

Review of Coaching sessions at West Notts College – March to July 2009

Date	Main activity	Feedback
WNC		
17 Mar	16 cones, symbol relay. Circuits	Enjoyed picking teams with map jigsaws; it helped newcomers get to know new people. Cones grid too easy. Icebreaker – need different ones for each week. Need to buy egg timer or ask someone to time the circuits so coach can concentrate on checking safe technique and circulating the room giving people encouragement
24 Mar	Badminton numbers, naughty numbers, circuits	Badminton numbers easy, not enough time for map matching, naughty numbers BRILLIANT. Prepare circuit layout diagram to help others set out equipment. Need to order BO signs to guide people from car park to gym
31 Mar	Map walk, set map with features, star exercise, star relay	If do route analysis or magazines – could do with bringing laptop and need to buy dongle as there's no wifi at college
Easter holiday		
21 Apr	Step system jigsaw, map walk, micro-O	Micro-O good. Could be made harder – need to speak to mappers about putting maze on map. Riddles go down well in warm up
28 Apr	Map feature relay, naughty numbers , symbol relay, circuits	Biscuits now regular feature at end of session ☺ Good to use children's games for warm ups, e.g. parachute
5 May	Step system relay, map matching, master map relay, pacing	Missed out master map and map matching – too windy and not enough time. Pacing very good – but do it within sight of people's bags or need to move them around. Prepare worked examples of maths (for juniors) or use whiteboard before/afterwards
12 May	Star exercise, loops, odds&evens relay in pairs (map memory)	Had to tape maps to table to stop them blowing away. Was going to use crosswords to make star relay harder but not needed.
19 May	Jargon game, star relay odd/even , planning for Brierley summer league	Put cards in Tupperware containers to stop them being blown away Development opportunity for Rhys to plan summer league with club
Half term and move to Berry Hill		
2 Jun	DVD warm up, map walk, star, short loops	OK. Kids found loops (all in open area close to car park) difficult. Leave more time for café at the end
9 Jun	Runner bean warm up A – stars and loops , B – line orienteering Baffler	Very hot not many people turned up because of temperature
16 Jun	Contour recognition game, make up loop courses from master map and race opposite direction	Club member now responsible for collecting money. Long term aim to share some tasks with volunteers. Need two master maps; ones with easy controls and for harder ones, so beginners pick easy controls when planning courses.
23 Jun	Naughty numbers with map symbols on top (IOF for experienced). Relocation	IOF popular with everyone. But cheating going on. Relocation went down well – first working as a group – teaching technique then in pairs taking it in turns to run and relocate.
30 Jun	Cardinal cones , Compass bearing in woods	Useful exercise – many adults didn't know how to use compass. Had A4 diagrams for aiming off and attack points – so could do 'presentation in the field'
7 Jul	Cardinal cones, aiming off and attack points, medium or hard course	Very wet evening. Need tent or umbrella to keep SI kit dry (will buy small pop up tent). Tried to fill in analysis sheets but even inside too wet. Need smaller controls for aiming off in park, e.g. coins/tokens because controls were too visible in park
14 Jul	SP – Rough compass @ Sherwod Pines	Good to remove paths for experienced orienteers. Recognised that walkers may have different ways of using compass from orienteers
21 Jul	SP – Nordic Walking , Twister, party @Sherwood Pines	Nordic Walking went down very well. O-twister better than map-twister. Next time take ski-O pictures and my ski-O map holder to show link with ski-orienteering