



The WCOC coaching team has both supported and delivered coaching activities widely in 2017-18. WCOC coaches have been at the front of schools, club, regional and National Talent Squad sessions, at home in west Cumbria, across the North West, at JROS camp on Deeside and on tour with the North West Junior Squad in Norway.

Local sessions included the following:

October 16	Manesty, Derwent Water	Club coaching, compass, relocation, decision making, corner cutting	TD 1-5
November	Slate Fell	"Bite sized" Club coaching Distance pacing and estimation	TD 1-4
December	Whinlatter	Christmas fun activities for juniors	TD1-5
January	Round Latrigg	#This Girl Can Run	Fitness
February	Setmurthy,	Club Coaching	TD1-4
March	Derwent Hill	NWJS/WCOC Map memory	TD5
	High Doat, Borrowdale	Club coaching, compass work	TD2-5
April	Jaws, Borrowdale Hog's Earth, Borrowdale	Club coaching, Basic skills NWJS,	TD1-3 TD5
May	Scale Hill	Basic map skills, Attack Points and controls just Off line features for orange	TD1/2/3
June	Mawbray Bank	Contours	TD1-4
	Hoggs Wood and Ladies Table	Coaching for Cockermouth School Cumbria Schools Championships preparation	TD2-5
Summer series	Thursday evening events	Training exercises in collaboration with Thursday event planners. Training included contour only m path path/track free maps etc	TD4/5
September	Locations in Cockermouth	Physical training aiming to improve speed, power and strength endurance	Fitness

In the early weeks of autumn 2018, we have been piloting a slightly different approach to physical training. This is intended to support club members whilst minimising the burden on club coaches: a training programme has been developed and posted online with a suggested location and meeting time. A small group of club members have been following the plan, in some weeks with a club coach leading, but the idea is that this is a self supporting group who can work together to improve or maintain their own fitness. Sessions are planned to half term with a review to determine whether this is extended through the winter.

Skills

2018 has seen Deborah Goodwin complete her UKCCL2 coaching award and renewal of First Aid training for Lynne Thomas.

Coaching Development and Schools Orienteering

Last year, I reported that WCOC sent 18 technically competent juniors off to NWJS and some of those to Talent Squad each month. This autumn, we waved a number of them off to universities across the UK and we have to plan how to support and coach the next group of top juniors as well as ensuring we have coaching to attract and assist beginners whether they are juniors or seniors.

Schools orienteering events have been part of the activities programme that WCOC supports for many years. Roger Jackson has been running the schools league for 16 years, providing the first step for many of the high performing juniors the club has produced. A number of factors, outside the control of the club, meant that participation in schools events was declining up to 2016. However, in 2017 we were awarded funding from NWOA to reinvigorate the schools programme, help us reach more juniors and to bring them into club orienteering.

In 2018-19 we will be developing this programme further based on the experience in 2017 and extending some of the brilliant ideas from last year to reach more juniors. We remain convinced that the schools programme is the proven gateway into orienteering and quality accessible coaching is vital to support this.

Of course, we will also endeavour to continue our monthly technical coaching sessions and to plug into any regional and national coaching opportunities that are offered. Early indications suggest that physical training may also be part of our activities.

Lynne Thomas, Lead Coach WCOC