

SOUTH CENTRAL ORIENTEERING ASSOCIATION COACHING OFFICER

REPORT AND FUTURE PLANS TO SCOA COMMITTEE MEETING 5TH MARCH 2020

SOFA:

- Introductory session for Havant Duke of Edinburgh Award participants due to take place on 20th April 2020.

TVOC:

- The club has organised two successful skills sessions over the last two months aimed at developing newcomers to the sport as well as those wishing to hone their skills. The aim of this is to bring participants on from the very low key Saturday Series events to Level C events. These events catered for both adults and juniors.
- Coaching to all levels is provided at the TVOC Saturday Series events.
- Simon Kippin continues to provide coaching to SCJS, often after a level C event.
- A summer series of events will also practice specific skills by the types of courses planned

BADO:

- A quiet last period from BADO. We now have at least 6 summer evening sessions planned though, mainly low key score type events with a social element tagged on.
- We hope to continue to encourage newcomers as well as our established members

BKO:

- *No information received despite information requests.*

BAOC:

- *No information received despite information requests.*

SARUM

- The Salisbury Schools Forest league held another event at Dinton Park in early February.
- Events are also being planned with the Warminster and mid-Wilts schools in Southleigh Woods and at Avon Valley College for the summer term, in preparation for the Wiltshire Games which will be 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 has had two training evenings this year – an indoor session, covering symbols & contours; route choice principles – tricky in parkland that they know & under water! One more is planned for the Spring term to cover coping with Orange courses, in preparation for the Compass Sport round in March.
- More monthly sessions will be arranged for the Summer term covering more specific skills – simple compass work; pacing & distance judgement; odds/ evens score & start lane procedure (scary if you don't know what's going on!)
- *We are planning to map new small wooded areas around Salisbury to continue with the skills training in new venues*

SN:

Senior Training

- Twice per month throughout winter in urban areas using 45 min score format.
- Summer training starts soon with combination of Forest and parks...informal training sessions each Wednesday

Junior Training

- A few specific sessions for juniors this winter Sat am....inviting juniors from neighbouring clubs.
- Also do a junior squad get together at a local non SN event to talk pre and post race (and pose for photos)

SOC:

- As always SOC provide Basic Coaching to all beginners at SOC events.
- At our recent Middle Distance Local event there were several novice orienteers who came along and had a go.
- We have been running a series of three coaching activities in the forest.
- The first event planned from Bartley Cricket Pitch had 10 participants who were encouraged to try a series of O skills to hone their techniques.
- Our next activity, led by Helen Wheelwright, is planned for this coming weekend, Saturday 7th March at Millyford Bridge.
- Our Third Activity, re-arranged due to the recent storms is on the 14th of March at the Rufus Stone and will be led by Colin Hicks.
- Over the Spring / Summer SOC will hold a series of activities including coaching on some of our Smaller areas while the New Forest is out of bounds for orienteering.
- Our Coaching activities are free to SOC members and open to non SOC members for a small fee, usually £1 to help pay for map printing.

WIGHTO:

- *No information received despite information requests.*

OUOC:

- *No information received despite information requests*

Liz Yeadon,
SCOA Coaching Officer

5th March 2020