

British Orienteering invite you to the

National Coaching Conference 2015

To be held at Lydiard Park Academy, Swindon, on
Saturday 24th January 2015 and
Sunday 25th January 2015



Principal Guest Speaker will be:

Kristian Jones, SBOC and Lillomarka OL

*Member of the British Elite Development Squad,
winner of Gold and Silver Sprint medals at JEC, JWOC and EYOC,
ranked 20th in the IOF Sprint World Ranking list*

Saturday 24th January 2015

Commences at 1030 for coffee and registration, closes at 1700. Sessions include:

Kristian Jones speaking on "The skills, techniques and qualities that are important for performance, and giving ideas for training sessions and how to improve performance".

Geoff Ellis speaking on "Focus on Success – Improve the likelihood of a successful and rewarding orienteering experience by having appropriate focus".

Lynne Walker will run a practical session using the school grounds and park adjacent to the conference venue. *Coaches will have the opportunity to trial version 1 of the set of coaching cards which the SOA are developing for urban and sprint orienteering; select a card, put on an exercise, try exercises others have planned, feedback so that the cards can be improved.*

Hilary Palmer and Jackie Newton speaking on "Widening Access to Level 2 Coach Training - possibilities and discussion".

Sunday 25th January 2015

Commences at 0900 and closes at 1400 (after lunch). Sessions include:

Kristian Jones speaking on "How to provide a structure for analysis which is critically linked to performance and which helps to understand the orienteering process".

John Orton will run a practical session using ideas developed by NWO.

Hilary Palmer and Jackie Newton speaking on "Club & Regional & National Coaching Opportunities – your chance to have your say!"

A hot and cold buffet lunch will be served on both days, with tea and coffee breaks in the morning and afternoon. There will be an evening social arranged on both Friday and Saturday evenings (venue tba).

On Saturday morning at 0900, there is a **parkrun** in Lydiard Park (details via the parkrun website). There will be showers available in the school on Saturday morning. (The first full conference session is not until 1100, to allow time to run and shower.)

Delegates will need to arrange their own travel and accommodation. There is plenty of budget hotel accommodation in Swindon. Swindon is served by main line train and bus services.

Cost: £50 for both days; £35 per day for either day

Entries: via Fabian4 please; closing date is 17th January 2015 (flyer on BOF website and linked from Fabian4)

Organiser: Christine Vince (email: christine.vince2(at)btinternet.com)

Acknowledgements:

Lydiard Park Academy for providing the venue and facilities

North Wilts Orienteers for venue management and catering services

The conference is open to all British Orienteering members