

WCOC AGM Coaching Report 2016

Activities

Coaching sessions have been lead by different coaches this year, so there have been new ideas and activities across the 12 coaching sessions which have been offered since the last AGM:

- Offering shorter sessions in advance of Sunday morning events making it easier for smaller ones to participate and for all to test their new skills immediately in a race. These sessions were offered at Harris Park, Woodhall Park and this month at Keltonfell Top.
- Four Orient8 sessions were organised at Brigham school for primary aged juniors, basic skills for all.
- At Mawbray we considered decision points and contours, whilst at Holme Wood we looked at control flow and collecting features.
- Special guest warm up act helped us Harris Park in May; ABBA and The Village People provided backing vocals to the formal and freestyle dances proposed by Vanessa and Jane. Fully warmed up and ready to roll, we tested a WCOC Junior Park Run up, down and round the Greenway in Cockermouth, before adjourning to Lakeland Business Park (Wigwams) where Alastair had prepared a more detailed map to support Simon's sprint training around the small but perfectly formed business units.
- Finally, we should note that the coaching team have been even more involved with the NWJS activities this year, trips to Norway, normal monthly coaching or fitness sessions, as well as organising and leading the coaching of the NWJS weekend in June where we welcomed the full squad to Eskdale on Saturday and shared the delights of Miterdale in a parish style relay on the Sunday.



Skills

Matt Vokes and Simon Hunter have gained their UKCCL2 coaching award and are both now licensed.

First Aid certificates were renewed by a number of coaches ensuring their licence remains valid.

Steve Breeze and Lynne Thomas renew Safeguarding Children certificates.

Much of what we have done has been similar to previous years coaching, certainly, we have a clear thread to follow in PLAN DIRECTION PICTURE. Perhaps we should label this consistent coaching and note that this consistency is starting to contribute to more successes for club juniors, both in terms of their development through progress to the North West Junior Squad and Talent Squads but also in terms of the trophies that are being won. Junior report will focus on the wins so here simply to say that in 2016, there are now 16 juniors who have progressed to North West Junior Squad as well as three members of the British Orienteering Talent Squad.

The coaching team feels stronger in number, skill level and experience this year. The burden of organising and leading sessions has very much been shared this year, making it easier to manage and giving time to consider how we can provide better coaching sessions. The coaching team are always supportive and above all flexible, and it is this last quality which makes it work. They are due considerable thanks for the many different jobs they have each undertaken this year.

This year's highlight for me was not a coaching activity but rather hearing some of our juniors tell the story of their coaching activities and performance successes this year. In their presentation to the Club Social in October 2016, they were engaging, witty and informative. If our coaching sessions can mirror their story-telling skills, never mind their navigational skills, we will be providing quality activities that will ensure the next group of juniors will be able to make similar progress.

Lynne Thomas, Lead Coach WCOC