

Coaching Programme Autumn Winter 2017

More details and information from lynnethomas99@yahoo.co.uk

Coaching Autumn/Winter 2017						
			Location	Focus	Ability range	Notes
September	2nd	Sat	Mawbray	Coaching Assessments Technical coaching Beginner coaching	TD1-5 TD 4/5 TD 1-3	Debbie/David/Steve Charlotte Watson coaching LT plus WCOC coaches
September	28th	Thursday	Cockermouth Memorial Gardens	Sprints	TD 1-5	To develop from Festival of O Short training exercises including a Maze
October	15th	Sunday	TBC	Compass Set/Settle/Sight/Spike Beginner coaching	TD3-5 TD 1/2	Back to Basics OR Get Ready for the Night Learn to use your compass AND Learn to Use it Better (Use it like Thierry) Basic skills and games
November	11th	Saturday	Ladies Table/Hogg Wood TBC	Pacing and distance	TD1-5	
November	13th	Monday	Ladies Table/Hogg Wood TBC	Cockermouth School juniors only	TD2-5	In advance of BSOC 19/11/17
December	16th	Saturday	TBC	WCOC Juniors Squad Christmas "coaching"	TD1-5	Games and Giggles As usual there may be a special theme