCOA area and elsewhere.
- In addition a joint SCOA/TVOC coaching event was run by Simon & Chris which in addition to the normal SCOA attendees had an additional 10 adults taking up the coaching opportunity.
- Roger Thetford ran a 1 day coaching event in conjunction with WAOC/TVOC.
- In May a specific low key event was run for a local school to introduce youngsters to the sport

BADO:

- BADO have started and run 3 successful street O events using the openmap software and street furniture as controls. These have been popular with the club and also attracted some newcomers on a come and try it basis with help and instruction available. Not coaching in the strictest sense but useful nonetheless.
- Bernie Fowler has completed 3 days CPD in Jan coaching on the Army intermediate course at Longmoor alongside Colin Metcalfe.

BKO:

- *No information received despite information requests.*

BAOC:

- *No information received despite information requests.*

SARUM

- The Salisbury Schools Forest league has held an event per term in various venues – parks & woodland with around 160 yr4/5 children attending from 12 schools.
- There were also events held with the Warminster and mid-Wilts schools in Southleigh Woods and at Avon Valley College in preparation for the Wiltshire Games which is being held at Marlborough College again in early July. Winning teams from all of the heats across the County will be running in this competition.
- The Junior Club resumed activities in mid September and met once a month to teach specific skills – this has meant thinking outside the box as the Juniors are very quick and sharp to see what the emphasis is ; we also targeted low key events which the Sarum coaches attended and helped the Juniors complete actual courses; this has resulted in getting several parents really keenly taking part and doing well.
- We also are trying to enter big events that are reasonably close by so that we can create a Club atmosphere – involved so far in the British Schools Score; the local Yvette Baker heat; the Compass Sport cup round and even entered the Relays at the JK – which were hard for them!
- We are planning to map new small wooded areas around Salisbury to continue with the skills training in new venues
- Hoping to take a small group to a weekend Junior Training event in the New Forest to tie in with the November Classic.

SN:

- *No information received despite information requests.*

SOC:

- We have been particularly active over the last few months with a good mix of coaching activities which were open not only to SOC members but also members from our neighbouring clubs.
- Colin Hicks provided some well received Sprint O training in Southampton just before the BOF Sprint Championships.
- Tamsin Moran was keen to help while back in the area and took the lead in planning some great coaching activities over the winter using various areas of the New Forest.
- November: Tamsin planned the Coaching on Salisbury Trench with help from several SOC members including Jane Morgan, Nick Bosbury, Julian Hartwell, Helen Wheelwright and Kevin Bracher.

We had well in excess of 20 participants including several juniors.

- Late November: SOC held an Urban Training event at Chandlers Ford centred on The 'UP AND RUNNING' running shop. The shop manager opened up especially for the evening and invited a representative from a shoe supplier and a Sports Injury Masseur. Participants were invited to test run various shoes on the night and as well as massages running gait analysis was also available. The manager had also advertised the activity and we were pleased that several members from a local Triathlon Club came along.
- December: we moved to Highland Water and again a team of SOC members supported Tamsin in providing an excellent morning of coaching enjoyed by a mixture of juniors and seniors from the surrounding clubs. It was good to see several participants who had previously attended the November coaching. Again we had 20 plus participants.
- January: SOC had a CATI at Itchen Valley Country Park. Basic coaching was provided for several families who came along for their first attempt at orienteering.
- February: a planned coaching activity had to be cancelled due to bad weather.

- End of March: back into the New Forest, Tamsin led the coaching assisted by Jane Morgan and Kevin Bracher. This was at Anderwood where participants enjoyed the well thought out activities including a fun relay to finish off the morning, a great idea just before the JK. Once more we enjoyed the company of several participants from the previous coaching activities.
- We also provide basic instruction for beginners at all SOC local events.
- SOC also currently have Helen Wheelwright working to complete her Coaching level 2 qualification. Helen is aiming to complete planning and running her four training activities through the summer months.

WIGHTO:

- *No information received despite information requests.*

OUOC:

- *No information received despite information requests*

**Liz Yeadon,
SCOA Coaching Officer**

20th June 2019