

SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

REPORT TO SCOA COMMITTEE MEETING JUNE 2019

HIGHLIGHTS

- The Junior Squad supported the three days of prize giving at JK 2019.

ACTIVITIES MAR – JUN 19

Date	Location	Coach/Comments
30 Mar 19	Reading University	10 juniors attended a sprint training session. The training focussed on route choice, control flow, map memory and simplification, based on ideas gained by Simon and Laura Parkes at the BOF Coaching Conference.
17 Apr 19	Merrist Wood	The squad took part in the SN training session focussed on sprint training for the JK.
1 Jun 19	New Forest	6 athletes undertook training before competing in the SARUM score event at Tinneys Firs.

LOOKING FORWARD

- Standing Item: Club coaches should continue to recommend athletes to Laurence and Simon. Five new juniors joined from St Andrews School Pangbourne after 2 years of continued engagement with the PE staff.
- JIRCS 2020: Simon still has the medal inserts for the JIRCS 2020. Is anyone from the planning team intending to attend JIRCS 2019?

PLANNED ACTIVITIES

Date	Location	Coach/Comments
Sep	TBD	Pre-JIRCS Training
28/29 Sep	Cowms Rocks, Bamford Tankersley, Barnsley	JIRCS
Oct	TBD	
Nov	TBD	
22-24 Nov	Hawkshead, Lakes	
Dec	TBD	Training Weekend

