

Virtual Coaching Conference 2021- Agenda

We are pleased to announce the agenda for the Virtual Coaching Conference 2021.

Week 1		
Saturday 9th January 10:30 – 12:00	Introduction to S&C Presented by Zoe Harding	<p>‘A practical session, exploring some of the key concepts of strength & conditioning. Followed by introducing some exercises suitable for club activities. Dress for action, a mat or towel is also recommended.’</p> <p>Register Here The session will be delivered via Zoom.</p>
Saturday 9th January 14:00 – 17:00	Remote Terrain Safety workshop Presented by Iain Embrey	<p>This cpd module enables Level 2 (or old Lv3) coaches to operate in type D areas. It is also good cpd for coaches of all experiences and levels to revisit and refresh our practice around safety, risk mitigation, and dynamic risk management.</p> <p>Attendance is also particularly welcome from any Level 2+ Coach or former Level 3+ Coach who may wish to deliver this workshop in the future. Please state this interest when you sign-up. We may run tutor training at a later date.</p> <p>(If a coach attends this workshop and subsequently attains Level 2 Coach, then they will be able to practice in type D areas thereafter, provided of course that the necessary first-aid qualification is in place.)</p> <p>Register Here The session will be delivered via Zoom</p>
Week 2		
Monday 11th January 19:30	Keynote - Systematic Orienteering Paul Murgatroyd & Mark Nixon	<p>Register here Delivered through Go To Webinar</p>

Thursday 14 th January	Coaching and Covid – assessments and precautions	
19:30	Presented by Helen O'Donoghue	Register here The session will be delivered via Zoom
Week 3		
Monday 18 th January	Safety for coaches – a presentation of the SOA CPD package for coaches	
19:30	Presented by Tim O'Donoghue	Register Here The session will be delivered via Zoom
Tuesday 19 th January	Junior squad coaching practices and experiences.	
19:30	Presented by Angela Darley, Carol Lovegrove (SEOA).	Register here Delivered through Go To Webinar
Thursday 21 st January	Additional Support Needs in Orienteering Coaching	<p>Orienteering appeals to many youngsters with Additional Support Needs, notably those on the autistic spectrum, with the technical and individual nature of the sport being a particular attraction. It can offer massive developmental benefits, including confidence building and self-reliance, as well as being fun. As coaches, how can we ensure that we are meeting the needs of such youngsters and that they are gaining maximum benefit from the sport, particularly when coaching in a mixed group setting? The objective of this workshop is to share experiences of working with youngsters with ASN and to map out some simple tips for other coaches to assimilate.</p> <p>The focus of the workshop will be on learning difficulties and disabilities rather than any form of physical disability. Several coaches have been invited to outline some of their personal experiences of working with youngsters with ASN. We will then break out into groups to discuss this and give other participants an opportunity to share their experiences before feeding back to the full group. Workshop participants should be prepared to informally contribute ideas and experiences for discussion.</p> <p>Register Here The session will be delivered via Zoom</p>

Week 4		
Tuesday 26th January 19:30	Using Virtual Platforms for coaching Led by Natalie Weir	A discussion on the ways virtual apps such as MapRun, Routegadget other virtual platforms has and could be used for coaching. Register here Delivered through Go To Webinar
Thursday 28th January 19:30	Stimulating Sweden Presented by Paul Taylor SYO	We can't always get to top quality terrain. So how do we bring Sweden (or Scotland) to our local wood? This practical session will present an exercise designed for YHOA juniors and give participants a chance to share their own ideas on physical simulation of elite orienteering experiences. Register here Delivered through Go To Webinar
Week 5		
TBC	Tutor training workshop Presented by Hilary Palmer & Pat Mee	Register here Delivered through Go To Webinar (Registration not available yet)

There will also be Safeguarding workshops for qualified coaches delivered externally. Further details will be released as soon as they are confirmed.