

British Orienteering Coaching Committee

Minutes of the meeting held on Saturday 10th November 2012 at Comfort Inn, Birmingham

Present: Lynne Walker Chairman (SOA), Caroline Louth (EAOA), Hilary Palmer (EMOA), Philip Baxter (Board Director / NIOA), Mick Garrett (NEOA), Hamish Willis (NWOA), Don McKerrow (SEOA), Dave Rogers (SCOA), Christine Vince (SWOA), Helena Burrows (WOA), Ed Nicholas (National Development Manager), Mike Hamilton (CEO)

12/31 Introductions were made and LW welcomed everyone to the meeting

12/32 Apologies were received from: Nev Myers (YHOA), Jon Carberry (NWOA), Allan Bogle (NIOA), Jim Clarke (BSOA)

12/33 Annual Declarations of Interest have been received. HW stated that he is an employee of British Orienteering.

12/34 The minutes of the meeting held on 16.6.2012 were accepted subject to a name change (Mark Saunders of WOA) **Action: MH**

12/35 Matters arising not covered in the agenda:

1. 12/22 Coaching Programme: it was agreed that someone could put themselves forward for assessment as a UKCC coach without attending a course. This might apply to someone with a UKCC qualification in another sport or someone with a British Orienteering COLA certificate.
Action: EN, MH, HP to agree process and costing for resources, 1st4Sport fees and assessment
2. Teaching Orienteering: a working group has made some changes to the syllabus and tutors will be sent an update by end November. There will also be an update at Coaching Conference for tutors.
Action: EN, J White (office admin) & HB (Conference)
3. British Orienteering web site (coaching section): mistakes / changes to coaching documents to be emailed to Caroline Povey.
Action: All

12/36 Feedback from the Board of Directors: PB explained that the Board is currently spending most time on discussions about:

1. Funding and budgeting and the difficulties of matching membership needs / requirements with funding available
2. The Sport England funding application for 2013-17. Sport England is the largest source of income for the sport and that funding has benefits for the sport as a whole, not just in England. It must be understood that this funding will be against targets (outcomes) e.g. re increasing participation but it cannot be spent on processes which underpin targets e.g. not to subsidise coach training although coaches are needed to run increasing participation projects.
3. Is the Board doing as well as it can e.g. is it communicating in the best ways possible with the membership.

Some discussion was held about the need for clubs to use funds raised by activities and events to fund club development and especially the training of volunteers (including coaches) and to pay for venue hire for club night activities once the initial funding start-up period is over. Finding indoor venues at reasonable rates is difficult for many clubs.

12/37 & 41 Review of Committee structures: MH explained that the Board is committed to the committee restructuring process because of the audit, governance and budget constraints but that lessons have been learned from the Events/Competition Committee restructuring process. There is overlap between different committees e.g. between 'Coaching' and 'Development'. 2 workgroups are to be set up (task and finish by Feb 2013) to look at the needs of coaching and volunteering generally and additionally the Board recognises that there will be a need for a group(s) to keep looking at the UKCC Coach awards and coach CPD and these cannot be done by the office admin staff.

Subsequently, some names were put forward to be members of the 2 workgroups. Others may be added later so that different constituencies are represented.

Action: MH, LW, HP, PB

12/38 Coaching Conference programme: HB has drafted the Conference programme and the committee made suggestions for additional topics / presenters. HB will email revised programme for comments

Action: HB and All

12/40 Coaching needs (taken next to allow time for discussion): sub groups produced notes on their discussions on: Coaching needs, the needs of coaches and Coaching Committee (attached)

12/39 Reports were received from CV and MG on the links between Coaching Committee and Development and Performance programmes: attached

Discussions followed on the content of the UKCC awards and Coaching Committee agreed that coach awards must meet the needs of the Development programmes. The orienteering specific content of the UKCC awards needs some tweaking and this is possible within the agreement we have with 1st4Sport. When the National Steering Group first started working on the UKCC qualifications the regular newcomer coaching activity sessions were not taking place. Some reduction in the task content is needed to make the awards fit for purpose.

2 papers had been produced by MH in 2010 and 2011 which covered some of this but was not fully discussed by the Coaching Committee at the time. These papers are attached to these minutes.

Discussion followed on the context for the UKCC Levels 1 – 3:

- UKCC Level 1: delivers separate sessions for newcomers using the coaching cards
- UKCC Level 2: plans series of sessions and is able to coach mixed ability groups. Mentors Level 1 coaches.
- UKCC Level 3: is able to plan an annual programme and manage the team of coaches. Mentors Levels 2 coaches.
- Ideally coach training could be done locally but it was recognised that some areas do not have access to local tutors and assessors.

12/42 Reports from regions are attached

12/43 AOB: none

12/44 Date of next meeting: 18th May 2013

Coaching committee discussions, 10th November 2012.

Reference to minutes: 12/40

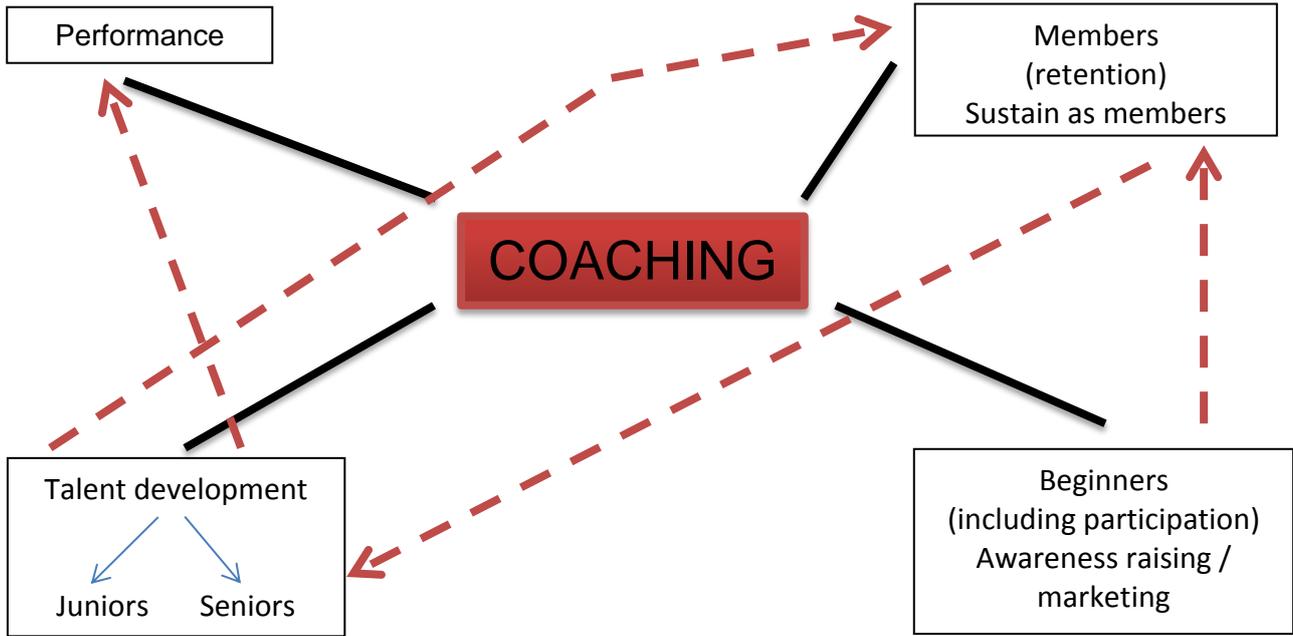
Needs of coaches

- Training & updating.
- Resources.
- Coping with changes from external sources.
- Sharing of good practice.
- Not working in isolation.
- Gain peripheral competencies (e.g. mentoring).
- Gain new ideas from outside our sport.
- Need challenges.
- Sharing with others for mutual benefit.
- Open minds (challenge previously held ideas).
- Licence scheme.
- Qualification pathway.
- Recognition (value).

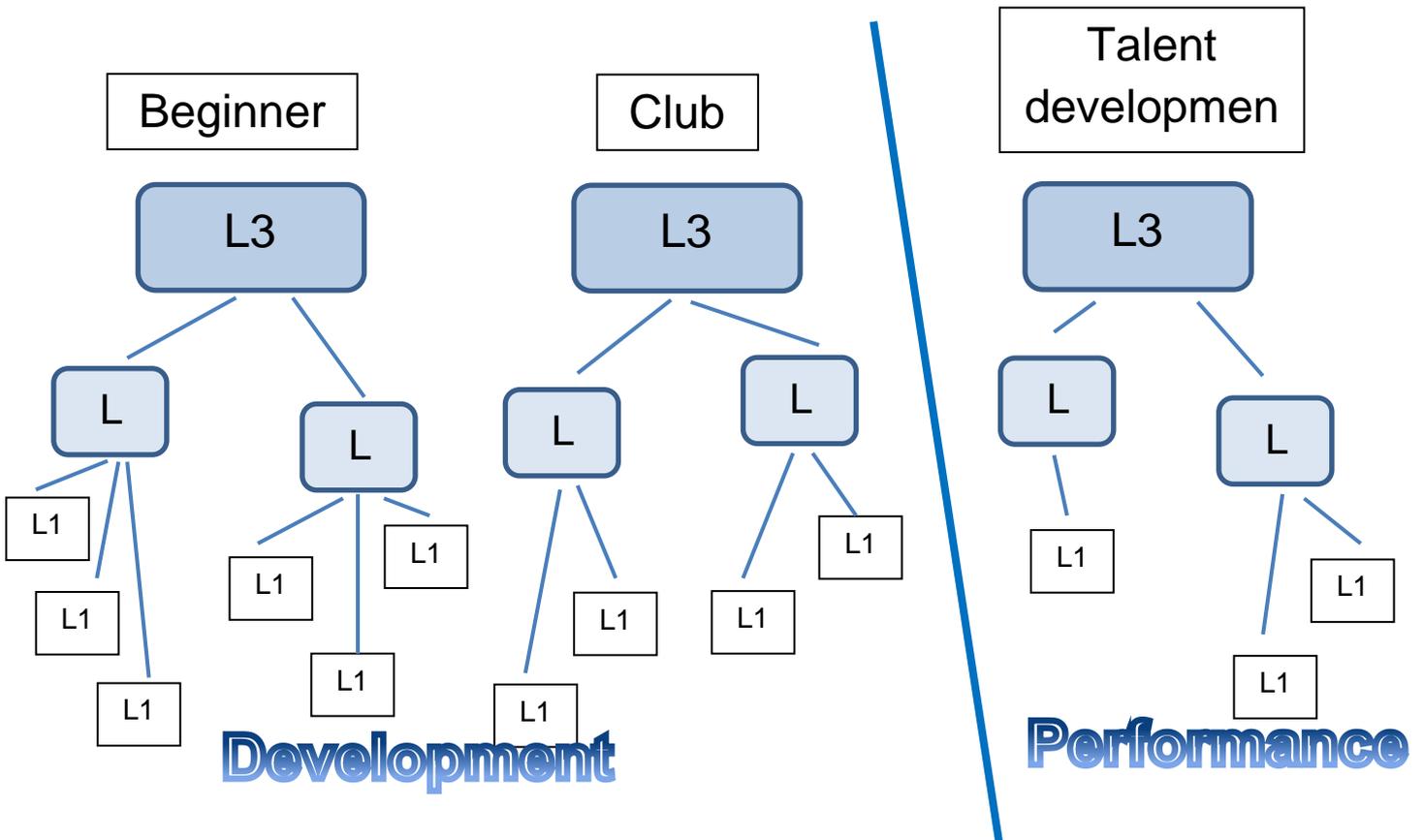
What does the coaching committee do (which is not done elsewhere)?

- National Source Group & reporting.
- Ratification of UKCC courses (TO P1 & 2) (COLA = Development, not ratified).
- Link the needs of Development, Performance & Coaching.
- Coaching workforce numbers needs identification.
- CPD (licence) & UKCC.
- Link from members, clubs, associations (up & down).
- Regional Squads (forum for exchange). (JROS link into British Orienteering).
- CPD for 'non-licensed' workforce (paid & volunteer) e.g. TO P1 & 2, COLA.
- Look after coaching elements of website.
- Should provide top to bottom coaching continuum including outside ideas, cutting edge techniques, points of contact.
- Coaching policy development.
- Regional forum.
- Coaching conference.

Needs of Coaching.



		Athletes			
		Beginners	Member retention	Talent development	Performance
Coach expertise	Session (single)	✓	✓	✓	½
	Linked sessions	✓	✓	✓	✓
	Annual programmes	✓	✓	✓	✓



Coaching Committee – link with Development Committee – report for 10 November 2012

Notes from a conversation with Ed Nicholas, Development Manager

Ed expressed real concern that UKCC Level 1 does not sufficiently emphasise 'meet & greet' which has become obvious with the advent of the CommunityO programme (in the perception of Development).

There is concern over a perceived lack of skills when dealing with mixed ability groups (e.g. a tendency to regard the possession of some skills as 'obvious', or so basic that you should already have them).

There is a desire to see Level 1 limited to teaching skills for TDs 1 and 2, and Level 2 limited to teaching skills for TDs 3 and 4; thus leaving more time to teach 'newcomer' skills at Level 1 and 'mixed ability' skills at Level 2. The rationale for this is that there are very few TD5 areas in the UK and, if you're coaching groups on these areas, you should be Level 3.

Ed would like to see a change of approach to coach education, moving away from 3-day courses and moving towards modular courses and mentored in-club training (possibly by a resident coach educator). He agreed that the current cost of a coach educator @ £200 per day would not facilitate this.

Discussion about COLA (Community Orienteering Leader Award)

Ed said that COLA was put in place because folk were reluctant to attend a 3-day course. In the case of UKCC-licensed coaches from other sports, a repeat of Level 1 was not seen as necessary; in the case of orienteer helpers, the full 3-day course wasn't seen as necessary either. I asked Ed what was in the COLA course, and he replied that this was on the BOF website. Here is what it actually says:

The 1 day Community Orienteering Leader Award introduces candidates to the knowledge, understanding and practical ability to lead Community Orienteering club nights safely.

The course is primarily for coaches qualified to a minimum of Level 1 standard in another sport with limited Orienteering experience. The course is also suitable for existing Orienteers within Community Orienteering projects to support delivery of club night activities.

The course reinforces leadership skills such as organisation, planning, communication and teamwork and introduces basic orienteering skills and techniques through interactive sessions. This award will therefore enable candidates to be capable of demonstrating the techniques employed, and the skills to supervise a group safely within the Community Orienteering Programme according to British Orienteering guidelines.

The leader is the key motivator and deliverer of activities within the Community Orienteering Programme. This course introduces the knowledge, understanding and practical ability to lead club nights safely. You will be able to deliver task card activities on enclosed sites such as schools or parks and following the course will be insured to deliver these activities if you are a member of British Orienteering. Equipment can be provided by British Orienteering (Year in a Box).

I also asked whether COLA had any Accredited Prior Learning status attached to it; Ed said that this was not in his remit, but that this lay with Coaching Committee. (I currently have one person wanting to do UKCC Level 1, having already done COLA.) I have not had sight of the actual content of the COLA course; is this an assessed course?

(As an aside, the CommunityO programmes report back to the Development Manager ... In the SW, there is no visibility at all of what is going on, short of identifying the 20 projects and going to talk to the leaders and Club Chairmen. I have had one or two requests for Level 1 course places, but I would have expected more.)

Teaching TDs 1-5

Lynne points out: *It is all well & good saying that we do not have TD5 areas in the UK but many of the club membership athletes have to be taught to TD5 so that they can compete in their correct class/colour when they travel to areas where there is TD5. (After all, many people travel abroad to events and meet TD5; juniors reach TD5 at the age of M/W16. If we limit TD5 to UKCC L3 only there will be virtually no one to teach these skills to the majority of the membership!).*

Coaching of mixed ability groups

There is a most interesting article on page 20 of the Autumn FOCUS regarding CommunityO coaching (which describes some of the situations that can arise when teaching mixed ability groups in a CommunityO environment).

It does seem to me that there is quite a difference between the techniques described here, and those used to teach more experienced adult club members or Junior Squad members in a club/Squad environment. Quite a few of the club coaches who have moved into the relatively new concept of CommunityO will have had to learn the skills to coach mixed ability groups, and many of those coaches would have qualified under the previous BOF system (not UKCC). Also, for CommunityO, Level 1 coaches will need to have the skills to coach mixed ability groups (so this would not be confined to Level 2 coaches, as Ed suggests above).

Is there a need to add a module giving additional mixed ability group coaching skills? Could we point coaches towards information (articles, DVDs etc) about teaching mixed ability groups?

Meet & Greet – the Development viewpoint

I followed up my conversation with Ed by sending an email asking for further clarification on the Meet & Greet issue:

I know there's some anecdotal evidence of a lack of Meet & Greet - it crops up on Nopesport from time to time. What information do you have of a somewhat harder nature?

Where is this being reported: CommunityO -- club nights -- club coaching sessions -- events generally?

Who is reporting this: customers (non-orienteers at CommunityO etc) -- BOF observers such as yourself, Participation Managers, CommunityO staff -- orienteers generally?

How often does this happen: frequently -- sometimes -- just often enough to register (but still needs addressing)?

This information will be very useful when I report to the next Coaching Committee, to give us some idea of the size and frequency of the problem.

Ed passed that on to his Development contacts:

The Coaching Committee has appointed Christine Vince to be a link between ourselves and the committee. I had a conversation with Christine about the importance of coaching in increasing participation and especially the fact that coaches are the 'marketing force' behind bringing people into the sport.

Christine has asked some questions below. This is challenging as the Majority of the people we want to get the information from (those who didn't have a good meet and great experience) will not be regular participants/members. Any detail on the below would be appreciated.

Ed then passed on one example (see **tales from the crypt** below). I replied: *As I suspected, the problem lies with club attitudes and not necessarily with coaches ... however, this has not been addressed for far too long. Ed's response was: I agree that overall it's important for clubs to have a positive attitude to newcomers. The way forward we believe is that we make that connection between the person who is going to give that newcomer the initial skills (the coach) and that positive welcoming interface. Having this combination brings these two important functions together and as previously detailed this is what we want to see that coaches are given training through the qualifications to deliver a welcoming experience.*

I have read various horror stories on Nopesport, and I have managed to extract a couple of them (see **tales from the crypt** below). It seems that the problems with 'meet & greet' lie mostly with the clubs and not the coaches. Development's view (as stated by Ed above) seems to be that newcomers will be met by a coach –

therefore, if there is a problem, this is down to the coach. This is quite inaccurate – many newcomers go to Level D and C events where their first contact is with Registration and Enquiries, and some clubs have not put into place a clear policy on dealing with newcomers. Ed has not given me any instances where a newcomer attending CommunityO / club night activities has not been properly greeted by a coach.

I think that Coaching Committee could do something to improve the situation. Our Lead Coaches *should* sit on the club committee, and the club committee *should* be instructing their Registration and Start teams on the proper way of meeting and greeting newcomers. Can we use this connection, or another route, to influence the way that clubs deal with newcomers?

Meet & Greet – tales from the crypt

(1) Tale sent to Ed in response to his email to his contacts (with identifying names removed):
I can give you an example from yesterday for which I have from a reliable source to the first part.

A gentleman who lives locally bought along a young friend and his mother, who was visiting from down XXXX. They had been to an open day at XXXX and saw yesterdays event and decided to come. So the gentleman not an orienteer but someone who is involved with Scouts went to our registration tent and asked if he could go for a walk round the white/yellow course to see what it was like. He used to take Scouts orienteering many years ago and was interested.

So what do they do in registration, discuss the charging of this guy £5 for a map to which he says don't bother and then they start going on about how he wouldn't be insured walking round the woods. When I heard this I couldn't believe the small minded attitude despite having spent 4 years trying to educate the club.

Fortunately he came to the Yellow start which I was manning and introduced himself as the Commissioner for Scouts for XXXX and happens to live in XXXX. I immediately engage him in conversation offered him a map for free and invited him to our XXXXX club night to see what we do for young people. (How we develop young people is another topic which I would be happy to share another time.)

I want this guy to get really interested in Orienteering so that his Scouts come to Saturday morning events on a regular basis and I will do everything I can to get him involved. I am already doing a free evening session for local scout in November. He is what I call an 'influencer', he has influence over other adults and young people and is just the sort of person we should be working with.

The role of the Coach as the sales person for orienteering goes much further than the Meet and Greet stage. If you want me to elaborate I will be happy to do so. For example when I go to the scout group to do an evening session I am on a sales mission. I am not there really to teach them how to orienteer. I will coach orienteering skills but as a way of getting them interested in coming to club night or Saturday morning events. I really want them to come to club night though first, so that we can get them talking to our other young people to find out why they orienteer.

(2) Nopesport: thread = Retention (Dec 28, 2011)

Retention is always being stated as a problem in this sport! My geo-caching friend has just informed me that despite joining BOF - she will only be attending very local events - so her youngest can take part still. After only 5 events she is fed up with the whole sport from club to top level. - Both her children loved it, but the older child is very demoralized, by the fact that certain people have upset her mum at 2 out of the three events they have been too. Comments by some of the 'existing' community - when she was helping at an event - about doing a task wrong - have put her off helping, then she arrived early for another and was sharply told so - then the club printed a negative article (rant) in the newsletter, about lack of help - which also included the difficulty with getting youngsters interested in attending stating "but even if we attract the parents, they must be willing to do more than simply attend, compete and go home, they must be prepared to help and some of them must start taking on the more demanding roles" - she's sorry but is not willing to help, when her attempt at helping was met with a less than enthusiastic response to a simple question. She says people won't help if they do not feel supported in anything they help to do - advice on what she should have been doing, instead of back chat and thanking her for what she did do would have been far more positive. She found both club and BO website very confusing - event details YBT/Compass-Sport trophy etc where difficult to find) and in local competition the courses for W14/18 (Lt Green/Green) were higher than the senior competition Light green. The kids are both very competitive and sporty , but with so few Juniors they were both club champs after 4 events due to having no one in the same age class. Added to this is the fact that the juniors ages are incorrect on the new membership cards. What a wonderful image we have created. To be positive she did say the majority of members were friendly and helpful enough, and she had not had problems when at WAOC and SuffOC events. Unfortunately I think it may be too late, now.

(3) Nopesport: thread = Contribution (Nov 05, 2011, three speakers)

My partner got me into orienteering quite recently, and sadly with a background in all sorts of other sports as a beginner I've never been made to feel so unwelcome. Not intentionally maybe, but directed to run the kids

courses, turning up at an event and not having anyone to speak to because there's just a whole bunch of people sat in their cars, being made to feel inferior for not having been in the sport for years etc. The general impression this beginner gets is that the sport is cliquy and unwelcoming - tho of course this isn't a valid viewpoint because I can't relate the whole history of MADO. I quite enjoy it as a sport tho, and would put my hand up to organise, if it weren't for the criticism meted out to volunteers if things aren't 'just so'... often apparently if someone disagrees with their approach, rather than actually knows any of the people or circumstances involved.

My wife hasn't gone orienteering since her first event when she got told quite sternly she shouldn't do light green at her first event. I stepped in and said I would be helping her to the first control, but the damage was done. 37 year old adults with responsible jobs and years of outdoor/navigation type skills don't want to be made to feel irresponsible for asking to jog/walk a few kilometres around a wood in north east London.

IMHO part of the problem is that the colour coded event is a difficult event to organise and organisers/helpers get stressed (assuming you are referring to colour coded events). 11am with a queue of impatient orienteers can be stressful when you are in a windy field with loads of bits of paper, equipment and not all of it can be found etc. Then a few beginners turn up asking questions and behaving unpredictably - the stress goes up further and the customer service training gets ditched. Unfortunately the format discourages further social interaction so the stressed person at registration is what is remembered.

To members of the Coaching Committee

Performance

A meeting was held with Sarah Hague on 22/10/12 to consider what support could be provided by Coaching Committee in order for Performance to carry out its functions.

Existing Terms of Reference

“Providing support to the International Committee for the British International Squads, particularly for the junior classes.”

Proposed Terms of Reference

“Liaison with the Performance Committee (developing coaches)”

For the time being we are still working to the existing Terms of Reference. This meeting is to ask what support is needed by Performance from the Coaching Committee. Sarah explained that because Sport England thought our sport had the potential to contribute to their ‘Excel’ outcome, and British Orienteering met the eligibility target, partly because of the implementation of a nationally managed Talent Pathway, British Orienteering was one of the selected number of sports to be invited by Sport England to submit an application for funding for the next four years. This application considered

- our track record
- our vision
- the scale of impact
- the value for money

Sport England are currently reviewing our application and there is an increased emphasis on

- continual improvement
- personal satisfaction
- fulfilling potential

It is understood that in order to satisfy this Sport England emphasis from March 2013 any nationally Talent Pathway will need to be considered as a whole with provision at club and regional level being an integral part. This suggests that there will need to be improved access for all ages to

- a quality club environment
- quality coaching offering guidance on techniques and skills as well as physical training
- appropriate competition

In order to maximise individual potential within this improving access Performance is appreciative of those coaches who consider the principles of Periodisation and Long Term Athlete Development along with addressing physical conditioning as well as technical training.

Support

Support for Performance would be through the continual encouragement of coach development through the CPD initiative with particular emphasis on

- Long Term Athlete Development
- Periodisation

Coaching & the Development Programme

At the September meeting of the members of coaching committee it was requested that the issues discussed at that meeting be put down on paper.

This paper recognises the already significant improvements in the coaching resources and accreditation schemes that have taken place over the last few years – without the Orienteering UKCC having already been implemented the work to be done would be immense.

UKCC has raised the profile and credibility of coaching in orienteering particularly through the ‘how to coach’ aspects of the training.

Challenges

The challenges facing the development programme in relation to coaching are:

1. To provide a sufficient number of trained and accredited UKCC Level 1 coaches to meet the needs of the Community O programme being developed to increase participation.
2. To provide a number of trained and accredited UKCC Level 2 (or higher) coaches to lead the coaching at the centres where Community O is being delivered; this will include overseeing and mentoring any trainee or accredited coaches working at the centre.

The current delivery mechanisms for UKCC Level 1 are producing insufficient numbers of coaches and coaches that appear to require considerable on-going support to work in the Community O programme.

There are a series of factors that also impact on the challenges outlined above:

- a) Training and support for the development of coaches should be at a local level ie club
- b) Training and support should be cost effective and easily accessible
- c) Ideally the assessment should be ‘in the work place’ ie at the activity centre
- d) Training should be focused on ‘how to coach’ as the Level 1 is, with the orienteering content aligned to delivery at an Activity centre
- e) Ideally training and resources should be focused on coaching at an activity centre and provide the trainee coach with 12 to 18 months of work to draw on

Possible Solutions

There is recognition of the very considerable effort that has been expended to deliver UKCC and that UKCC is a much improved coach awards scheme. However the focus of the development of orienteering has changed and whilst this could not have been anticipated when UKCC was being developed there is now a need to ensure the scheme is aligned with the needs of Community O.

The advent of Community O being delivered through ‘activities centres’ has meant that there is a very real need to increase the numbers of coaches available to work in the programme. These coaches need training that enables them to deliver sessions focused on introducing orienteering to newcomers and motivate them to stay involved for 12 to 18 months. It is likely that the newly qualified UKCC Level 1 will have to gain considerable experience, and probably train to become a Level 2 Coach, before being capable of delivering to a mixed ability ‘club night’ without the immediate support of an experienced Level 2 Coach.

There may a number of ways to meet the first of the challenges outlined above, however the staff and coaches working in the Development Programme have put forward the following solution as being one they believe meets the needs of the Community O programme.

- Interested people are identified and asked if they will help out at activity centres
- Any previous knowledge, competencies or experience is recognised
- A 'mentor' is identified to coordinate trainee development and, if appropriate, to deliver some of the training
- Trainees are given a 'module' of the course work and then mentored whilst practicing at the activities centre, or,
They are mentored before or after activities sessions and then supported in putting into practice the knowledge/ideas, or,
The club puts on a 'course' that delivers the knowledge prior to them practicing at the activities centre
- Competence and good practice of the trainee is recognised through witness testimonies or other similar methods – if the mentor is an assessor they will be able to formally sign off many of the portfolio requirements as the trainee delivers at activity centres.
- When the trainee has covered the required material and demonstrated competence in the delivery of sessions or part of sessions at the activity centre they can be formally assessed as is required by NVQ qualifications. This assessment will have to follow the usual practice and be by a qualified assessor.

The advantages of such a system are evident:

- The club/activity centre/programme gains a person to assist in the delivery of introductory sessions at the activity centre
- The lead coach/mentor gains an assistant to help in delivering to new participants
- The participants benefit from a highly motivated trainee coach and more personal attention
- The trainee coach is provided with 'on the job training' and will gain a worthwhile qualification at relatively low cost and with minimal travel and inconvenience
- The training is focused on practice and assessment in the work place and is therefore aligned to national good practice.

Courses will still be run where the need is identified so those candidates that would rather gain a coaching qualification through that method of delivery can do so.

Summary

Development programme staff believe this is an optimal way of meeting the first of the identified challenges, with benefits to all involved. The risk in adopting such a deliver mechanism appears to be minimal as course delivery will continue where it is appropriate of preferred.

However if Coaching Committee members believe there is a delivery mechanism that can meet the identified challenge and that has significant advantages or reduces risk then they will be more than happy!

Coaching – Operational Plan 2012/2016, Principles

Introduction

The operational plan for developing coaching sits in the context of the vision for orienteering and the Whole Sport Plan which is a strategic plan for orienteering.

The Whole Sport Plan states that British Orienteering is committed to developing opportunities for members and non-members alike to experience orienteering. British Orienteering spent over a year refining a vision for orienteering across the UK, the consultation has involved many members, clubs, associations and many of the partners we work with. The vision states:

more people, more places, more podiums (mp3)

The vision statement encompasses three threads crucial to the future of British Orienteering and widely supported through the consultation period: (a) expanding the numbers of people aware of, participating in, and assisting as volunteers in, orienteering; (b) widening the range of places where orienteering takes place and (c) winning more places on podiums at international competitions. This mp3 vision has been developed through an extensive consultation process that has recognised the need to provide all participant and potential participants with fun and enjoyment in a safe yet challenging environment.

Coaching is one of the most significant factors in delivering the vision and in implementing the strategic plan for orienteering. It will be coaches that provide:

- Motivating, fun sessions to introduce orienteering to participants
- Motivating sessions to participants wanting to improve their skills
- Increasing motivation of participants to encourage them to orienteer more often
- Expert coaching and advice to enhance performance

The operational plan outlines:

- The workplace that coaches will operate in
- The qualifications and training that will be required to operate successfully in the workplace
- The numbers of coaches required to underpin the British Orienteering programmes and help British Orienteering hit the targets it has set
- How the coaches will be trained
- The changes that will be required for the coaching awards to be modified to meet programme needs

It is worth noting that the above is in addition to the normal roll out of coaches to meet the needs of other coaching opportunities.

Participation Pathway – the coaching workplace

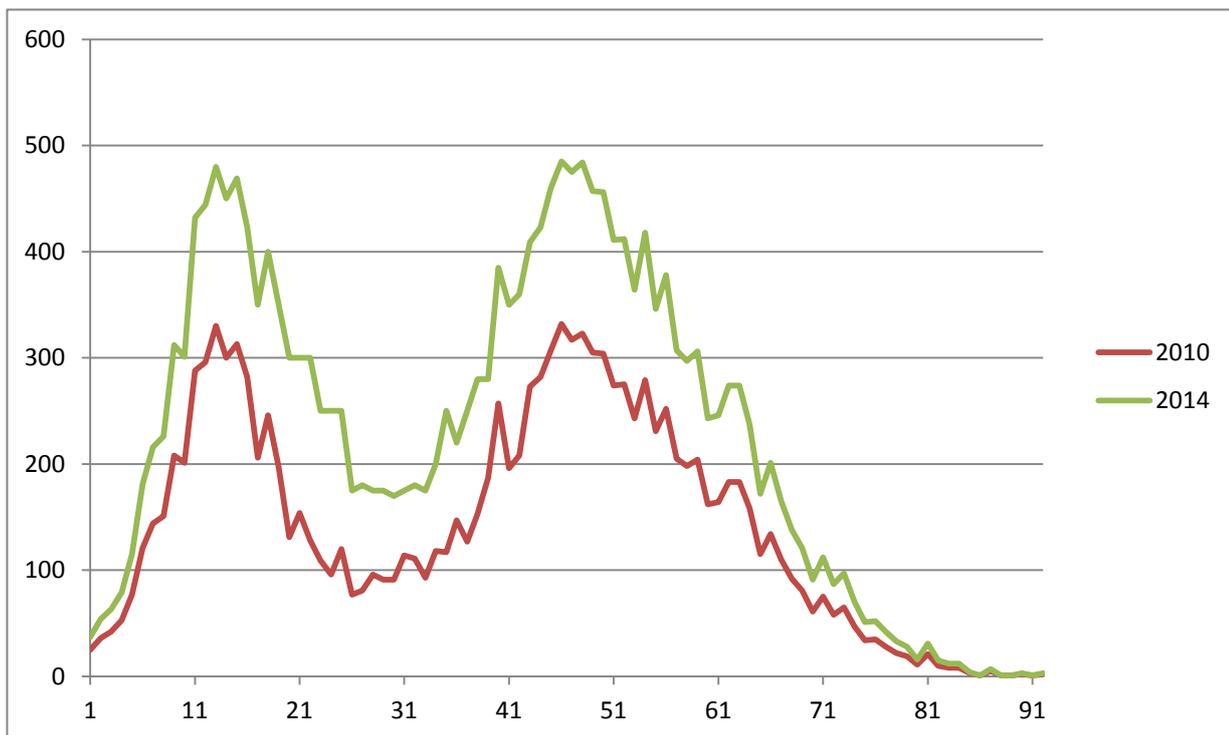
The Participation Pathway in orienteering is now understood and is based on research that has taken place in recent years.

Coaching should underpin each aspect of the Participation Pathway:

- a) Introducing participants to orienteering: attracting and maintaining the interest of members of the general public across a wide age range
- b) Developing the skills and performance of participants: improving the level of satisfaction of those orienteers that take part in regular orienteering activities
- c) Talent identification and development: identifying the participants that have talent and improving their performance
- d) Enhancing performance of international athletes: developing the orienteers that have the potential to compete at, or are competing at World Orienteering Championship level

Increasing participation and developing participants generally take place across the entire age group spectrum. Talent identification and development normally across the 15 to 23 age range and enhancing performance normally across the age range 18 to 35.

The intention of the increasing participation programme is to raise the level of participation across the entire age range but with a greater increase across the 20 to 40 age range which is currently quite low.



Coaching qualifications and training requirements

The coaching qualifications underpin the delivery of coaching and should fit to the work placement opportunities outlined in the participation pathway.

	Introducing Orienteering	Skill development, Club training	Talent identification & development	Performance
Level 1 Coach sessions	✓ Lv1+workshop	✓? Assistant	✓? Assistant	
Level 2 Coach blocks of sessions	✓	✓	✓	✓?
Level 3 Coach a season	✓?	✓	✓	✓

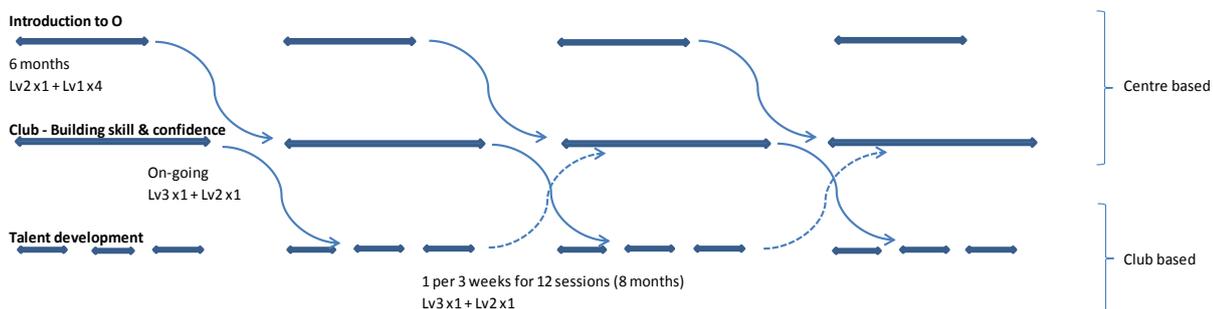
It is worth noting that the National Occupational Standards state:

- Level 1 is a coach able to deliver sessions to participants with little experience/competence
- Level 2 is a coach able to plan and deliver a small block of sessions to participants with experience and some competence
- Level 3 is a coach able to plan and deliver a seasonal coaching programme to a wide range of participants including the more talented

The coaching qualifications are reviewed on a regular basis as an intrinsic part of their endorsement as a National Qualifications.

It is envisaged that when the qualifications are updated they are aligned to the primary work the recipient trainee coaches will be involved in and delivering.

How does this fit with the participation pathway and delivery programmes?



Introducing O:

These will be 3-6 months blocks of sessions delivered to new participants. It is expected that a Level 2 coach will lead with a group (ideally 4 or more) of Level 1 coaches or trainee coaches supporting and delivering sessions planned by the lead coach.

On conclusion of the programme participants should be fed into one of the club sessions which are focussed on improving skill and confidence.

Club Training:

Sessions to building skill and confidence; the basis of club training will be an on-going series of sessions based around a venue/centre. Ideally a Level 3 coach will lead these mixed ability sessions supported by at least one Level 2 coach or trainee.

Talent Development:

At club level this will be to identifying and delivering talent development through a Club Talent Squad. Ideally this will be 12 sessions per year spread across 8 months with a real focus on the talented. Ideally a Level 3 coach will lead with support from other Level 3 and Level 2 coaches or trainee coaches.

The talent programme is working towards rolling out Club Talent Squads to 30 clubs by 2013 and a total of 50 by 2017.

Above Club Talent Squad level it is intended that all athletes receive performance coaching through a quality coaching programme with each group being led by a Level 3 coach with 2 Level 3/2 coaches or trainee coaches in support.

The final part of the talent pathway consists of a National Talent Squad which will consist of approximately 60 athletes working with two Level 4 coaches supported by two Level 3 coaches and 8 further Level 3 or 2 coaches or trainee coaches – probably with many being coaches working across the various levels of the talent pathway.

The total work force required to deliver the programmes British Orienteering is rolling out will be:

Coaches required to meet the needs of the programmes

Number of coaches required:

	Development per centre			Talent per club	Talent Reg/Nat		Total
By 2013	Introducing orienteering	Club training	Subtotal	Talent Development		Subtotal	
Number of centres/clubs	100	100		30	8		
Level 3		1	100	1	1	38	138
Level 2	1	1	200	1	2	46	246
Level 1	4		400				400
By 2017							
Number of centres/clubs	200	200		50			
Level 3		1	200	1		50	250
Level 2	1	1	400	1		50	450
Level 1	4		800			0	800

How will these coaches be developed?

There will be a mixture of components to the training of coaches, many of which are already in place.

- Formal coach education ie a formal UK Coaching Certificate
- Workshops delivering 'top up' knowledge and practice
- Resources delivering knowledge and good practice
- Mentoring by recognised people
- Apprenticeships where potential coaches can be developed in the workplace
- Continuous Personal Development (CPD) which is a combination of the above and other training and self-development opportunities

In developing coaches to meet the needs of the programmes outlined previously there is a requirement to deliver coaches in the short term whilst continuing to develop a more focused and effective longer term solution.

Short term: getting coaches and trainee coaches into the programme as soon as possible;

- a) Use of previously qualified Level 1, 2, 3 or 4 coaches that receive additional knowledge or training; this training is likely to consist of:
 - workshop for coaches to help them coach at activity centres
 - workshop for coaches to support them in leading mixed ability club training
 - a series of workshops to provide good practice to potential talent programme coaches
- b) A managed programme to place these qualified coaches in activity centres and clubs to deliver programmes
- c) New coaches being trained specifically to meet the needs of the Community O programme or the talent programme; for the Community O programme this training will be based at the clubs involved and as part of an agreement between British Orienteering, club and trainee; for the talent programme this training will be as an integral part of the talent programme.
- d) The development of resources to improve the knowledge of coaches and trainee coaches involved in the programmes and maintain the currency of the knowledge and expertise they have
- e) Continued development of the CPD programme based on the association or club

Longer term:

1. Work to align the UKCC Coach awards and training to the areas of work placement identified previously
2. Further develop the apprenticeship approach to training that can be delivered at low cost whilst the trainee is delivering the activity centre sessions
3. Develop the coach education workforce based in clubs so that clubs can operate independently at least in the training and assessment of coaches
4. Develop a network of IVs that is regionally based and operates independent of the club
5. Continued development of the CPD scheme

Modifying the Coaching Qualification

There remains considerable work in researching and developing the course materials so that the orienteering components of the qualifications are aligned to the needs of the coach in the workplaces identified.

To date only a brainstorming exercise has been commenced, this includes the following thoughts regarding UKCC Level 1 which it is believed does in the generic form meet the needs of the Community O programme.

Level 1

Skills to be developed by participants during an 'Introducing O' programme:

1. Map/Space Relationship (2D)
 - a. Simple map – translating the space to the map
 - b. Locating a position – position of person
 - c. Finding a location
 - d. Scan the area and associate with the map
2. Travelling in the area
 - a. Following a route
 - b. Planning travel
 - c. How to check travel
3. E-cards
 - a. Introduction to the cards
 - b. How to carry
 - c. How to punch
 - d. Checking the feedback from the card
 - e. Checking the printout
4. Descriptor sheets
 - a. Columns 1 and 2 on the descriptor sheet
5. Physical
 - a. Warm up
 - b. Cool down

Coaching methodology to be used:

1. Whole part whole followed by simple questions and discussions
2. Maximum enjoyment and fun from a session
3. Reducing the information given and maximising 'doing'
4. The exit point from sessions is for participants to be able to complete a simple Park 'O' course and move onto skill building sessions

Scottish Orienteering Association

Report to British Orienteering Coaching Committee
10th November 2012



Coach Education Courses & Coach licence matters

UKCC L1 courses

One course took place at Glenmore in July; 5 candidates were successful with gaining their award. The uptake of course places has slowed in 2012; work is ongoing to identify individuals who might wish to become a coach or are helping out in an informal capacity.

Looking forward:

There are two UKCC L1 courses planned for 2013; due to demand one of these is likely to be in south Scotland in the early spring. It is not anticipated that any more than two L1 courses will be held each year - there is just not the demand.

UKCC L2 course

The planned course for 2012 did not take place for various reasons.

Looking forward:

A UKCC L2 course will take place in April/May 2012. This course will run. In a recent audit, a reasonable number of people expressed an interest for 2014. This reflects the training of UKCC L1 coaches who have now gained a reasonable amount of experience and feel ready to move up a level. CPD has also played a part in increasing coach confidence.

PVG

The change to the PVG (Protection of Vulnerable Groups) scheme has now speeded up with Hilary Quick taking the lead for the SOA on this. All clubs need to have in place a 'secondary organisation contract'; four clubs still have to do this.

Teaching Orienteering courses

A programme of Teaching Orienteering courses is in place for 2012 and 2013 (mainly TO P1 with a couple of TO P2); the dates have been decided by working with a combination of Active Schools Managers and **sportscotland** Regional Coaching & Volunteer Managers. Hilary Quick & Jess Tullie have worked on adjustments to the course to fit with 'A Curriculum for Excellence'.

Club coaching

Many clubs are holding regular 'activities', some of which involve coaching & training. There is a range of these, tailored by the clubs to suit what is perceived as their own situation. Examples are:

- Fortnightly hill run aligned to a physical training programme.
- Weekly orienteering skill development programme (when daylight permits) to night runs with 'O'.
- Junior squad sessions.
- Monthly training events (e.g. Get Fit Together).
- Ladies running sessions.
- One club has just started a weekly club night.

Red 'SOA coach' soft-shell jackets and blue polo shirts are being seen around at club coaching events and also at orienteering events.

Coach Education & Development

What is the SOA doing to help coaches develop?

Four 'Regional Coaching Activity Days (CAD)' were held during 2012 with 38 coaches attending. Time was allocated for discussion around various 'issues'. Summaries have been posted on the National Centre website and more will follow.

<http://www.scottish-orienteering.org/natcen/page/coach-activity-days>

The programme for 2013 has been finalised and consists of:

- Coach educator, Assessor & IV update day in February.
- Two CPD days for coaches (one in February - south Scotland, one in November - Deeside area).
- An 'Orienteering Activity' weekend at the end of September at Glenmore Lodge.

sportscotland funding requires a detailed 'Coaching Plan' to be developed; this is now complete (or as complete as a dynamic working document can be) and before the SOA Board of Directors; the **sportscotland** Partnership Manager has endorsed the plan. Along with the 'Coaching Plan', Hilary Quick & Lynne Walker are working on aligning coach & athlete pathways through an SOA Participation Model and Coach Matrix.

Update: I have just heard - today - that there is to be a slot for orienteering at the next meeting of the Coaching Network Development Seminar (a bi-annual meeting). Along with **sportscotland** and cricket, orienteering will be delivering a short presentation on "Key components of quality coaching". This is another avenue to raise the profile of orienteering.

Lynne Walker
SOA Coaching Co-ordinator
2nd November 2012

NWOA coaching committee report.

Summary:

Apologies for a) it being a long report, and b) not being present to summaries it at the meeting. While only four clubs and the junior squad have provided input to it, the reports from WCOC and LOC say what they have achieved in 2012 and their plans for 2013.

As regional rep I meet with 3 members of the NWOA Exec in early October to discuss coaching in the north-west. I think the two key points that came out of the meeting were – The Exec. are very supportive of coaching, and without a regional/club development plan no one is sure what the future demand for coaching is.

NWJS (Jon Carberry)

Since the last coaching committee meeting in June, members of the squad have been to the JIRCs in East Anglia, attended training camps run by either BO or JROS both in the UK and abroad, and represented GB at JWOC or EYOC and England in JHI.

The squad has held 1 training day, 1 fitness day, and 2 training weekends, plus the bi-annual training camp in Norway at Fredrikstad's Skihytta for 10 days.

The squad is still actively looking for new coaches to come and coach.

Deeside OC (Noel Schorah)

We continue to hold a weekly Club Night in Chester – at a school adjacent to a mapped woodland – with a mixture of indoor & outdoor training, a second Club Night at the Hartford will be starting up soon.

Other ad hoc technical training sessions are being planned.

PFO (Hamish Willis)

PFO have been on a pathway to develop as many coaches as possible to feed into their successful Club nights. We now have 5 very active coaches who coach regularly at club nights and 1 less regularly at after school club. We have just lost our youngest UKCC L1 coach as she has gone to university. We also have 4 Young Leaders who take an active part in club night coaching and at the BRGS after school club. It is our intention that once they are 16 we will send them on a UKCC L1 course so that we should get 2 years club coaching out of them. Of our 5 active members 1 is already a UKCC L2 coach and we have another 4 going through the course at present.

At PFO we are looking at the coaching pathway as an addition or alternative to just trying to get juniors into a NW squad. It is hoped that in this way we will reduce the post 16 fall out that many sports not just orienteering suffer from. It is also hoped that they will continue to be useful orienteering club members in future where ever they may go.

So as to get over the dilemma that some none athletics coaches have at club nights re what physical training do we give our juniors PFO have now started following the Athletics 365 programme, for both juniors and adults as many adults who come into orienteering do not have the FUNdamentals e.g. good balance, agility and coordination. This way it is hoped that we can develop lasting benefits to our orienteers and improve their general physical performance.

Re the northwest I have been delivering sessions to coaches so as to regenerate interest in coaching in some clubs and show others how to develop their club night coaching. I also have been demonstrating how club nights can be used to develop a more holistic approach to club development. By this I mean that club nights shouldn't be just about circuits and technical orienteering but they should also be used to develop the volunteer workforce, by including planning, use of SI, how to organise small local events etc. Again we have used club nights to teach our juniors how to plan small events. This is especially useful for juniors who don't come from orienteering families of which we have several.

In these sessions I am also aiming to show how planning coaching can should be interesting and beneficial for the coach. So one idea I put forward in my sessions is basing a number of club night sessions on Thierry Gueorgiou's video Follow Me along with other information published on the internet. Looking at his methods benefits both the coach and the orienteers he is coaching.

West Cumberland OC (Lynne Thomas)

Juniors

We have a group of about 20 juniors who have attended coaching this year. Approx 10 of these are about TD2 moving to 3, there are 3 or 4 who are TD4, one who can run easy TD5s and the rest at TD1/2. There are a number of other juniors who are TD4/5 and haven't attended any training because it has tended to be aimed at up to TD3 moving to 4. (Hence WCOC sponsoring my Level2 award)

We have run four specific coaching sessions out on a range of different areas this summer. These have been a little ad hoc and not progressive. Some of the juniors are regular Club night attenders so they also get regular training (physical and technical) through the club.

The plan for next year is to be more organised in terms of a programme and progressive training throughout the year. Working on that now. The 'gap' for us has been with the older non-NWJS juniors or those who are NWJS standard but are too young or were missed somehow.

Adults

All invited to club night, few remain for the technical bit. Lesley Wornham has provided some training evenings in the summer for novice adults. Otherwise, we have had a couple of external coaches in to deliver one off sessions. Not quite clear what the demand is. We do have a member nominated to organise adult training but nothing planned yet for 2013 as far as I know.

I think we are generally happy with the club/regional structure for coaching. We have had a gap without any Level 2 coaches but are trying to fill that now. We need to progress some more adults/parents to Level 1 coaches and to make sure that those who are already level 1 are licensed.

LOC AGM 2012

Annual report

COACHING

Carol McNeill – Lead Coach

This report will be very similar to last years but it continues to show the amount of coaching which is undertaken and with the ensuing race results.

A reflection of this was our rise to 2nd place in the Compass Sport Cup – with over 70 members turning out on the most grotty of days.

The 3 key tasks we continue to focus on are coach education, continuing coach development and club member coaching.

1. Coach education – this is on-going. Richard Lecky Thompson was one of the first Level 3 coaches to be appointed by BO. Richard Tiley gained Level 2. We are looking for more level 1's to take Level 2 and more members to come forward to take Level 1.

2. Continuing coach development. The system is in place for coaches to update and develop their skills. First Aid courses, CRB updates, sports coach courses and conferences are among some of the opportunities taken up.

Gatherings of coaches at Natterjacks in Ulverston have started to take off and benefit communications and developments.

3. Club member coaching at all levels linking participation and talent.

Thanks to the enormous input of many coaches Club coaching is the area where most progress and development continues to take place. Coaches organising or supporting group sessions receive a contribution toward their travel expenses taken out of the coaching budget.

Mondays

Some of the juniors are being given the opportunity of training on the fells in the dark with 'Black Combe Fell runners' thanks to the supply of transport by Richard Tiley.

Also a group meet for a hill session at Chapel House/Haverthwaite led by Carol McNeill.

Tuesdays

There is a weekly training group on a Tuesday evening led by Graham Farley and Richard Tiley, which provides an easily accessible social training opportunity.

Wednesday UVHS coaching sessions open to all continues to be an exemplar of good practice. Co-ordinated by Clare Evans the Level 1 and 2 students are coached by Gill Browne and Karen Farley. The Orange/Level 3 are led by Selwyn Wright with Clare. The level 4 and 5 are coached by Richard Lecky-Thompson & Richard Tiley; other coaches help on an occasional basis.

This training session is not on its own. Members (they are all LOC members) are given opportunities to:

- Join extra physical training sessions either in Ulverston or closer to their home base.
- Have an individual coach.
- Apply for membership of the NWJS.
- Be invited to join the LOC Talent Squad.
- Achieve individual goals
- Go to many many events through the year

Clare Evans continues to co-ordinate this programme of coaching, makes entries for events and makes sure there is transport for everyone when it's needed. This is an enormous voluntary input which is noted and greatly appreciated.

Thursdays - LOC Talent Squad

Heather Burrows & Chris Heppenstall continued to run a weekly session during the winter months with a committed group of 10 – 15 athletes from the whole age range. Commitment and aspiration are the main entry criteria for the Talent Squad.

Thursday's alternative session – a group are meeting to train nearer Ulverston to save on transport time.

Thursdays (was Wednesday)- NavNight

Richard Lecky-Thompson, with occasional help from other coaches, runs a BO funded community night once a week in Ulverston. This attracts mainly families with children from around 8/9 upwards. The group has almost completely changed this year as the older children move on to UVHS and other Secondary schools. Most of those that attended last year are now LOC members and/or attend local events.

LOC was awarded a grant of £2500 + a set of SportIdent equipment from the BO Development Fund to provide NavNight style sessions in local primary schools with the aim of recruiting more members for NavNight. This starts in November with Richard Lecky-Thompson and Selwyn Wright.

Fridays – free!!

Saturdays - the morning coaching sessions are now well established as an autumn and spring series for members at Level 4 and 5. This is co-ordinated by 'Lecky' and Carol with several coaches contributing on a regular basis. 12 – 20 members come to this session and the benefits can be seen in their improved results. This autumn we have incorporated a level 2/3 group option with these Saturday sessions thanks to Meg Layfield who volunteered to co-ordinate them. So far numbers have been small but as people learn about them then I would anticipate greater interest and uptake. Within this coaching programme we have 12 – 15 coaches regularly working with around 80 LOC members plus a few from other clubs (e.g. BARRO, WCOG, and SROC.)

What's new?

- We started to reward any junior who performed well at any event. A bulk buy of chocolate has proved popular with some juniors acquiring a huge amount to their credit with many good results.
- More juniors have now got an individual coach.
- LOC is attracting more M/W 21's so watch out for our new relay teams.
- Will Rigg and Natalie Beadle are now members of the BO talent Development squad
- Will & Natalie were selected for the EYOC in July 2012
- New juniors have been invited to join the NWJS.
- Will Rigg, Angus Dobson, Katie Wright, Hannah Cleary Hughes, Natalie Beadle, Kirsten Bell and Adam Bartlett were selected to attend one of the summer camps
- Several Juniors went on the NWJS Tour to Norway, finding the experience extremely useful
- The juniors won the NW round of the Yvette Baker Trophy

The future

We hope to have teams and 'select' individuals in the World Schools Orienteering Championships. We plan to have competitive M21 & W21 relay teams in 2013

Thanks

To all coaches who contribute to this impressive provision.

I have passed the roles of Lead Coach over to Derek Allison who will, I am sure continue the momentum gained over the last few years.

Carol McNeill

November 2012

NEOA Coaching Report

The numbers of licensed coaches with both valid CRB and First Aid Certificates in the NEOA as at 18 October 2012 (according to the BOF database) are as follows:-

CLOK NN NATO

Old Level 4 1 - 1

Old Level 3/UKCC2 6 - -

Old Level 2/UKCC1 - 2 1

Old Level 1 1 - -

Overall this is the same number as last year but there are several omissions where either CRBs or First Aid certificates have expired. This is worrying.

Since the last meeting there has been one UKCC Level 1 course in the North East, in September. From previous courses it is observed that relatively few seem to complete the licensing procedure. Although the September award has not yet been updated on the BOF qualifications database it is unlikely any of those will have completed the licensing procedure within the time frame.

With the subsidy for coaching courses from British Orienteering having dried up there is some concern that the cost of UKCC courses will be considered by clubs to be prohibitive although I have no evidence of this. This could have an impact on the coaching environment in the North East.

NATO

NATO is continuing to run the weekly evening club training on Wednesday which is now well established.

In addition there have been a number Saturday morning training sessions developing the skills learnt in the Wednesday evening sessions. There have also been small competitions allowing the orienteers to put their new or developed skills into practice. Also there have been several junior and one general coaching days.

In May, the club hosted a club weekend for juniors and their families attended by over 20 people. The juniors and seniors took part in the training in the morning of the Saturday and attended a local event on the Sunday.

CLOK

Last Winter/Spring CLOK ran two coaching programmes. The Talent Programme and the Skills Programme. Both were well attended albeit mostly by the same participants. It is hoped to repeat both in preparation for this forthcoming season. During the year, introductory coaching has been delivered to a special needs community group, 7 primary schools and 4 secondary schools in the Tees Valley and South Durham, plus four staff coaching sessions. Additionally there have been two series of afterschool sessions, and introductory and subsequent sessions for army cadets, Brownies and Cubs. Three days were spent delivering orienteering to schools invited to army recruitment days at Catterick.

As part of the recent Workplace Health initiative, orienteering was introduced to staff at a children's home in Staindrop and to Blacketts Medical Practice in Darlington. Club Nights at Darlington and Junior Training at Guisborough continue strongly. A second club night has started in Northallerton.

Northern Navigators

It is good to report that Northern Navigators have established their own club night at Durham adjacent to a very large Woodland Trust area. This has been newly mapped for orienteering and is about to have a Permanent Course installed at the landowner's request.

UDOC

UDOC are currently active and working with Durham Cathedral to produce a permanent orienteering course around the cathedral, the surrounding woodlands and banks of the River Wear. This permanent course is aimed to be mapped and up and running by the start of this coming school year with the intention of UDOC running some sessions with local schools.

NEJS

NEJS have followed a programme aimed at peaking for the Spring major events. This comprised weekends away in the Lakes and joining in with CLOK's Talent Squad sessions. It is hoped to repeat the programme next season.

Coaching Committee East Midlands report November 2012

Club coaching at Community Clubs

- **DVO:**
 - Buxton – 1 per month through Winter
 - Chesterfield – 1 per month through Winter
 - Matlock – weekly Leisure Centre venue; good numbers attending (approx. 15)
- **LEI:**
 - Groby – weekly on Mondays for range of participants and weekly on Thursdays in Autumn / Winter for club regular members
 - Loughborough – weekly on Mondays for a range of participants.
- **NOC:**
 - Bassetlaw (Worksop/Retford) – weekly with indoor venue / school grounds in Autumn/Winter and using various local forest/park locations in Summer. Good numbers attending.
 - Rushcliffe (Ruddington, South Notts). Weekly at Rushcliffe Country Park on Tuesdays early May to end September now changed to 1st Saturday each month Oct – April. 36 and 41 attendees at first 2 sessions to date using Score Challenge format (different each month) with coaching as people start and finish. No results; emphasis on fun, participation, beat own score from last time, chat afterwards.
 - Bramcote - using University campus outdoor activities but numbers lower this winter.
 - Mansfield - mothballed for the moment.

Other coaching:

Lincoln Orienteering Group: Club night coaching sessions in blocks of themes e.g. 4 on route choice currently. Other club coaching also takes place at low key winter series events for first hour before starting a course.

EM Junior Squad: coaching has an on-going programme but is having difficulties sometimes to get female coach cover.

UKCCL1 coach course to be held 17, 18 & 24 November with 10 participants: DVO x 3, LEI x 2, NOC x 2, local activity coach x 1, and 2 from out of EM (OD x 1 and BAOC x 1)

EMOA Training Day 8th December 2012 will include a half day coach update session for EM coaches

Hilary Palmer, EMOA Coaching Coordinator

WOA coaching report November 2012

Helena Burrows has taken over the role as WOA representative from Mark Saunders.

Coach training:

13 UKCC Level 1 coaches plus
6 currently training to UKCC Level 2.

L1 course in October 2012 cancelled – no takers

L1 course in March 8/9/10 2013 Plas Y Brenin (£430, 3 consecutive days - cost includes accommodation and meals)

L2 course in April 26/27/28 2013 at Plas y Brenin (£630, 3 consecutive days - cost includes accommodation and meals)

These courses attract people from England as well as Wales. Those travelling a long way only have one lot of travel as the courses are 3 consecutive days. Plas y Brenin publish their brochure in September for the following year so the dates of the course are advertised well in advance so people have time to make arrangements and book the Friday off work if need be.

There is only 1 UKCC coach educator active in Wales and currently no weekly community clubs so it is extremely unlikely that a mentored approach to coach education can replace the current 3 consecutive days model for coach training at level 1 and 2 given the wide geographical spread of the clubs and the poor transport infrastructure.

Club coaching:

Junior Squad doing a lot of coaching. It would be good for clubs to do more coaching, to feed in to the junior squad but also provide coaching for more experienced club members

SWOC: Offer Saturday am 1 hour coaching followed by a small event for those to try out their skills. This would be a good model for other trainee L2 coaches to use.

POW: has had occasional coaching available before an event

SBOC: no regular coaching at present

ERYRI: no regular coaching at present

Helena Burrows
November 2012

SWOA report to the British Orienteering Coaching Committee meeting on 10 November 2012

The SW Junior Orienteering Squad continues to meet regularly; a number of older members have left for university but younger athletes are taking their place. The Squad met for three days over the October half-term for training sessions on Star Posts and Hamptworth, plus a track session, as well as putting on an event for BAOC MLS. Two SW clubs were approached in the past to be part of the Talent Pathway; both report that nothing significant has ever happened.

SW clubs are very good at reporting past events and forthcoming fixtures, but most are poor at advertising coaching / training activities (with one notable exception). Three (of 9) clubs currently have activities on the fixtures database. Six clubs now have online newsletters (or by email). Five have an active presence on Facebook where newcomers might be more likely to look these days.

BOK – Two BOK athletes have been picked for the Talent Development Squad (Ben Maliphant and Adam Potter); Adam and his sister Chloe ran for England in the JHI. There will be a Ladies' Coaching Day on 2nd February 2013. The weekly training runs are being advertised on the BOK website, but activities are not being registered on the fixtures database. One more coach now has a Coaching Licence. (The CommunityO at the Ralph Allen School in Bath seems to have ceased following the withdrawal of BOF funding.)

DEVON – Staff and students have started a new club at Plymouth University. (There are several UKCC Level 1 coaches who are not currently active but who live near Plymouth; there is an opportunity here to involve them, as it is not reasonable to ask them to assist in East Devon.) There are weekly term-time coaching sessions in East Devon; the organiser wishes to take her UKCC Level 2 qualification, and has several youngsters interested in taking their Level 1 qualification with financial assistance from the council. The local sports college is becoming interested in these activities. The club website lists all the coaching sessions (a new website is being planned). which are registered as activities on the fixtures database.

KERNO – The Summer Series has been a great success; the Winter Series is about to start. (Activities are not being registered on the fixtures database.) The club has a good website and a strong following on Facebook.

NGOC – The Summer Series has been a great success, with Wednesday evening score events and Saturday informals; a number of people found out about this via the BBC Things To Do website. (These all appear to have been events, therefore have been on the fixtures database. However there is no mention of coaching and little help for newcomers.) There were more experienced club members attending than in the previous year.

NWO – There is an excellent article in FOCUS on the clubnights in Swindon and Chippenham. The clubnights are advertised on the club website, and registered as activities on the fixtures database.

QQ – Lead Coach Nick Fernandes ran a 6-week coaching course through the summer. The regular Junior Orienteering Group activities have been running successfully for several years now; these are well advertised on the website and registered as activities on the fixtures database.

SARUM – Still no information on their website about coaching or training activities (other than fixtures) although I believe there are some activities taking place. There is a new POC at the recently-opened Five Rivers Leisure Centre.

WIM and WSX – After two years, the CommunityO at Broadstone Middle School, Poole will close, with more effort being put into the monthly clubnight on the first Monday of the month; weekly training runs at Bournemouth University.

Christine Vince, SWOA Coaching Representative