

SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

REPORT TO SCOA COMMITTEE MEETING JUNE 2016

HIGHLIGHTS

- The squad has held three training sessions: Windmill Hill, Park Wood and Frith Hill.
- Several athletes and parents supported the BADO Pen Wood event and raised £614.55 (plus £106 from cake sales). Thanks to Alan Kersley and BADO for the fantastic fund raising idea; the challenge is on to see if any other club can match this fantastic donation!
- Several athletes entered major competitions during the period and achieved good results: JK, British Champs, Northern Champs, Midland Champs and British Night Champs. The competitions also doubled up as selection races for international competitions and JROS summer tours:
 - JWOC 2016 GB Team – Fiona Bunn
 - JEC 2016 GB Team – Fiona Bunn
 - JROS Deeside Tour 2016 – Bethany Kippin, David Bunn, Thomas Howell
 - JROS Stromstad Tour 2016 – Fiona Bunn
 - British Orienteering Talent Camp – David Bunn
 - JWOC 2017 GB Team Camp Finland – Fiona Bunn
- Two members have joined since March 2016. Three members have left.

ACTIVITIES APR-JUN 2016

Date	Location	Coach/Comments
12 Mar	Windmill Hill (SN)	The squad spent the morning training with the SN junior squad on Windmill Hill. We started with a map walk to the base with list reading off contours together. After a further warm up the athletes carried out some control pick exercises. The squad ran several undulating courses of approximately 0.7km in length but with more than 10 controls giving them some essential drills on fine navigation. We finished the morning with relay races consisting of a nasty climb for the finish control. 5 athletes participated.
23 Apr	Park Wood (TVOC)	The athletes met with the West Midlands Junior Squad. The session focussed on developing and refining control flow skills, compass skills and navigating when tired. The more experienced were challenged by a corridor course and a Sævig intervals exercise. The Sævig intervals involved running up a hill for 200m in a staggered start, followed by navigating a short course – the idea being to develop strategies for coping with navigation when tired and under pressure. The beginners focussed on visualisation and attack points. The day was finished by a Harris Relay, which enabled the juniors to work together as a team and meet athletes from the other squad. 6 athletes participated plus 4 from WMJS.
8 May	Pen Wood (BADO)	Parents and athletes supported a BADO-led event to raise funds for the squad. Specifically, Louise Weir acted as Organiser, Katie Blackford as planner. Thank you BADO!
21 May	Frith Hill, Frimley (SN)	The squad spent the morning training with approx 20 SN junior squad members. The session was led by Sarah Rollins with coaching on hand from Jeremy Edwards, Laurence Townley, Richard Barrett, Laura Parkes and Sue Bett. The first session was a map orientation grid exercise. The exercise was made harder by having to dodge trees and some intricate courses with a lot of twists. Adults struggled with the harder ones. The next practice session was keeping on the contour. Squad members had to run along the meandering contour by following a dimmed purple line and picking off the controls on the contour. The goal

		was to count the controls on the line and was good practice at maintaining height. The final exercise of the day was Sarah's own invention: capture the O flag. Two teams had to run their own course as a train, place their flags using the map before running the enemy course and attacking/defending the flag areas. A bit fun but great practice at running together under pressure.
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SQUAD PROFILE

BADO	BKO	SN	SOC	TVOC	RAFO	BAOC	TOTAL	In Junior Squad	TOTAL	BADO	BKO	SN	SOC	TVOC	RAFO	BAOC	
		2	1	1			4	W18	M18	2							
	1	1		1	1		4	W16	M16	4			2	1	1		
		1		1			2	W14	M14	6		2	3			1	
			1				1	W12	M12	3		1	2				
0	1	4	1	4	1	0	11			15	0	4	8	1	1	0	1
	BADO	BKO	SN	SOC	TVOC	RAFO	BAOC	TOTAL									
	0	5	12	2	5	1	1	26									

LOOKING FORWARD

- We have been invited by SEJS and Konsberg, Norway to consider an annual inter-country weekend fixture in the autumn between the junior squads. The weekend would alternate between UK and Norway and aims to provide the athletes with a variety of experience to improve performance and meet other juniors.

PLANNED ACTIVITIES

Date	Location	Coach/Comments
3 Jun 16	Swinley East	
9 Jul 16	TBD	
3 Sep 16	Windmill Hill	Also invite to join West Midland and East Midland Junior Squad at
24/25 Sep 16	Aberdeen	JIRCS
27 Oct 16	TBD	
28 Oct 16	TBD	

PHOTO GALLERY

