

**Buxton and District Orienteers**

**Year Coaching Plan 2008/2009**

<b>Week number</b>	<b>Date</b>	<b>location</b>	<b>Content</b>	<b>Evaluation</b>
1	9/9		No session	
2	16/9		No session	
3	23/9		No session	
4	30/9	Pavilion gardens	<b>Introduction and welcome to the club.</b> Walk with map. Quickly move onto easy star activity. Finish with score based on the same controls	This worked really well for a first activity. This was followed by a talk with the adults about what they wanted from the club. The children were taken off to do a separate activity
5	7/10	Pavilion gardens	<b>Star Orienteering.</b> A really simple but progressive star course designed to help participants to get the know the map and its symbols. This is to be followed by an indoor exercise aimed at control descriptions	This worked really well. There were enough controls to keep everyone busy for the time available.
6	14/10	Pavilion gardens	<b>Folding and thumbing the map.</b> Line orienteering. Finish with competition	Some of the younger participants just didn't get this although most of the older ones did. Perhaps this activity should be done once the participants have had the chance to burn off some energy doing something else.
7	21/10	Buxton Community School Grounds	<b>Map Memory.</b> Progressive star exercise. Progression achieved by initially making the legs longer and then making participants get 2 controls at once. This was followed by a video presentation of "What is orienteering" and "going to an event" from Michelle's dvd	This worked well but was over perhaps slightly too quickly for some of the adults.  In an ideal world I would have taken the adults to Pavilion gardens to do a harder exercise although I could have done some extra legs on a separate map where they had to remember 3 control sites before coming back. It took about 20 minutes to get the lap top and projector to communicate with each other which was very embarrassing. However most people said that they found the video's useful.
October Half Term holidays				
8	4/11	Gothic Hall	<b>Circuit training.</b> Incorporating a match the	This worked really well despite a lot of cheating going on. Did 3 sets 9 exercises. 30

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			map exercise. Full warm up, stretch and warm down.	seconds on and 30 seconds off. The matching the map exercise needs extremely careful demonstration and explanation.  Perhaps a stereo with some music would have helped with motivation. Also a 30 second beeper would enabled me to concentrate more on giving advice on how to perform the exercises correctly.
9	11/11	Buxton C.S. grounds	<b>Naughty Numbers Activity</b> (from the Club Activity Guide). Central aims are setting the map and learning the orienteering symbols. Extension activity again concentrating on setting the map	This worked really well and lasted longer than expected. It was really hard to explain to people in the first instance. They couldn't understand that 9 circles constituted a map. However once they got into it they really enjoyed it. The added twist of a having to identify symbols at each control worked well too.
10	18/11	Gothic Hall	<b>Circuit training.</b> Incorporating a learn the symbols exercise.	This worked well again. We had music this time and a whistle which really helped. The symbols exercise was hard and no one got more than half of them right.  There was some frustration with the 30 seconds on 30 seconds off as people felt that they didn't have "time to get into it" before moving on to the next thing.  Maybe 45 seconds or a minute on a beeper would be preferable.
11	25/11	Buxton C.S. grounds	<b>Control description activity.</b> This activity was stolen from the 08 coaching conference. This will be a progressive star event. At each control site there will be three or more controls put out. Participants will have to read the description in order to ensure that the punch the correct control.	This worked really well in conjunction with a map memory exercise.  For the first time this week we split the group into half and changed over at half time. 2 lots of 15 were much easier to handle than one lot of 30 and smaller groups is definitely the way forward now the coaches are coming on board and taking more responsibility.  There is an emerging problem with people becoming extremely familiar with the site and creativity will be needed to ensure that people still turn up. New areas should be available soon however.
12	2/12	Gothic Hall	<b>Circuit training.</b> Incorporating a control descriptions exercise.	Did 2 sets of a minute circuit and this seemed to work much better. Instead of a control descriptions we did some much needed work on learning symbols. This worked well and most of the participants can now identify at least 25 of the 30

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				symbols that we covered. This will need re-enforcing later on.
13	9/12	Gothic Hall.	Map making activity. 25 objects will be put out in the hall. Using a base map that has the badminton court pre – printed onto it participants will be asked to produce a map of the hall. They will then be asked to design various courses, put out controls and produce answer sheets. These will then be used for the basis of relay races.	The map making activity went really well. This was run by the University of Derby students. It was interesting to note the different strategies that participants employed in order to create their map. It will be good to repeat this exercise in a larger outdoor area.
14	16/12	Christmas Special. Street "O"	Orienteering around the streets of Buxton in a score event format. Children to be accompanied by an adult.	This was fantastic. This was almost single-handedly organised by Andy, one of the University of Derby students. On the night we did a 40 minute score and this was about right. The highest placed participant only got about half the controls. Again this would be worth repeating, perhaps at the end of the next half term.
Christmas Holidays				
15	6/1	Pavilion gardens	Running based activity. "The baffler" Short discussion about need for volunteers	Despite being difficult to explain initially, this activity worked really well. It gives everyone workout whatever their ability.
16	13/1	Pavilion gardens	Pacing exercise. Know your paces over 100m walking, running, etc. etc.	This was done as an initial walk through both walking and jogging and then a star event whereby participants had to work out how far away the control was. This worked really well and is worth repeating.
17	20/1	Pavilion gardens	Running based activity "The baffler"	Good reports again
18	27/1	Pavilion gardens	Setting the map using the compass and using rough compass.	This was done as an indoor exercise initially and followed by a star event whereby participants weren't allowed to leave until they had set their "rough compass". This worked well. Identified need for some map bags to stop maps going soggy.
19	3/2	Pavilion gardens	Running based activity "The baffler"	Good reports again
20	10/2	Streets of Buxton	Street orienteering. 40 minute score. Perhaps some prizes again	This was supposed to have been organised by the student coaches however they didn't do the necessary organisation so this had to be hastily re-organised into a

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				score event in Pavilion gardens. This still worked well and only a couple of people managed to get all the controls in the time limit.
February Half Term				
21	24/2	Pavilion gardens	Using attack points	Actually took place on the 17/03 due to various organisational and logistical issues. This was planned by a student. They didn't quite understand the concept and so people ended up using minor features to attack larger ones but in the end they didn't really seem to mind and they found it quite challenging especially in the dark.
22	03/03	Pavilion gardens	Circuit training for runners. Steve Vernon to come and run this one	Very well received. Took place on the 10/03. Not everyone managed all of the technical drills but they did seem to thoroughly enjoy themselves
23	10/03	Pavilion gardens /	Aiming Off	Took place on the 03/03 at pavilion gardens. The dark was a real ally here as the session would have been too easy in the daylight in an easy area such as this.
24	17/03	The slopes	Quality drills and hill training.	Took place on the 24/03 Not time for the quality drills but did manage to get a good circuit done within the time limit.
25	24/03	Pavilion Gardens	Re-cap of pacing and rough compass.	Didn't do this one in the end but will be a good one for the summer term. We did an extra circuit training session on the 24/2 in preparation for Steve doing his session on the 10/03
26	31/03	Streets of Buxton	Street orienteering. 40 minute score. Perhaps some prizes again	Didn't do this one either as the students let us down (again) by not preparing the session. Jenny shaw did prepare a really good session on dead reckoning.
Easter Holidays				
27	21/4	Teggs Nose	Summer Evening Event	Good attendance but some people not prepared to travel
28	28/4	Grinlow Woods	Relocation exercise (getting lost and finding yourself again)	Done as star exercise. Pairs went into the forest with one map between them. One person got the other person "lost" they had to relocate and then find a control.
29	5/5	World Challenge grounds	<b>PLEASE NOTE. MEET AT WORLD CHALLENGE CAR PARK.</b> Running training. Training for uphill running. Session will be taken by Paul Stepto (Athletics Coach)	Different start points were allocated based on ability. Session well received by many but some murmurs that they wanted to do technical training.
30	12/5	Lyme Park	Summer Evening Event	Good attendance but some people not prepared to travel.

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31	19/5	Pavilion Gardens	Pacing and Rough Compass. Recap of these important techniques	Well received although many in the club are now finding Pavilion Gardens a bit too simple. Perhaps would have been better in Grinlow woods.
Whit Holiday				
32	2/6	Pavilion Gardens Grounds	Running training. Raising the anaerobic threshold	Wasn't here this week.
33	9/6	Macclesfield Forest	Summer Evening Event	Fairly good turnout but again numbers lower than usual due to change of location
34	16/6	Grinlow Woods	Understanding Contour Lines	First of all did this in the sand pit at Buxton Community School. Finished in Grinlow woods with a star course. Bit of a bad start as had to remove dog poo before we could use the sand. Maybe could do with some trays and some play sand so that we could do this indoors in winter. Also using a programme such as memory map may help to get the principles across.
35	23/6	World Challenge Grounds	<b>PLEASE NOTE. MEET AT WORLD CHALLENGE CAR PARK.</b> Taking bearings	Many suffering with hay fever tonight but otherwise session was well received. Planned and delivered by Andy McKinlay. Most in the club had never walked on a bearing before. However not sure if this should be done on numbered bearings as this is not relevant to orienteering.
36	30/6	Pavilion Gardens	Route Choice exercise	Star, followed by a course. Key to this session is a de-brief on optimal route choices. All participants had to run to the control on one route choice and then back again on another
37	7/7	Grinlow Woods	Running Training. Running Fast across terrain	Not many tonight. Very heavy rain. Hard session. Mixed views. Some say that come to the club for technical training, not to run, others enjoyed it.
38	14/7	World Challenge Grounds	<b>PLEASE NOTE. MEET AT WORLD CHALLENGE CAR PARK</b> Map memory exercise	Star event followed by a course. The steep ground at World Challenge makes planning difficult. Again reduced numbers due to change in meeting point.
39	21/7	Buxton Streets	End of year special. Prizes.	Street event went well despite poor weather. Planned by new L1 coach Kevin Garner. No controls were put out. The whole thing was done by written answers to clues.