

### **SCOA Coaching Officer – Sept 2023**

Alan is in Southampton General, waiting a heart operation. I am busy visiting & awaiting events as things unfurl!

Thus I'll apologise now for not attending the meeting next week ( his op is likely to be next week).

I have followed up the three SCOA trainee coaches - Heidi & John are needing to do their fitness module then they should be ready for their Final assessment.

I haven't heard from Mark Foxwell - perhaps you could gently find out where he's got to with his linked sessions, please - he always says he's busy! ..but I won't let any of them slip from completing - it would be such a waste of their time!!

Katherine Bett completed her qualification via the JROS camp in the summer.