

# SOA COACHING CONFERENCE – “Coaching for all”

Saturday 24<sup>th</sup> April, 2010

Fordell Firs Scout Centre, Dunfermline.



## Timetable

09:45-10:00	Registration, coffee & informal discussion	
10:00	Welcome & introduction to the day	<u>Sarah Dunn</u> , SOA Performance Director
10:05	Drawing children in from schools – three success stories	<u>Denise Wright</u> , MAROC <u>Ronnie Nolan</u> , ESOC <u>Dave Prentice</u> , TAY
11:05	coffee break	
11:25	“FVO - the best wee club in the world?”	<u>Ross McLennan</u> , FVO
11:40	Coaching adults: how to take them from “beginner” to “improver”	<u>Lynne Walker</u> , Ecko
12:00	Long term athlete development from talent through to podium level	<u>Gareth Candy</u> , British Orienteering International Programme Director <u>Toni Louhisola</u> , Head of Performance at the Orienteering Centre of Excellence
12:30	Physical activity	led by <u>Lynne Walker</u>
13:15 – 14:00	BUFFET LUNCH and informal discussions	
14:00	Motivation and goal-setting	<u>Hilary Quick</u> , SOA/BASOC
14:15	Break-out sessions	(facilitator)
14:45	Feedback from break-out sessions	(facilitator)
15:15	comfort break	
15:20	Orienteering coaching now and moving ahead – discussion and Q&A	<u>Derek Allison</u> , British Orienteering Director of Coaching
15:45	Open discussion, summary and evaluation	<u>Sarah Dunn</u>
16:00	CLOSE	

Fordell Firs is close to Junction 2 of the M90, postcode KY11 7HQ.