

# Coaching Page.

No 8

Your club coaches for this year are Steven and Geoff Todkill.

During this year we hope to continue to help people develop their orienteering skills. We will be available to discuss orienteering techniques at various levels, and also to run coaching sessions where we 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 us before they set out. The 9:30 AM coaching for Blue and Green was well supported last year and will continue this year.

At NOY events, we mark our maps as part of our course time, so we will be happy to discuss your course on your return, and will be running coaching exercises at 11:30, using the controls from the day's event. This will be most relevant to Orange and Red level.

If you are interested in the practical coaching activities see either Geoff or Steven to arrange the fine details.

In the newsletter coaching will focus more to Orange and Red levels.

In previous newsletters I've explained the importance of Leg Analysis and Route Choice; and detailed the basic skills of Orienting the Map, Thumbing the Map, Attack Points, Contouring, Aiming Off, and Relocation that are used to find your way to the control. If you would like a copy of these, back copies can be obtained from the event desk.

In this newsletter I'm including a summary of the common control symbols used. Once you have become familiar with them you will see that they are easy to use and very clear to understand when you are running into a control in the forest. My suggestion is that you learn a few at a time.

- Geoff Todkill