

Coaching Page.

No 11

Your club coaches again are Steven and Geoff Todkill.

During this year we hope to continue to help people develop their orienteering skills. We will be available to discuss orienteering techniques at various levels, and also to run coaching sessions where we 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 us before they set out. The 9:30 AM coaching for Blue and Green was well supported last year and will continue this year.

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

If you are interested in the practical coaching activities see either Geoff or Steven to arrange the fine details.

In the newsletter coaching will focus more to Orange and Red levels.

In previous newsletters I've explained the importance of Leg Analysis and Route Choice; and detailed the basic skills of Orienting the Map, Thumbing the Map, Attack Points, Contouring, Aiming Off, Relocation, and Route Choice and Speed that are used to find your way to the control.

If you would like a copy of these, back copies can be obtained from the event desk.

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)

Sunday 30rd March

Venue: Jigadee Jog

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/Red)

Sunday 22nd June

Venue: Hawke Mount

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.

- Geoff Todkill

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