

**COACHING COMMITTEE**  
***Report to Management Committee***



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Meeting of  
**COACHING COMMITTEE**  
Held on 17<sup>th</sup> November 2007 at Waverley Hotel, Crewe

Management Committee is asked to NOTE:

**07/45** The progress made towards UKCC Endorsement for Level 1.

# COACHING COMMITTEE

*MINUTES (17/11/07)*



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Minutes of the meeting of  
**COACHING COMMITTEE**

Held on Saturday 17<sup>th</sup> November 2007 at Waverley Hotel, Crewe

**07/38 Chairman, welcome and introductions, attendees.**

Present: Keith Marsden Chairman, Val Johnson EMOA, Nev Myers YHOA, Linda Thornton NEOA, Phil Brown SCOA, Ruth Lockley WMOA, Ursula Oxbrough EAOA, Noel Schorah NWOA.

In attendance: Derek Allison Performance Director, Mike Hamilton, Chief Executive.

**07/39 Apologies for absence.**

Peter Christopher British Orienteering Vice Chairman, Steve McLean NWOA, Jim Clarke BSOA, Anne Darlington WOA, Hilary Palmer EMOA, Helen Pearce SEOA, Vicky Thornton Coaching Manager,

Corresponding members: Gregory McCann NIOA, Ross McLennan SOA, Ben Chesters SWOA

**07/40 Declaration of Interests**

Those who had not completed a Declaration of Interest were asked to identify any conflicts during the meeting. It was noted that everyone would have to complete a new Declaration in 2008.

**07/41 Minutes of last meeting for approval.**

The minutes of the last meeting were approved. See British Orienteering website.

[http://www.britishorienteering.org.uk/downloads/documents/cc\\_2007\\_06\\_02.pdf](http://www.britishorienteering.org.uk/downloads/documents/cc_2007_06_02.pdf)

**07/42 Matters arising not covered elsewhere in agenda or not completed:**

Item 07/04 Production of a junior information leaflet about what was expected from coaches in terms of appropriate behaviour etc. Mike Hamilton circulated information cards which had been provided to all clubs and British Orienteering Junior members.

Phil Brown reported that the British Canoe Union (BCU) has increased its First Aid award at Level 3 to 16 hours.

#### **07/43 Update on Funding**

Mike Hamilton outlined the work that is being done on preparation of the Whole Sport Plan (WSP) As part of this a questionnaire had been sent to all clubs. 50% have already responded.

The WSP is due to be submitted in the New Year and the process of review is likely to take about 6 months.

We should therefore receive a report back by autumn 2008 for funding beginning April 2009.

MH added that he was disappointed with the numbers of active coaches reported by clubs and that we needed to get the message over to clubs about the significance of Coaching to the WSP.

MH informed the Committee that although British Orienteering had been told that they were to receive funding for the implementation of UKCC, British Orienteering had not yet received any confirmation from UKsport.

#### **07/44 Management Committee feedback:**

It was noted that there would be a discussion with Regional Squad coordinators at the Lakeside weekend regarding the changes to summer tours and GB Start squad.

Members of the Committee were made aware of the request for volunteers to join the new International Committee. The new committee will meet twice per year.

There was a short update regarding the EGM. It was reported that Proposal 1 had been passed and there remained two outstanding points for discussion;

- pathways for Regions to communicate to the new Board
- allocation of Regional and other portfolios.

**All RR's**

#### **07/45 UKCC and UK Coaching Framework**

KM gave a brief summary of the status of UKCC and the related British Orienteering Teaching courses;

- as reported above no funds had been received from UKsport and so all work so far had been done based on monies budgeted by Management Committee
- Pat Mee has considerable experience of UKCC and the endorsement process as a result of her work with other sports and she had made considerable progress in developing UKCC Level 1 for British Orienteering.
- Vicky Thornton had recently begun work to ensure that she understood the award and was in a position to manage the awards once Endorsement was complete.
- As a result of Pat and Vicky's work the Technical content has recently been sent to the National Steering Group (NSG) with the intention of forwarding it for Endorsement at the beginning of December.
- Carol McNeill is also helping on the project in the development of a DVD for Level 1.

British Orienteering Teaching Orienteering (TOP) courses;

- In order to cater for the 'participation' side of Orienteering two new courses are in development
- These courses have been developed by Celia Watkinson and Pauline Olivant with oversight from NSG.
- They are two one day, unassessed courses, leading up to GCSE in PE.
- The courses have been successfully piloted and the next step is to train the prospective Tutors. CW, PO and VT have been asked to propose suitable dates.
- PB expressed concern that some Tutors, who had courses pending, may be held up if retraining was delayed. He was advised to make his concerns clear directly to PO and CW.

VT

PB

A questionnaire has been sent to all existing Tutors and Assessors asking them to indicate their wishes to Tutor/Assess the new courses. The responses will be used as a basis for planning of the retraining of Tutors and Assessors.

It was noted that UKCC no longer contained a Coaching award at Level 5. The sport will need to consider its attitude in due course.

#### UK Coaching Framework

MH felt that much of the needs of the UK Coaching Framework would be taken up by work within the WSP. There may be a need for people to undertake specific tasks but as of now these had not been quantified.

Anyone who may be available to undertake such short-term tasks should make themselves known.

For more information on UKCF please refer to;

<http://www.sportscoachuk.org/The+UK+Coaching+Framework/UK+Coaching+Framework+in+detail.htm>

ALL  
RR's

## 07/46 Coaching Award Scheme and Coaching Qualifications

### Coaching for Teachers

KM informed the committee that £9k had so far been allocated to C4T and therefore there is still £5k available to spend. Any offers to present courses, especially those in areas not yet covered, should contact VT.

ALL  
RR's

#### Level 3 Course

Attendees were reminded that there is a Level 3 course scheduled for 8-9<sup>th</sup> December and that places are still available.

#### Licensed to Practice

Concern was expressed that Coaching awards would no longer be on the British Orienteering membership card (due to Licences lapsing during the year).

It was suggested that Coaches be issued with identity cards (with photos), in order to facilitate access to such places as schools, when their Licence is renewed and that the card would indicate the expiry date of their Licence. VT was asked to investigate.

VT

#### CRB

Some RR's expresses concern about delays in the return of CRB checks.

Unfortunately British Orienteering has no control over this; the response time is largely dictated by the particular Police Force involved.

#### **State of the Licence to Practice database.**

The majority of RR's had experienced no recent problems and any specific concerns need to be taken up with the individuals and VT.

#### **Fast Tracking through Coaching awards**

NS asked if there was a mechanism for Fast tracking candidates through the Coaching Awards. In general the Committee was against this. Although individuals may have been coached, they needed to have the necessary 'How to Coach' skills. It was felt that, given the will and application it was possible to complete the awards quickly.

**MH**

It was pointed out that British Orienteering lacked a documented Approved Prior Learning (APL) policy and MH offered to prepare one. This would enable VT to make appropriate decisions.

MH expressed the concern that awards were being seen as a barrier rather than an enabler to coaching.

### **07/47 Reports from Regions**

**EAOA** – No written report received.

In response to a query from EAOA MH reported that the second phase of the db should improve access to records

NM suggested that use of Acrobat rather than simply Acrobat Reader may help access to pdf files

**EMOA** - Hilary Palmer

First Aid:

I have arranged for a 2 day course over 2 Saturdays in December and January for those coaches who need to renew their first aid.

Junior squad:

Janet Evans has taken over the administration of the EM junior squad and Richard Robinson has taken over as squad coach. Richard recently attended the Level 4 coach course and is working towards his assessment.

Young Leader Awards:

Pauline Olivant recently tutored a YLA course for all the junior squaddies who are 14+ years old. 12 attended the day course during half term and practised coaching the younger (U14s) from the squad and local clubs who came to the same venue for their own programme of activities. I hope that some of the YLs will be helping me at a coaching session when the others are at the Lakeside weekend.

Club coaching:

EM clubs are continuing to put on coaching sessions in conjunction with their club and district events as well as some extra coaching sessions. The programme was discussed at a regional coaches meeting early in the autumn so

**NEOA** – Linda Thornton

Over the last 3 months, CLOK has put on monthly Sprint events on a Saturday followed by Open Junior and Beginner Adult coaching.

November sees the revival of CLOK evening coaching and social nights.

CLOK are producing a junior handbook, which will be available for every CLOK Junior competing at White and above.

NATO has a programme of club coaching every 2 months.

Lapsed coaches, a list of updates has been sent to Vicky separately.

John Crosby is organising a first aid course for 3's and 4's based in Newcastle, 15th and 16th March.

**NWOA** – Noel Schorah

**SROC**

Monthly training continues with 10-15 juniors. Autumn training linked to successful Lancaster o-zone series and a level 2 assessment as part of coach development.

**DEE OC**

1 or 2 residential weekends per year with 20 - 30 club juniors and various 1/2 day sessions, some of which include local schools. Around 50 juniors at last session which followed a schools league O' event. Coaching / assistance is given at series of informal summer evening events. Around 12 club juniors attend NWJS.

Some other NW clubs have coaching activity, but no reports received.

**NWJS**

Around 60 squad members. Monthly training weekends with up to 50 juniors.

September & November weekends have linked to regional events, after training on the Sat. At the October weekend 37 juniors completed various fitness tests including bleep test and timed run. The squad have an exchange with a juniors in Southern Norway on alternate years and plans are in hand for this to be repeated in 2008.

**SCOA** – Phil Brown

I am having a number of requests to run teacher/centre courses, I am saying that I can do day 1 and day 2 courses and have a UKCC assessment in Sept.

We have a level 3 coach course in Dec (some spaces still available).

## **SEOA – Helen Pearce**

6 members of SEJS attended a summer training camp in Scotland or Scandinavia, 3 of which were also selected for the GB Start Squad in 2007-8 and to represent England in the JHIs.

JK08 continues to take up a lot of time and energy in the region. Some areas are running behind schedule. Planning & day organisation for all 4 days are underway, though there are delays while mapping is completed. The event centre is now booked at Crowborough, which offers extensive facilities including a large number of beds for orienteers to book over the weekend. Entries are due to open mid-January.

The region is planning on funding the two RDOs to help develop orienteering in the region, over and above the work they are paid to do by British Orienteering. The region has asked the RDOs to work with the clubs to identify how best to utilise SEOA's development fund to develop the clubs, and to organise an annual programme of regionally based training (e.g. 1st aid, planning, organising etc).

## **SOA – Ross McLennan**

- British Orienteering Coaching Day to be held March 1 08, in Dumfriesshire (venue 1 of 3 depending on which map is updated 1<sup>st</sup> by local club finalised very soon), day before Scottish League event 1.
- Meeting to discuss orienteering UKCC with sportscotland, SQA on 20 November 07.
- The general feeling in Scotland is that, while we appreciate the work that has gone into them and are aware that British Orienteering is very much restricted by UK Sport etc, the new coaching courses do not particularly meet the needs of orienteers (in particular experienced orienteers looking to do some coaching) and it will be a great surprise if they lead to an increased number of coaches which is obviously very disappointing.
- However, once the new courses are set we intend to target clubs to ensure each one has at least one qualified coach.

## **WMOA – No written report received**

## **WOA – Anne Darlington**

The highlight for this year was the Welsh Junior Squad tour to Sweden a few days after the Scottish 6 Day. This was organised by Mark Saunders, Alice Bedwell and Kate Balmond. Unfortunately Alice was not able to accompany us due to the sudden death of her father. She was missed by us all. The Swedish forests were very confusing to all but gradually we gained more and more confidence as the time went on. A vast amount of help was also given by Matt Speake whose club hut (Tisaren) was used as our base. He spent a lot of time with the squad coaching and organising exercises. He also made it possible to enter some of the local events. His bubbly personality and enthusiasm was an inspiration to all. We competed in an evening local event, a 5 man relay and a Regional event and had

some very good performances by many of the Welshies.

## **YHOA – Nev Myers**

### **YHOA Junior Squad**

The 2007.08 training season has now commenced with a days training in the West Midlands (Hay Wood) combined with the Interland selection race at Salcey Forest.

- 10 juniors and 7 coaches will be attending the Lakeside weekend.
- A full programme is in place till June 2008. Local club members will be invited to join in the training if they wish.
- We have suggested that each regional squad pick a good weekend and invite all other junior squads (or selected ages from those squads to join them)

### **Clubs**

- Very little formal Coaching takes place though informal coaching does take place at Saturday morning events.

### **SCHOOLS**

- There is currently lots of schools development activity going on. The key challenge is to join up this activity with the regions' clubs and with "mainstream" orienteering.

## **07/48 Feedback from Summer Tours**

A summary report of the reports received from TM's and LC's had been circulated (see Appendix A)

Concern was expressed that so few had been received. KM to ask Gareth Candy to remind all LC's and TM's of the need to submit reports.

**KM**

RL was concerned by feedback that the juniors felt that they were being 'selected' for the Start Squad by the coaches whilst on tour. It was confirmed that Selections were made by the Selection panel and that they, the Selectors, used the Tour reports as one of their inputs to the selection process.

It was felt that the Regional Squad coordinators could help by making this clear to juniors.

## **07/49 Coaching Manager's Report**

### **Annual Coaching Conference 2008**

KM said that the Annual Coaching Conference, scheduled for the first weekend in February, will include Coaching Ed updates. NM expressed concern that the weekend should contain a variety of subjects and agreed to offer some suggestions.

**NM**

DA asked whether the weekend would contain a retraining session. KM reported that this had been considered but those conducting it had said that they were concerned that there would not be enough time available.



## **Lakeside Weekends**

It was indicated that British Orienteering could no longer fund the Lakeside weekend in either money or resources. This is to be discussed at Lakeside 2007. Regional Coordinators present on the Committee requested that the dates of Selection Races be published earlier. The Selectors are to be asked at Lakeside 2007.

## **British Orienteering Coaching Days**

The following British Orienteering Coaching days had been confirmed

- 1<sup>st</sup> March in Dumfriesshire (followed by a ScotGalopen)
- 12<sup>th</sup> April in Lake District followed by a Regional Event.

(It was pointed out that this is aimed at orange and light green standard competitors)

- 7<sup>th</sup> June (Followed by Clee Hill National event)

The status of a possible day in SWOA on 8<sup>th</sup> March was still unclear. VT to check

**VT**

**PB/VT**

Offers for later in 2007 and 2008 were requested.

PB offered to host one in SCOA

## **Coaches Kit**

Revised ordering dates have been published in the recent Coaching News.

## **Coaching News**

Articles for Coaching News are always welcomed.

LT asked whether the recent Coaching News had been circulated to Regional Coordinators as promised.

**ALL  
RR's  
VT**

### **07/50 British Schools Association – Report**

A summary report had been circulated before the meeting. (See appendix B)

The Committee wished to know 'How many Juniors had attended YLA courses'?

**VT**

### **07/51 Any Other Business**

There was none

### **07/52 Dates of Next Meetings**

March 15<sup>th</sup> 2008 at Waverley Hotel, 9 Pedley Street, Crewe  
CW2 7AA

June 14<sup>th</sup> 2008(Note change of date)

November 8<sup>th</sup> 2008

## **APPENDIX A**

### **British Orienteering Coaching Committee Item 07/48**

Review of Summer Tour and the autumn Start weekend reports

#### **Introduction**

It is usual for British Orienteering Coaching Committee to review the reports received from the Summer tours and the Autumn Start weekend at its November meeting.

The following reports have been received;

#### *Summer Tours*

Lagganlia

Lead Coach's Report

Badaguish

Lead Coach's Report

Team Manager's Report

Halden

Team Manager's Report

Uppsalla

No reports received

#### *Autumn Start weekend*

South Wales (14's and 15's) –Lead Coach's report

Stirling (16's and 17's) – Team Manager's report

These are in addition to the individual Athlete's reports which have been circulated for all tours to the appropriate Regional Squad coordinator's and the individuals themselves.

#### **Summary**

In the following section I have picked individual comments from the reports for your information.

Halden – Team Manager's report

'IF Gimle's Venåshyttan in Halden continues to be an ideal location for the 16s tour.'

'The hut gets busy in the summers and so a swift booking for next year must be done to ensure we have the dates which suit us.'

'Junior TioMila was certainly a highlight of the tour and gave a focus for the end of the tour.'

Badaguish – Team Manager's report

‘The accommodation at Badaguish is ideal for this type of training camp. It is spacious, well equipped with excellent cooking, eating and ‘socialising’ areas.’

‘The travel up was well organised for Juniors, although some were a little anxious as the tickets did not arrive until about 2 weeks before the Tour (a little later in one or two cases) and some families were away’

#### Badaguish – Lead Coach’s report

‘Despite the limitations caused by Capercaillie and the embargoed areas to be used in the Scottish 6-days, the areas we were able to use for training during the week provided a variety of terrain types and technical challenges for the juniors.’

‘The timed run from Lagganlia was repeated on Monday afternoon. Most juniors had improved their track times and their terrain times significantly, as would be expected.’

‘Unlike previous years, the injury rate during the week was less than expected, especially since several juniors were clearly tired from having been at the Oringen the previous week.’

‘Compared to the previous year, having 2 additional coaches for the same number of juniors made the week much more productive, both in terms of good quality shadowing and coaching in the forest, and the energy the coaches had in the evenings. The juniors certainly benefited from the coaches being willing and able to discuss race analysis and support the evening session. However this made the logistics of the accommodation tricky and impacted on the work load for TM and cook. One might question the value of taking such large numbers of juniors if the coaching and/or managerial staff are going to be stretched.’

#### Lagganlia – Lead Coach’s report

‘For the second year running a junior, after selection, has ‘realised’ that they are unable to attend because of other commitments. Regional coordinators need to double-check the availability of juniors before they put forward names.’

‘We also had one junior who got cold feet at the beginning of the tour and then decided to join mid-week. Perhaps we need to have a policy on this as clearly the junior did not get much out of the week and could have been more of a liability than she, in fact, turned out to be.’

### **Start Squad Weekend**

#### South Wales – Lead Coach’s Report

‘it was never clear why the coaching team was limited in numbers when there were beds available, already paid for. The cost of adding more coaches would have been marginal and would have allowed more shadowing, essential at this age, and more extensive debriefing.’

‘There was a potential problem with regard to unaccompanied juniors (on flights).’

## Stirling – Team Manager's Report

'The allocation of coaching staff suffered from personnel changes which were made at a very late stage, although the numbers were enhanced by having Derek Allison and Gareth Candy in attendance during the weekend.'

'Not have any coach who is in the same age group as the athletes in attendance'

'One final comment is with regard to the programme on Monday – which was extremely rushed and would have benefited from a face to face feedback session'

If any Committee member would like to read the full reports I can make them available

Keith Marsden

13/11/07

## **APPENDIX B**

### **BSOA report Coaching Committee 17<sup>th</sup> Nov 2007**

Following BSOC 2006, about 18 pupils were nominated by their schools as Orienteers with potential, but who were not members of their junior squads. These were all M14 in 2007. BSOA organised a coaching week end at the end of the summer term based at Lakeside with Carol McNeil planning the exercises and pupils from UVHS helping with shadowing. The main object was to help Orange standard pupils graduate onto light green with a view to running in the ISF selection race next weekend.

BSOA is delighted to see that a number of its schools have been active in promoting the young leaders award among its pupils and hopes that more schools will take it up.

Despite its location in Sussex approximately 400 entered the British Schools Score Championships last month.

We are looking forward to another successful BSOC and ISF World schools meeting selection race next week end in Dorset. (At this stage I do not know how many have entered.

