

SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

REPORT TO SCOA COMMITTEE MEETING MAR 2024

HIGHLIGHTS

- The final training session of the year at Wilverley was a great training and social occasion for the squad. We had several athletes who came back from Uni to join the squad for one final session. Hopefully we can make the weekend an annual activity.
- John Methven completed his Coaching Level 2 assessment on 17 Feb.
- Three W12/14s have been invited to the squad.

ACTIVITIES DEC 23 – MAR 24

Date	Location	Coach/Comments
16-17 Dec 23	Wilverley Scout Hut, New Forest	Christmas weekend training sessions. Final session of the year held at Wilverley and Anderwood for 13 athletes. Helen, Christine and Simon planned compass skills, attack points, route planning exercises and team events, including a night ultra sprint at the Wilverley Scout Hut, where we spent the night, courtesy of Team Currie.
13 Jan 24	Bramshaw	3 athletes joined SWJOS at a very cold and wet session in the New Forest. It was great to combine squads and train in a nice area.
17 Feb 24	Bloom Wood	The session clashed with Talent Squad so SEJS and TVOC Juniors were invited to join us for compass and attack point exercises. John Methven prepared a hills physical session (which one of the SEJS athletes ask if SCJS sessions always included a physical session!) We temporarily lost 3 kites before finding them neatly hanging in a different part of the wood.

LOOKING FORWARD

- Clubs will need to coach and encourage M/W12s and M/W14s (2010-2012) to progress to Orange standard so that the squad can continue to pull through keen juniors.
- JIRCs 2024 is being organised by SWOA. The individual will be in Mallards Pike and relay at Standard and Lyncombe Woods, Bristol.

PLANNED ACTIVITIES

Date	Location	Coach/Comments
16 Mar 24	Micheldever	Squad spring day on techniques and navigating at speed.
May 24	TBD	
28-29 Sep 24	Forest of Dean and Bristol	JIRCs

WILVERLEY

