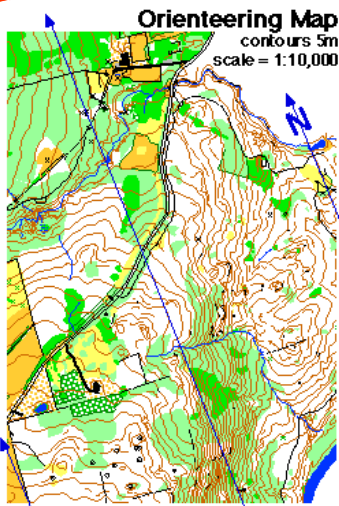




Is there something that you would like to improve about your orienteering skills but not sure who to ask?

Are you happy about how and when to use a compass?

Would you like to know more about attack points, handrails, contours, route choice, fitness?

Is there something else you would like more practice in or knowledge of?

Then come along to one of our **free coaching mornings.**

Open to those regularly running **Orange courses and above.**

Saturday 17th March

At

Sherwood Pines Forest Park

10am–12.30pm

(Parking charges apply)

and

Saturday 12th May

At

Bestwood Country Park

10am-12.30pm

If interested, please contact:

Lindsey Brown

coaching@noc-uk.org

(Contact details are on NOC website)