

# Coaching Page.

No 31.

Your club coach again this year is Geoff Todkill.

During this year I hope to continue to help people develop their orienteering skills. I will be available to discuss orienteering techniques at various levels, and also to run coaching sessions where I will set up practice exercises.

At minor events, we are able to mark our maps before we start, so people who would like to discuss their course, or wish to try more advanced courses have the opportunity to talk with me before they set out.

At NOY events, we mark our maps as part of our course time, so I will be happy to discuss your course on your return.

If you are interested in the practical coaching activities please see me to arrange the fine details.

There will be two dedicated coaching days this year. People wishing to attend need to contact Geoff Todkill (49585920) in advance so that maps can be prepared.

## Club Coaching Day 1. (Green to Orange) Saturday 22<sup>nd</sup> May

Venue: O'Donnelltown

The first of the coaching days for this year is developed for orienteers taking the step from Green to Orange standard.

There will also be activities for Blue and Green standard.

**The activities will follow a briefing at 10:00 am**

## Club Coaching Day 2. (Orange and Red) Sunday 31st July

Venue: O'Donnelltown

The second of the coaching days is developed for orienteers at Orange and Red level, who would like to develop their skills. The practice activities will be set in short loops to maximise feedback.

There will be no easier courses set.

**The activities will follow briefing at 10:00 am.**

The newsletter coaching will focus more on Orange and Red levels.

## Reading the control description.

When running on the course a quick look at the control card is needed rather than having to stop and strain the eyes to discover what you squashed into that little square at the assembly area. I would recommend that all competitors on the at Orange level should be using symbols, and those on the Green should be beginning to practice by gradually starting to use the common ones that crop up most weeks.

In the two previous newsletters I included the symbols used for control descriptions. The descriptions for each symbol were fairly small, but hopefully still able to be read.

The symbols are set up in columns, but for each control, all columns don't need to be filled. Only the necessary information is reported. Here is a master showing what is included in each column.

A	B	C	D	E	F	G	H	
2	225	↘	⋯	⊠	8x4	◀	⤴	A Control number
								B Control code
								C Which of any similar feature
								D Control feature
								E Appearance
								F Dimensions / Combinations
								G Location of the control flag
								H Other information

This time, lets see how the symbols are put together.

Working across from left to right:

Column A tells you the control sequence number.

Column B is the code number on the stand.

Columns C to F describe the Feature that you are navigating to.

Column G tells you the positioning of the control stand.

Column H is for any other information, usually for water located at the control site.

Here is a set of control descriptions, in symbols and words, using a number of common examples.

Long Orange		6.1 km			
1	31				
2	32				
3	33				
4	34				
5	35				
6	36				
7	37				
8	39				
9	40			5m	
10	41			2mx3m	
11	42			1m	
		170 m			

Long Orange 6.1 km

Start at the Track Junction

1. Stand 31- Track/Watercourse/Cross-- Track crosses the watercourse

2. Stand 32- Gully/Shallow- Shallow Gully

3. Stand 33- Special feature (Car Wreck), on the East Side

4. Stand 34- Dry Ditch, at the West end

5. Stand 35- Fence, on the inside of the north-west corner

6. Stand 36- Boulder/Termite mound/Between—Between the boulder and the termite mound

7. Stand 37- Large depression, southern part, water available

8. Stand 39- North eastern Minor Watercourse, upper part

(Arrows used where more than 1 of the same feature will be in the control circle)

9. Stand 40- Cliff, 5 metres high, at the foot.

10. Stand 41- Pond, 2 metres by 3 metres, at the southern edge

11. Stand 42- Western Tree-root mound, 1 metre high, on the north eastern side

Navigate 170 metres to the finish.

Back copies of any previous Coaching Pages can be obtained by arrangement at the event desk, or by contacting me directly. I am arranging for them to also be placed on the NOC website.

- Geoff Todkill