

Coaching Page.

No 44.

Your club coach again this year is Geoff Todkill.

During this year I hope to continue to help people develop their orienteering skills. I will be available to discuss orienteering techniques at various levels, and also to run coaching sessions where I will set up practice exercises.

At minor events, we are able to mark our maps before we start, so people who would like to discuss their course, or wish to try more advanced courses have the opportunity to talk with me before they set out.

At NOY events, our maps are pre-printed, so I will be happy to discuss your course on your return.

If you are interested in the practical coaching activities please see me to arrange the fine details.

There will be two dedicated coaching days this year. People wishing to attend need to contact Geoff Todkill (coaching@newcastleorienteering.asn.au or 49585920) in advance so that maps can be prepared.

Club Coaching Day 1. (Easy to Moderate) Saturday 25th May

Venue: Glendale

The first of the coaching days for this year is developed for orienteers taking the step from Green to Orange standard.

There will also be activities for Very Easy and Easy standard.

The activities will follow a briefing at 10:00 am

Club Coaching Day 2. (Moderate and Hard) Saturday 27th July

Venue: Cameron Park

The second of the coaching days is developed for orienteers at Moderate and Hard level, who would like to develop their skills. The practice activities will be set in short loops to maximise feedback.

There will be no easier courses set.

The activities will follow briefing at 10:00 am.

The Coaching Page has been in recess over the summer, but I'm hoping that you have still been active in the development of your navigation techniques. As you have probably noticed, I have not been competitive in the Street Series as I have my sights set on training for the Australian 3 Day events during Easter. My strategy has been to visit all control sites each week and so use the Wednesday as a long fitness training session. I must compliment all the course planners, this year, as they have set options to challenge orienteers to make route choice decisions regardless of the distance covered.

The Park events challenge us to refine our technique under a bit more pressure in competition. Correct technique must be used to read the finer details on the map to navigate accurately to the control, while be aware of the exit direction, and pre-read the control number and description (termed 'control flow') so as to not lose time in the circle.

This may sound like a broken record but I cannot stress enough that regardless of the difficulty of the course you are completing, you should always have a plan and execute it consistently.

In the newsletters in 2012 I begun a series of articles detailed some intermediate navigation skills. In the coming newsletters I will continue with that theme, but progress to some more advanced techniques for navigation techniques required for moderate and hard courses. It would be worthwhile, to revisit the intermediate techniques. All previous Coaching Pages are available on the NOC web site under the Coaching link.