

REGIONAL COACH ACTIVITY DAYS 2012

As a direct outcome of the SOA Coaching Conference and Coach Update Days (2010 and 2011 respectively), the SOA is now pleased to present a series of Regional Coaching Activity Days. These are even more practical in nature than the Update Days, and will be held at a variety of locations throughout Scotland. Any active orienteering coach, qualified or not, and regardless of the nature or extent of their recent experience, is cordially invited to attend any of the activity days. Locations have been chosen to offer at least one within reasonable distance of most coaches, but you are not limited to that one – indeed you are encouraged to attend as many as possible. Thanks to support from sportScotland, there will be no charge for attendance at these activity days; you (or your club) must meet your own travel costs, and you will be required to bring your own lunch.

The first 50 qualified coaches who book a place will receive a free SOA coach's kit-bag when they attend. Places are limited to a maximum of 20 on any one day.

The main aims of these days are:

- working together to improve as coaches, learning from each other
- establish local networks of coaches with neighbouring club
- introduce concept of mentoring amongst orienteering coaches

We believe that by meeting these aims we will help coaches to spread workload, gain confidence, exchange good ideas, create new, exciting but manageable sessions. With more cross-club activity you will have a larger pool of athletes with similar needs, thereby increasing the benefit and enjoyment for the athletes.

These regional days are intended for ALL coaches and will cover quite general aspects of coaching practice, in line with needs identified in feedback from the 2010 and 2011 conference and update days.

Exact times and venues are to be confirmed but we will probably start at 10:00 and finish by 16:00, with venues as given below. The list will be updated during the year as details are confirmed.

Outline Programme

- Welcome – introductions, confirm aims of the day, approximate timings (20 minutes)
- Introduction to concept of MENTORING for coaches; hand out template for personal action plan (10 minutes)
- Example session run by pair or team (LW/HQ with a local volunteer); other coaches are coached. Feedback on positives, what they thought worked well, things they would consider incorporating into their own portfolio. (total 1 hour 15 minutes)
- Small groups (4 or so, depends on numbers) plan an exercise (exercise to last 30 minutes including briefing, debrief but not warm up/cool down), produce a session plan and hand controls etc.. Time for this will be 1 hour.
- Rotate round the exercises; everyone will deliver once and be coached three times (30 minutes each exercise = 1½ hours plus 15 minutes for travel time = 1hr 45 mins)
- Lunch probably after 1 exercise – opportunities for informal discussion and to sample indoor games and card activities (45 minutes)
- The groups debrief - the ones who planned in the same group, feeding in comments they had from their athletes. (10 minutes per group plus 5 round-up = 45 minutes)
- Individual completion of personal action plan (5 minutes)
- Further opportunity for informal discussion at end of day

Throughout the day the theme of mentoring will be brought into discussions; participants will be encouraged to add to their personal action plan as things strike them during the day.

Schedule

We intend to organise a total of 6 activity days, in locations intended to draw in clusters of clubs:

Location	Date	Possible venue(s)	Closing date for bookings
Aberdeenshire	Saturday 31 st March	Tyrebagger (Kirkhill south) or Raemoir?	17 th March
Edinburgh/East Lothian/Borders	Saturday 21 st April	Blackford Hill or Corstorphine Hill or some other 'park' type area.	2 nd April
Stirling/Perth/Fife/ Glasgow North	Saturday 19 th May	Stirling University or Dunblane	1 st May
Inverness/Moray/ Speyside	Saturday 7 th July	Ord Hill?	18 th June
Glasgow South/ Ayrshire/Dumfries	Saturday 15 th Sept	Dumfries area	27 th August
Edinburgh/West Lothian	Saturday 29 th Sept	Livingston?	10 th September

At least one session – probably either Stirling or Livingston – will be in an urban environment, to promote that type of orienteering. Where possible, we will use orienteering areas that are far from exciting, to inspire coaches even in the most uninspiring areas.

Bookings

Booking forms are available at www.scottish-orienteering.org/documents/natcen/coach_activity_appform_2012.doc

Forms should be returned to hilary@scottish-orienteering.org before the closing date shown.

Your booking will normally be acknowledged within 2 working days of receipt, and further details will be supplied as necessary by e-mail. If you haven't booked, you won't automatically receive important final details. Book early to make sure you receive your free kit bag!