

WCOC Coaching and Development Report 2021 / 22

Coaching Resource

Coaching numbers remain at a reasonable number with six undertaking First Aid training organised by the club to maintain their licence (Updates to the BO Database are required to reflect this). Jamie, Lynne and Simon remain the most active coaches, acting as the main team supporting junior coaching within the club and delivery Tuesday Night (Junior) Training (TNT). Support from others, including parents, has been provided which is very welcome.

Coaching has primarily used either the 20 Electronic control boxes that have been previously purchased to support the schools orienteering or non-electronic controls (i.e., Flags or Tape on pegs). The advantage of this is that journeys to collect this equipment is normally minimal which is essential with the volume of sessions undertaken. An initial approach has been made for grant funding to support the procurement of further electronic equipment to provide dedicated TNT equipment which is also available to bolster the schools kit as required (20 or 30 new boxes and supporting kit).

Coaching Delivered

Adult

A small number of coaching sessions have been held. The 'gap' week between the season series has proved a useful opportunity to deliver coaching. It is planned to continue to hold these where possible. Other coaching is recognised as being beneficial but is likely to need other coaches to support this to provide delivery.

Junior

TNT continues to be successfully delivered and appears to be enjoyed by those attending. It was recognised that the older juniors were less interested in routine park orienteering. What is delivered has therefore been revised and have included physical sessions, aim to improve running which appear to have been welcomed.

For the autumn term a revised programme has been developed. This includes technical sessions (some junior led) and physical sessions, include 4 weekly track training. These latter sessions will hopefully provide quality physical / running training and also support NWJS requirements. Catering for the range of ages and abilities is recognised as both difficult and resource intensive. Delivery will be reviewed at Christmas to allow any changes to be made.

Development

It is recognised that while a highly successful school programme has been delivered over several years, the transition from this to club membership or attendance at club has been minimal. Options to improve on this low transfer rate were reviewed by the TNT coaching Team. It was recognised that no easy quick fix was possible, but several actions have been undertaken.

The immediate action taken prior to the summer was to hold a 'Come and Try' event in the week following the school's final, held on a weeknight evening in Memorial Gardens. A good number (>10) juniors and one adult attended the training as well as existing club juniors, possibly helped by the good weather. This was a great result but did require an adjustment in TNT coaching going forward to ensure sessions supported these new juniors. While the number returning after the school summer holidays has reduced, a number have continued to attend.

For the autumn term period the TNT programme includes a few Saturdays. The focus of these is to encourage family participation and aligns with one enhancement successfully used by South Yorkshire Orienteering club. To be held in the afternoon, the idea is to minimise clashes for families, with their location easily accessible hopefully encouraging attendance.

Lesley has also undertaken some support for adults at some Thursday events, appreciated by those involved. This simple support to welcome newer members may be a useful tool in getting people started in the sport.