

Active Coach Day, Saturday 6th September 2014, Grantown

Location: St. Columba's Church Hall, Grantown on Spey, PH26 3ND. This is marked on the attached PDF. You should be able to park within the church grounds; if not then please park on the street.



Taking part: Lynne Walker, Anne Hickling, Moira Laws, Suzanne Robins-Bird, Seonag Robertson, Paul Frost(?)

The **main aims** of today:

- Coaching adults: what different approaches and resources do we need?
- Coaching cards: suggestions for updates
- CPD: continuing work with the analysis & plan.

Working area: we will be using Grantown 1:5000. I have attached a PDF of this, with the hall marked at the Start triangle. This gives us an urban area as well as a lovely small piece of forest (mixed pine and birch wood, with some heather underfoot). I will bring along some training kites and tapes, as well as red pens and circle templates for marking up maps.

Suggested schedule for the day (all timings are approximate!)

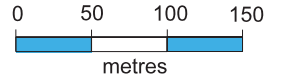
	Meet at St. Columba's Church hall and welcome; tea & coffee (cake if you bring some!)
	Discussion:
10:00	<ul style="list-style-type: none">• own experience of coaching adults and at what level• specific considerations when coaching adults• other topics requested by participants (please email me with these if possible)
	Planning exercises (and adjusting coaching cards as required) for:
11:00	<ul style="list-style-type: none">– developing adult participation athletes (TD3 - TD4)– developing adult 'plateau' athletes (TD5)– any other adult group you wish to plan for!
12:30	Lunch (approx). Sandwiches and fruit will be provided.
13:15	CPD: introduction to the coach analysis & plan. Comments and suggestions
14:00	Sampling exercises for adults; feedback
15:00	Coaching cards: adjustments etc.
15:50	What have you taken from today? Depart

Please bring with you: coaching cards (all the sets you have), kit for orienteering, mug, plate!

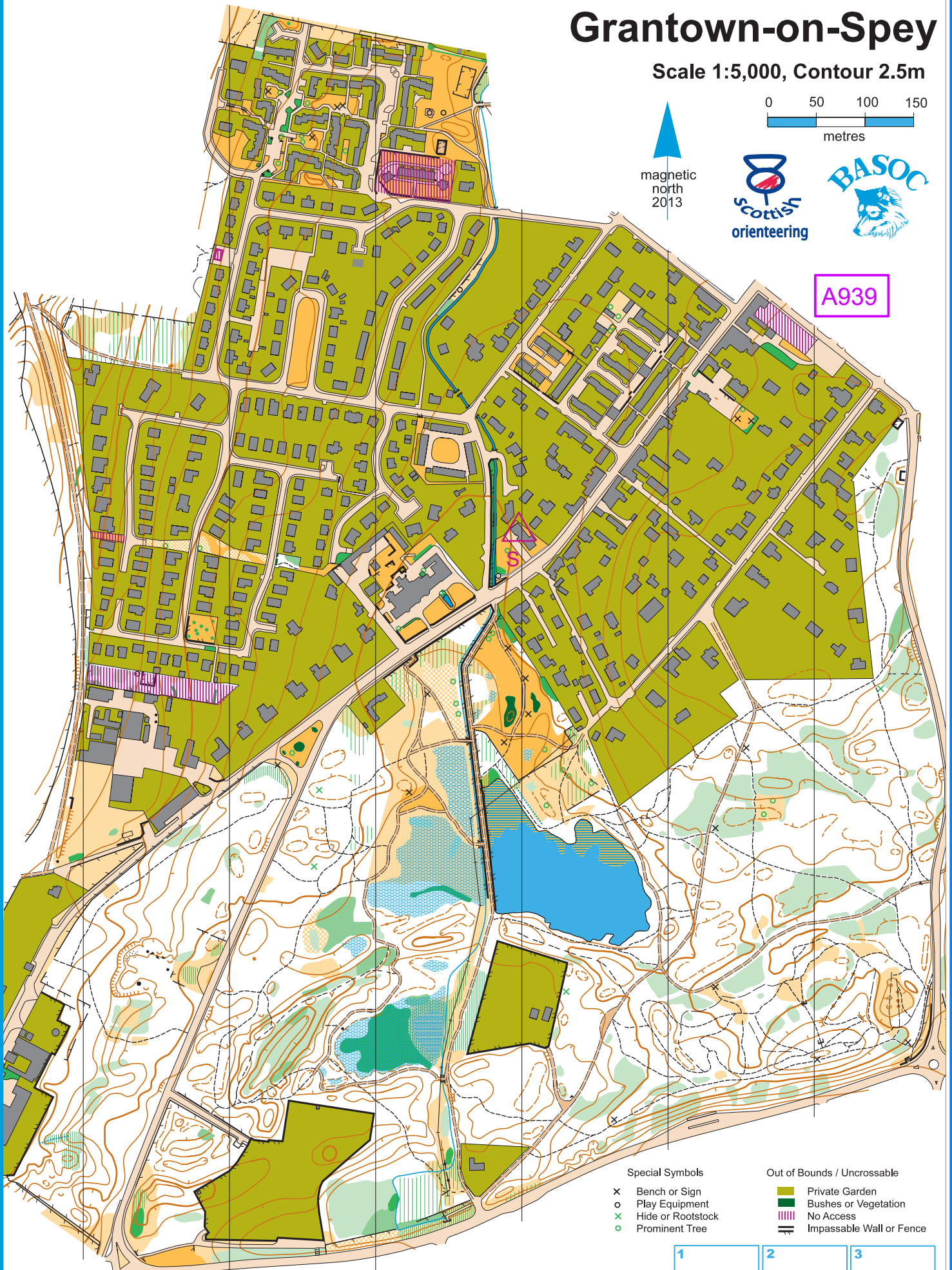
Lynne Walker 2nd September 2014; 07724 115766

Granttown-on-Spey

Scale 1:5,000, Contour 2.5m



A939



Special Symbols

- X Bench or Sign
- o Play Equipment
- x Hide or Rootstock
- o Prominent Tree

Out of Bounds / Uncrossable

- Private Garden
- Bushes or Vegetation
- No Access
- Impassable Wall or Fence

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A95

Access to the land map is covered by the principles set out in the Scottish Outdoor Access Code. For further information see www.outdooraccess-scotland.com

Base Map.....O/S Open Data
 Survey and Cartography.....Trailmaps 2013
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 Grid reference.....NJ025275