

## SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

### REPORT TO SCOA COMMITTEE MEETING MARCH 2016

#### HIGHLIGHTS

- The squad has held three training sessions: Blackwood Forest, Busketts Lawn and Bagshot Heath.
- Several athletes and parents supported a cake sale at the TVOC Christmas Common event.
- One athlete (Bethany Kippin) represented England at the Interland Competition, held in Belgium in February.
- There have been no new members joining since January 2016. We have lost 2 M/W18 as a result of them moving up an age class.
- Jes Dickin is moving out of the area and so relinquishing his role as Junior Squad treasurer. The accounts are in the process of being handed to the SCOA treasurer for management.

#### ACTIVITIES JANUARY-MARCH 2016

Date	Location	Coach/Comments
23 January	Blackwood Forest (BADO)	The athletes we coached on control flow skills and navigating under pressure, after taking part in the BADO SCOA League event. 6 athletes participated.
18 February	Busketts Lawn (SOC)	The athletes endured the cold and wet in the New Forest, focussing on rough navigation, attack points and map memory exercises. The more experienced tested the relocation skills while Laura Parkes coached the O/LG athletes on "aiming off". The day was finished by a squad meal in the local pub where Laurence ran a quiz. 7 athletes participated plus 8 SWJS.
19 February	Bagshot Heath (SN)	The athletes spent the day learning the difference between Fine O and Rough O using map walks and attack points. Laura challenged the athletes with her contour session where the paths had been removed from the map. The athletes enjoyed running under pressure in an "individual race mass start" and a relay race in the afternoon. 6 athletes participated plus 6 from SWJS/SEJS.

#### SQUAD PROFILE

BADO	BKO	SN	SOC	TVOC	RAFO	BAOC	TOTAL	In Junior Squad	TOTAL	BADO	BKO	SN	SOC	TVOC	RAFO	BAOC
1	1		2	1	1		6	W18	M18	2		1	1			
		1		1	1	1	4	W16	M16	4			2	1	1	
		1		1			2	W14	M14	6		2	3			1
							0	W12	M12	3		1	2			
1	1	4	1	3	1	1	12			15	0	4	8	1	1	0
	BADO	BKO	SN	SOC	TVOC	RAFO	BAOC	TOTAL								
	1	5	12	2	4	1	2	27								

#### LOOKING FORWARD

- We are investigating new O-Tops and Hoodies so watch out for the juniors in their new kit soon!

## PLANNED ACTIVITIES

<b>Date</b>	<b>Location</b>	<b>Coach/Comments</b>
12 Mar 16	Windmill Hill	With SN Junior Squad
23 Apr 16	TVOC Area	
28 May 16	BADO Area	
9 Jul 16	TBD	
3 Sep 16	Windmill Hill	
24/25 Sep 16	Aberdeen	JIRCS
27 Oct 16	TBD	
28 Oct 16	TBD	