

## COACHING UPDATE

### Junior coaching - Middleton Woods - 7<sup>th</sup> December

This was a junior session where we used a star exercise to practise taking accurate compass bearings & following the bearing. We also looked at where it may be best to 'aim off'. We practiced finding and identifying brown 'earth' features.

Then there was a long leg back towards Nell Bank to think about route choice and the best attack point before we did another couple of loops to practice compass bearings again.

The juniors who are already technical level 4/5 were able to practice using brown only maps without paths which made it more challenging.

Well done to everyone who turned out in the rain and got very wet and muddy!

### Night O Training – Hirst Wood- 14<sup>th</sup> January

On a damp, dark Wednesday evening in January 14 Airienteers of all ages and ability came to Hirst Wood Saltaire for night orienteering practice.

We split into 3 groups for a map walk. The aim was to become familiar with the reduced visibility and the importance of using handrails and checking off features much more carefully than during daylight. At night, steady & sure progress is usually more successful than racing fast and missing key features.



There were a number of mini loops for everyone to try. Each loop had between 3 or 4 controls in a small area. For the less experienced they gained experience at finding brown features. Completing short exercises encourages confidence and we can keep tabs on how everyone is doing. Controls were included on more than one course but approached from different angles. Those that completed all the short loops were able to progress to longer loops.

At the end everyone ran a zig zag course back to the carpark using most of the controls they had already been to once. When I reached the finish everyone including juniors were all chatting away happily oblivious that it was nearly bedtime!

## **FUTURE COACHING**

**Nunroyd Park Guiseley- 14 February** <https://www.aire.org.uk/events/nunroyd-2026-2-14>

I will have our popular grid games at Nunroyd Park on Saturday 14<sup>th</sup> Feb – this enables young children to practice orientating a map to ensure they progress in the right direction.

AIRE introductory sessions on Saturday afternoons (just turn up to start between 1pm and 2.30pm) are perfect for:

- Members with toddlers and small children as the short courses are only 1km in an open area and there is usually a play park nearby.
- Bringing your friends to try orienteering for the first time- hopefully they will like it and come again!
- You to come for a run around a course in a lovely local park and socialise.

Volunteers to assist with setting up and registration are always welcome too!

## **British Championships -Online session 11<sup>th</sup> February 8pm**

Any member of British Orienteering can enter the British Championships in their age class.

We already have 31 club members travelling to South Wales for the individual race on 28<sup>th</sup> Feb and relays on 1<sup>st</sup> March therefore I have offered to repeat an online session after the popular one last year.

We will look at and discuss maps, event details and route choices to prepare for this big competition. Becoming familiar with the areas using various resources can help get your head into a race well before you reach the start line. It's known as 'geeking'.

**BOOK A PLACE** for the session by sending me an email [lindseyking49@hotmail.co.uk](mailto:lindseyking49@hotmail.co.uk) or private message me through Whatsapp – my number is on the group list.