



## Plan for Maroc Introductory Sessions Winter 2020

### Marketing

- Club Facebook page, website and newsletter
- Local newspaper (if possible)
- Circulate to Active Schools co-ordinators – Banchory, Aboyne, Alford, Mearns
- Hard copy flyers available at Jan 9th Glen o' Dee event
- Flyers in sports centres

### Admin

*Fees:* £18 per child, £36 per participating adult, family (1 adult, 2 children) £66, £12 per extra child. This includes coaching and event entry fees for the block and membership of Mar OC, British Orienteering and Scottish Orienteering Association valid to Dec 2020

*Communications:* Club Sec add to email and newsletter distribution lists and email out the club's new member info sheet.

Lead coach to communicate 1:1 with families regarding specific information for each session, any appropriate follow-up info post session and next steps on completion of block.

### Sessions

*Jan 19<sup>th</sup> – Cambus O' May.* Full club training session.

Lead Coach – Sarah D (to work with new families)

Assistant coaches (to run other club coaching groups) – Pat G, Catriona C, Scott N, Paul C, Sue B, Roger C, Jon M

Introductory block plan – Map setting (cones); Map symbols (flash cards); Mini white / yellow / orange courses available (to suit mixed ages and prior knowledge)

Handouts – loose map legends

*Feb 2<sup>nd</sup> – Bellwood.* Local event – 3 courses short, medium (orange), long (light green)

Organiser / Planner – Newey / Neumann family

Coaches – Sarah D, Sue B

Introductory block plan – Meet and greet; Talk through entry set-up; Enter for appropriate courses; Discuss control descriptions; Talk through white / yellow courses; Demonstrate compass for map setting if appropriate

Handouts – Control description explanation cards. Compasses to borrow.

*Feb 9<sup>th</sup> – Scolty.* Full club training session.

Lead Coaches – Katja N (TD1-3), Jon M (TD4-5)

Assistant coaches – Scott N, Sue B, Trevor R, Sarah D

Introductory block plan – Merge newcomers into regular club groups according to age and ability level (white / yellow / orange). Consolidate on map setting, symbol interpretation and building confidence for white runners. Yellow courses learn about other line features. Introduce compass for orange.

*Mar 1<sup>st</sup> – Dinnet.* Full club training session.

Lead Coach – Sarah D

Assistant coaches – Scott N, Pat G, Sue B, Jon M

Introductory block plan – Merge newcomers into regular club groups according to age and ability level (white / yellow / orange). Start combined white / yellow groups with fun warm-up game. Then consolidate on map setting, symbol interpretation and building confidence for white and yellow.

Build and consolidate compass skills for orange. Also an opportunity to try out SI kit with micro sprint courses. One white / yellow and 3 ~orange courses.

**Follow-up**

Promote up-coming opportunities to new families:

Mar 7-8<sup>th</sup>: Double header Maroc weekend with urban event at Johnshaven and regional event at Birsemore, Aboyne.

After-school club opportunity: Aboyne club re-starting on Thu Feb 27<sup>th</sup> for a block of 5 weeks leading up to Easter holidays.

Enjoy being in the outdoors  
with the family?



# MAR ORIENTEERING CLUB

Introductory Coached Sessions  
for all the family  
Ages 8-80  
Jan-Mar 2020

ARE YOU CURIOUS  
ABOUT ORIENTEERING?  
WHAT ARE YOU  
WAITING FOR?

Orienteering is an exciting  
outdoor adventure sport which  
involves navigating around a  
course using a detailed map



[www.marocscotland.org](http://www.marocscotland.org)  
<https://www.facebook.com/marorienteeringclub/>

# Introduction to Orienteering

Sundays Jan 19th, Feb 2nd, 9th, Mar 1st  
2020 10:30-12:30

Sessions are aimed at family participation with full coaching provided and are suitable for families with at least one child age 8 or older. Both juniors and adults can participate at the same time

Jan 19th: Basic introduction and skills coaching, Cambus o' May  
Feb 2nd: Taking part in a local event, Balnagowan near Aboyne  
Feb 9th: Skills coaching at Scolty, Banchory  
Mar 1st: Skills coaching at Dinnet

Please note that at least one adult is expected to stay for the duration of each session. It is preferable that you attend all 4 sessions but please get in touch if you can only make some of the dates.

Fees £18 per child, £36 per participating adult, family (1 adult, 2 children) £66, £12 per extra child  
This includes coaching and event entry fees for the block and membership of Mar OC, British Orienteering and Scottish Orienteering Association valid to Dec 2020.

Please contact Sarah Dunn: [sarah@scottish-orienteering.org](mailto:sarah@scottish-orienteering.org) to receive more information and an application form.

For further details about orienteering, take a look at the following:-  
<http://www.marocscotland.org.uk/home/>  
Facebook <https://www.facebook.com/marorienteeringclub/>  
<http://www.scottish-orienteering.org/>