

Active Coach Day
Banchory Guide Lodge
Saturday 4th October 2014



Our main aim is to share ideas for ensuring sessions for juniors are exciting and enjoyable – as well as worthwhile in orienteering terms. Bring ideas to discuss and try out in a totally honest but non-judgemental environment!

Schedule for the day

- 10:00 Meet at Banchory Guide Lodge
welcome chat over tea/coffee/cake (especially if you bring some)
- introductions, identify individuals' areas of expertise
- 10:05 Reminder of intended outcome of year's CPD sessions; coaching cards
- 10:15 Urban – recap on some of the ideas from March session in Edinburgh
- 10:45 Sessions for juniors – what makes them enjoyable? – discussion, examples
- 11:15 coffee etc. break
- 11:30 Practical – plan & set up activities
- Lunch
- Continue practical – deliver and review sessions, complete card templates
- 15:30 Discussion (to include reminder of CPD log requirements) and reflection time, personal action planning
- 16:00 close

HQ 29 Sept. 2014