

WCOC Coaching Report 2019/20

Covering November 2019 to October 2020

Annual Plan

The intent of coaching during the last year was always to build on the successful work previously done by Lynne Thomas as previous Lead Coach (evidenced by the success of the club especially the juniors) and not to undertake any radical change, with some minor differences identified partly to suite availability to support.

An annual plan was therefore produced (attached) and taken to the committee for endorsement in late 2019 (Note: detail was only in place at that time for the first part of the year), with the key elements being:

- Supporting attendance at major orienteering competitions – senior and junior (including via aligning Thursday events as possible i.e. Sprints series pre JK, Middle pre the British Middle + focused training sessions)
- Monthly Club training in the first part of the year - with an initial focus on Developers (recognising the new members that had joined)
- ‘Bite Sized’ training pre WCOC summer events – Building on the previous year’s delivery including promoting the pre event training as mirroring Elite/Championship race warmup or as opportunities to practice specific skills
- Supporting Tuesday Junior Training
- Alignment with NWJS training
- Ensure training covering Seniors is promoted.

Development

Development, covering those aspects of enhancing participation, aligned coaching and mainly focused on beginners was primarily progressed via work to support school orienteering. This has been principally led by Lynne supported by Jamie and Debbie Watson and also linked to other clubs in Cumbria.

In line with this work was undertaken to look to integrate the primary schools final into the Cumbria schools’ games with the aim of raising the profile of the event. The plan included the use of an extended maze as well as park-based race.

The local schools programme was started including a ‘Festival of O’ for Allerdale primary schools held a Fairfield in Cockermouth which aligned with the WCOC Slatefell urban event to provide a follow-on opportunity. Further events in the school’s series including the planned Cumbria secondary school final in parallel with the Sale Fell Galoppen were unfortunately cancelled due to Covid.

Coaching Delivered

Pre-Covid:

NWJS Training was delivered during the early part of the year including training in March in WCOC’s area utilising High Doat supported by WCOC coaches and linked to the High Rigg Galoppen on the following day.

Older WCOC juniors were invite to the training in preparation for potentially joining the squad later in the year. In parallel with this a training session was held for younger WCOC juniors.

A Buttermere Coaching session focused on 'Developers' was held in March – this was well attended with an age range of 10 to 70 (despite needing to be re-arranged due to storm Kiera).

Post Covid:

In line with Lockdown and the suspension of Events all coaching was initial suspended.

Following this initial period and aligned with originally planned NWJS training dates some limited training focused on the NWJS but open the WCOC juniors was organised by Lynne (i.e. Training course using tapes available to WCOC over a weekend allowing socially distanced attendance in the local area)

Once restriction was eased and to support aspirant NWJS members from WCOC, a series of seven technical training session were held on Tuesday nights up to the NWJS August training weekend held in South Lakes (replacing the cancelled NWJS Norway Tour). This weekend also acted to replace the NWJS 'Newby Day' when aspirants are assessed to determine if they reached the squad technical standard to be allowed to become a member. The seven Tuesday technical sessions focus on a different key orienteering skill each week. The success of this training was seen when all six WCOC aspirants were accepted in the NWJS.

Following on from this and in line with the Government Covid restrictions and BO guidelines WCOC junior Tuesday night training has been formalised as a WCOC Junior Club night and has been successfully run through September and October, centred in and around Cockermouth.

Given the limited number of orienteer events available and the uncertainty regarding Covid restrictions it was decided not to attempt to hold any further coaching for the wider club during this time.

Support

Active coaches providing key support to allow delivery have primarily included:

Lynne Thomas, Jamie Rennie, Deborah Goodwin and Debbie Watson

Additional support to the Tuesday Junior training has come from various parents but specifically Alex Crawford in helping coordinate and runs sessions.

Simon Hunter

WCOC Lead Coach

October 2020