

## SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

### REPORT TO SCOA COMMITTEE MEETING MARCH 2021

#### HIGHLIGHTS

- Due to the pandemic, coaching has been limited to Zoom training for this period.
- JROS has been working with British Orienteering to plan dates and selection criteria for the Summer Tours. JROS Squad coaches have met several times to share coaching ideas, for both forest and virtual sessions.
- Some of the coaches attended the British Orienteering Coaching Conference. Laurence presented at one of the sessions.
- The "Talent South" trial has started, which has drawn in several SCOA coaches and attended by Frank Townley as an athlete. Sessions so far have focussed on skills, athlete development plan, strength and conditioning sessions and nutrition. Some SCOA coaches and present/past elite are supporting the Talent South athletes.

#### ACTIVITIES DEC 20 – MAR 21

- Unfortunately, the session at Penn Wood was cancelled due to COVID.
- Four virtual sessions via Zoom have taken place.

Date	Location	Coach/Comments
20 Dec	Zoom	Simon led a festive Zoom training session on route choice. 8 athletes and 2 coaches took part.
9 Jan 21	Penn Wood	Training Session - cancelled
10 Jan	Zoom	Laurence led a Zoom training session on visualisation. 10 athletes and 2 coaches took part.
24 Jan	Zoom	Simon led a Zoom training session on visualisation. He used the Orienteering Unlocked Photo-O as a coaching aid. 8 athletes and 3 coaches took part.
28 Feb	Zoom	Laurence led a Zoom training session using RunningWild. The session focussed on teaching the athletes how to use the application before providing feedback on some of the routes. 10 athletes and 2 coaches took part.

#### LOOKING FORWARD

- There are currently limited opportunities to hold selection races for England, GB and JROS competitions and camps. The squad will continue to monitor the latest news and ensure that the athletes are made aware.

#### PLANNED ACTIVITIES

Date	Location	Coach/Comments
9 Jan 21	Penn Wood	Training Session - cancelled
TBD	New Forest	
TBD	Buckleberry Common	
TBD	Nettlebed	
TBD	Winterfold	M/W16 "Hawkshead" session
25/26 Sep	Redcar, Cleveland	JIRCS. Note squads will need to find their own accommodation

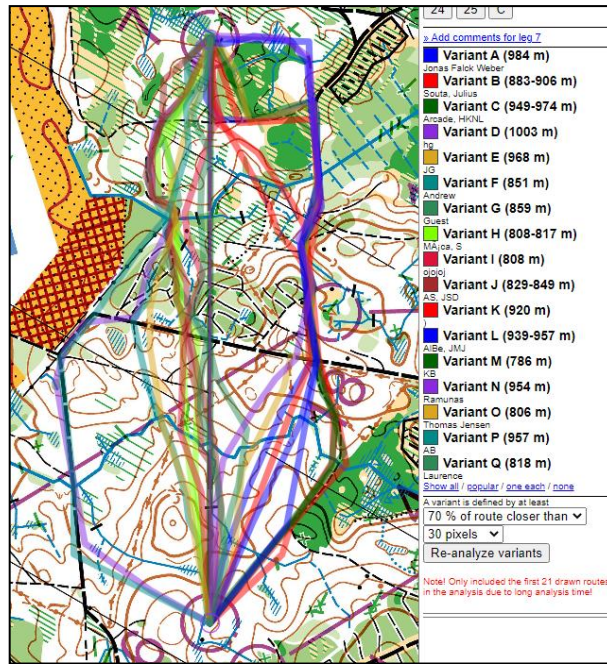
## FESTIVE ZOOM



## 3DRERUN ZOOM



**Athlete Route**



**RunningWild Analysis**