

WCOC Coaching Report 2020 -21

Coaches

A small number of coaches have delivered the bulk of the coaching during this year, with a similar number offering to support if needed. The overall number remains sufficient but additional coaches would strengthen the ability to delivery coaching for the club.

Coaches have continued to undertake training to maintain and enhance their qualification. This has included Coaches attending the online BOF Coaching Conference and also renewing the Safeguarding and Protecting Children qualification. In addition to this Jamie has undertaken the Level 2 qualification with only the final assessment remaining, Lynne has qualified as a Coach Assessor as well as renewing her First Aid training and I have completed the Coaching in Remote and Exposed Places.

Adult Coaching

Due to Covid no adult coaching sessions were planned or undertaken during the period.

Junior Coaching

The Covid rules have changed through the period which has meant delivery of coaching has needed to adapt to ensure it was compliant and the risk to all attendees was minimised to acceptable levels. The advantage provided by the external nature of orienteering has significantly help but the rules have meant period when normal training could not be delivered.

Tuesday Night Training (TNT) started as a none WCOC, unregistered, parent led 'get together' by juniors based in the Cockermonth area. To meet Covid rules which only allowed organised junior training TNT became a formal WCOC Junior club night which has run on most Tuesday, when allowed, from September 2020. Coaching has been delivered by Jamie Rennie, Lynne Thomas and myself with Jamie most often running sessions. Formalising delivery has required all sessions to be registered, supported by Session Plans and Risk Assessments. Delivery has mainly been undertaken in areas in and around Cockermonth with Harris Park and Memorial Garden most used. The sessions have included individual courses, relays and even biathlons with the Nerf guns popular but not always reliable.



During Lockdown 3 through the winter months WCOC joined with Juniors from the North West Junior Squad (NWJS) and attended weekly Core Strength training sessions on Zoom lead by Lynne and Simon. The focus was on quality with a gradual ramp up in duration and number of different exercises being done. Multiple Rennie's in the same room on different camera's was always a sight to see.

Following restart of in-person training after Easter session continued and a number of juniors new to orienteering have join in, which is great to see. While this is good news, it does add the extra complication of needing to cope with a broader orienteering skill range, with the varying age meaning physical ability is also quite wide. Park orienteering does provide a good fun 'map in hand' session with some short hard physical training but keeping sessions interesting will be a challenge especially for the older juniors.

A one-off summer holiday TNT training session prior to the British Sprint and Relay Championships was held on the Highfield estate area of Cockermonth. This small complex area allowed for short fast course as a warmup for the championships the next weekend with our 3 junior teams put through their paces. Thanks to Joe Sunley for planning and All Saints School for allow us to use their car park as relay handover.

Translating attendance at TNT to attendance at WCOC events doesn't automatically happen. Targeting the Derwent Hill event did get a number of new attendees but maintaining the link will take effort. A junior focused Cockermonth events is one option being considered.

In addition to WCOC training, Lynne and I supported the Junior Region Orienteering Squad (JROS) Deeside tour for M/W16's from across the country including 2 WCOC Juniors. The tour couldn't use it's normal Deeside based and instead was based further north and was christened the Speyside tour. Despite difficult (Covid) circumstances and need for the coaches to camp, the tour provided 3 days of forest training thanks to the excellent planning of its lead coach, Iain Embrey.

Schools and Other Development activities

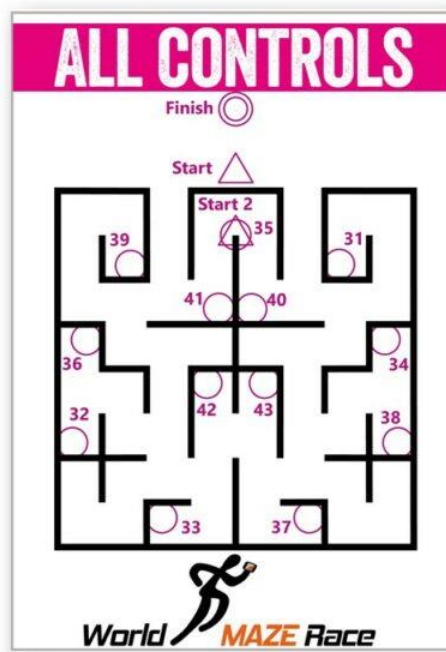
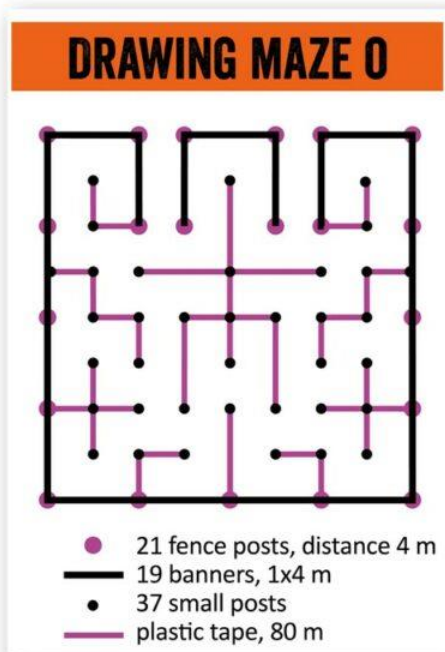
Jamie has delivered some specific training within School (e.g., Paddle). Debbie Watson also delivered a set of orienteering sessions in the summer holiday in Workington using the schools/coaching kit which has benefited us allowing purchase of an extra control box.

Significant work was undertaken, led by Lynne, regarding delivery of a school's orienteering programme, including how to delivery within the constraints of pandemic. It was however decided that it wasn't appropriate/possible to deliver a school programme this year.

While on the face of it this could just be considered to have a short-term impact, school orienteering is a significant entry point into the sport. While a small percentage of school children who compete in the school's competition may become regulars, these do then may up a large percentage of the clubs' juniors and they intern have drawn family members within them. The formalisation of TNT may help but we can see a potential gap in younger juniors joining.

On a positive note, the clubs support at the Keswick Mountain Festival (KMF) appears to have bene very positive, especially the Maze which has always been popular. Lynne (supported by Roger Thomas and Jamie) did the 'development' of a new maze including borrowing British Orienteering Banners, with the preceding weeks TNT used as a trial run. The Maze was updated in line with the 'World Maze' providing head-to-head racing and

was a significant success with over 400 running, with a knockout competition on each day. There were significant number of helpers over the 2 days including a good number of juniors.



Thanks to all those who have help to support coaching delivery especially Lynne and Jamie and parents of juniors for both bring their children and helping as needed.

Simon Hunter

WCOC Lead Coach