

British Orienteering Coaching Conference: 14th – 15th January 2017

Timings		Session	Presenter
Saturday 14th January			
9.00	10.00	Nearest parkrun is Congleton or a map of Queens Park, Crewe is available	
10.30	11.00	Registration & coffee	
11.00	11.05	Introduction	
11.05	12.20	Main Speaker – Mark Nixon Systematic Orienteering - A top down approach to navigation	Mark Nixon
12.20	13.00	Physical Testing for the GB Squad – a demo of some of the lab testing	MMU staff member & Jackie Newton
13.00	13.45	Lunch	
13.45	15.15	Activity session – Disabled Orienteering for All	Peter Roberts
15.15	15.45	Tea	
15.45	17.00	The journey of a talented athlete – including how lab testing helps to inform training plans	Jackie Newton
17.00	18.00	Association Coaching Reps Meeting	Lynne Walker
Sunday 15th January			
09.00	11.00	Workshop 1: Safety for Coaches working in Level D Terrain (remote and/or exposed areas)	Helena Burrows, Pat Mee & Lynne Walker
09.00	11.00	Workshop 2: Exploring ways to use a small area to provide enjoyable activities for newcomers to the sport	Dan Riley & Hilary Palmer
11.00	11.20	Coffee	
11.20	12.40	Running drills and Terrain Intervals – how to use these in your club / squad coaching	Paul Murgatroyd & Jackie Newton
12.40	13.00	New Coach Training launch	Hilary Palmer
13.00	13.45	Lunch & depart	
13.45	14.00	Meeting for <i>all</i> Teaching Orienteering tutors on changes to Teaching Orienteering training	Dan Riley & Pauline Olivant
14.00	16.00	Meeting for <i>all</i> Coach Educators/ Assessors/ Internal Verifiers & potential staff: orientation for the new coach training courses.	Pat Mee & Hilary Palmer