



As in previous years, WCOC coaches have delivered training across the spectrum of technical difficulty and have lead or supported physical training sessions for WCOC juniors. We have targeted a number of schools in Phase two of our Schools Development Programme and have responded to ad hoc requests for coaching from uniformed organisations and Keswick Museum. 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 camps at Hawkshead and on Deeside.

Local club sessions included the following:

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| November | Slate Fell | "Bite sized" Club coaching Distance pacing and estimation | TD 1-4 |
| | Dale Park, Nr Grizedale | Focus on Visualization, relocation and distance estimation | TD5 |
| December | Whinlatter | Christmas fun activities for juniors | TD1-5 |
| February | Setmurthy, | "Bite sized" Club coaching Direction and compass work | TD1-4 |
| March | Buttermere and Rannerdale | (With NWJS) Focus on contour recognition and overspeed | TD4-5 |
| | Setmurthy | Corridor and island hopping | TD5 |
| Summer series May to July | Thursday evening events | Training exercises in collaboration with Thursday event planners. Training included contour only maps, path path/track free maps etc | TD4/5 |
| Summer series May to July | Thursday evening events | "Bite sized" Club coaching: #1 Orientation #2 Map interpretation + symbols #3 Distance #4 National Coaching Week Catching and collecting features #5 Route Choice1 Attack points #6 Compass work | TD1-4 |
| September | Lakeland Business Park | Sprint training | TD1-5 |

Last year physical training sessions for juniors were started on Tuesdays in Cockermouth. These have continued in 2019, often supported by a coach but lead by the juniors themselves. These have been very successful in bringing together a similar aged group of juniors.

Skills

In 2019, three coaches attended the National Coaching conference at Nottingham University, engaging in sessions on physical training, strength and conditioning and sprint training. First Aid qualifications have been renewed by a number of the coaching team and most of the coaching team has also now completed the mandatory coaching module on Coaching in Remote and Exposed places. A UKCCL2

course is part way through completion by three prospective coaches, including one WCOC member. Finally, one coach was also asked to become a Coaching Assessor and Coach Tutor to enable continued delivery of UKCCL2 Coaching in Orienteering in North West England.

Coaching Development and Schools Orienteering

Following the successful Phase One of the schools orienteering coaching programme, we have delivered the second phase of this programme to targeted schools in our area. Four schools, with which we have excellent connections, were offered coaching sessions to support their participation in the West Cumbria Schools League run by Roger Jackson. Two indoor sessions were created to develop basic skills, with two follow up sessions delivered outdoors to give the full schools orienteering experience. Lorton Primary School was particularly excited to meet and talk to Niamh Hunter, hearing about her development from schools orienteer to a member of the British team.



Phase Two was financially supported by a grant from NWOA. This permitted some banners to be designed and commissioned for the Maze. We were also able to purchase an electronic training kit for use in schools orienteering sessions, making the planning and delivery much more simple for coaches and equipment officer and participation much more exciting for the juniors.



Over and above the four targeted schools, WCOC was approached to advise and support Silloth Secondary school to develop orienteering as part of a BTech in Sport. Approximately 100 pupils experienced sprint orienteering in the Maze and enjoyed a more normal course round Silloth Green. Thanks to Jess Breeze, Carys Thomas and Liz Elliott who spent the day on the Green helping to direct and coach all these pupils.



WCOC was also asked to partner Keswick Museum in delivering orienteering sessions to visiting schools. Mike Hind, Mike Pearson and Carys Thomas helped manage 60 pupils who sprinted round Fitz Park in June. This session was further developed into some courses that were offered to the public by the Museum throughout the summer.



And Finally...

At the start of 2019, I indicated to the WCOC Committee that I would be resigning my position as Lead Coach in WCOC to take on a similar role for NWJS. Simon Hunter will be taking on the role of Lead Coach following the AGM October 2019.

Lynne Thomas

Lead Coach WCOC (2012-2019)