

Welcome to your new-look SINS and a new editor. Having been without a regular issue of SINS since the end of 2015, and feeling the lack of a means of communication with the region as a whole, I decided to take up the baton myself.

We have a fine array of club newsletters in SWOA, covering all manner of things local, farther afield, and frequently very entertaining as well as informative. However, there are matters that need to be communicated (without bombarding the club secretaries with emails), often from the SWOA committee meetings, sometimes from BOF National Office. So I intend to publish SINS at the beginning of each month, electronically on the SWOA website – so you know where to look!

I would also be pleased to publicise courses that clubs are putting on, publicity for future events, and anything else from clubs that needs to be seen across the region. Please send your items to : christine.vince2@btinternet.com

I have set the page size of the newsletter to A5, so that it is more readable on phones and tablets; please let me know what you think.

Christine Vince KERNO

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SWOA officials' contact list

Courses

There will be an Event Safety Workshop on Saturday 8th July from 10am to 1pm – all welcome. Please contact Mike Forrest for the venue – mike@forrests.org.uk .

KERNO are running an evening course on computer software and techniques for use in mapmaking and planning. There will be sessions on Purple Pen, and how Lidar and DFXs are used within OCAD. Wednesday 19th July at Poltair School, St Austell starting at 7:30; please contact Steve Beech – stevebeech@Waitrose.com .

SWOA News

The **SWOA AGM** will be held on Saturday 02 September 2017, 1700 to approx 1830 in the Main Hall, Pool Academy, Pool, Redruth TR15 3PZ.

This will take place after the Caddihoe Middle Distance race on Hayle Towans, and before the evening SEOUL race at Camborne College (so it'll be a short meeting, guys 'n gals). The hall at Pool Academy is right next to the parking for the evening race!

The SWOA chairman Christine Vince is standing down at the end of her three-year term of office; as yet we have no-one willing to act as chairman next year. Also of note - the SWOA secretary Katy Dyer will be standing down in one year's time, so we are looking for a new secretary.

JK 2021 is coming to the SW in less than four years' time! It is being staged down in Cornwall, and we are fortunate that we have already found the planners for all four days. We will need Day Organisers plus a number of Team Leaders so, if you are interested, please contact Christine Vince.

BOF News

New Coach Training Opportunities for Orienteers

Clubs need to attract newcomers and retain members. One way to do this is through coaching. With the needs of clubs in mind, at the Coaching Conference in January we launched new training opportunities for orienteers who would like to help newcomers and assist coaches with club or squad training and also for those who have had some coaching experience and want an orienteering coach qualification. What better way to enjoy your sport than the satisfaction of passing on skills and knowledge to others?

The National Steering Group for Coaching decided last year that we need a simpler and more flexible route into coaching for the sport to replace the UKCC Level 1 and 2 training from 2017. Existing coach qualifications are still OK – these are for people who have not started or completed an orienteering coach award before 2017!

These will be available in England, Wales and Northern Ireland (as the Scottish Orienteering Association has decided to write their own coach pathway and qualifications).

Replacing the Level 1 Orienteering Coach 3-day training and assessment, two half day practical workshops will be available for active coaches to deliver to their club members:

- **Coaching to the Start Triangle**
 - For those who want to help newcomers at events or club activity sessions.
 - Good practice introductory map walk and star exercise to help people get started orienteering in a fun and interactive way without a lot of 'talk' and 'jargon'.
- **Route to Coaching**
 - A progression for those who want to learn more about helping at coaching sessions.
 - How to give a short safety briefing at the start of a coaching session.
 - How to lead a 'fun' warm-up and deliver a short coaching session from a plan.

These workshops can each be delivered in an evening or half day or as a one day introduction to coaching. This flexibility will be less costly in time / money for clubs and will be a good introduction for orienteers who want to help with coaching at their club.

Coaches who want to deliver these workshops should contact:

info@britishorienteering.org.uk and the delivery material will be emailed to them.

UKCC Level 1 Orienteering Coach: Training will be offered for those who work outside the sport (e.g. outdoor centre staff, rangers in country parks / National Trust etc). This gives a good grounding in working with beginners for those who require an assessed qualification.

UKCC Level 2 Orienteering Coach:

- This will be the entry level coaching qualification for our clubs.
- A Level 2 Coach will be qualified to deliver a series of progressive sessions as the lead coach.
- There will be 3 short pre-course tasks to check the learners' understanding of an orienteering coach's role.
- The training is very similar to the pre-2017 UKCCL2 – usually 3 days training & assessment followed by practical coaching.
- Some changes to the written tasks in line with the new National Occupational Standards; some tasks are unchanged.
- Following the initial training & formative assessment the coach will plan, deliver and evaluate a series of 4 progressive technical sessions and 1 fitness coaching session before their final observed session.

- Trainee coaches have two years in which to complete their qualification.

Personal Development Coaching Modules:

These will be offered so that qualified coaches can access further training so as to enhance their knowledge and understanding. Some examples are:

- Coaching Safety in Remote and Exposed areas – 3 workshops were held at the recent conference to enable coaches to work in more challenging terrain.
- Planning & Periodisation for coaches who are planning an annual programme.
- Further workshops on topics about fitness training such as those delivered by Paul Murgatroyd for East Midlands coaches in 2015 and at the recent national conference.

The most successful orienteering clubs are the ones which work hard to recruit and retain members and coaches play a vital part in club development programmes. I hope that this new structure will help clubs to train their coaching volunteers and that clubs will continue to offer coaching for all their members – remember, even experienced orienteers can benefit from practising their techniques and our trained coaches can help them.

Finally, this year we have trained some more tutors and assessors who will be able to deliver the Level 2 Coach courses but if there is anyone else who would like to find out more please contact me.

So the development of coaches will be simpler and more closely meet the needs of clubs. Coaching is a great way to develop the sport and we expect to attract more people who want the satisfaction of passing on their knowledge to others.

Hilary Palmer - Chair, National Steering Group for Coaching

EMOCoaching@britishorienteering.org.uk

Forthcoming Events

Chairman's Summer Relay Series 2017

Unsurprisingly at their home relay, a dominant performance by BOK at the Adams Avery. The surprise was that it wasn't the Halletts that won. This year a team of Paul Gebbert, Jane Baldock (both just back from Jukola) and Nick Gracie took the trophy. BOK had 2nd and 3rd place teams. 4th on the day and now 2nd place in the league was NWO, and 5th on the day and now 3rd in the league, SARUM. A miss-punch by the defending champions WSX may come back to haunt them later on. The relay series now moves South East into

SARUM/WIM/WSX territory with the Moonraker Relay. Will BOK be quite so dominant when playing away from home?

Best four of six to count. Please go the Organising Club's website for event details.

Date	Relay	Organising Club	Venue
Sun 2 July	Moonraker Relays	www.sarumo.org.uk	Dinton Park, Salisbury
Sun 9 July	Furrow Hoppers	www.wimborne-orienteers.org.uk	Blandford Forum
Sun 16 July	Hardy Relays	www.wessex-oc.org	Slades Farm, Poole
Sun 23 July	Devon Relays	www.devonorienteering.co.uk	Kings Tor, Princetown

Report by Gavin Clegg BOK

CORNWALL ORIENTEERING CLUB PROUDLY PRESENTS CADDIHOE TROPHY MULTIDAY EVENT 1-3 SEPTEMBER

FRIDAY 1ST SEPTEMBER EVENING: TRAINING EVENT AT HOLYWELL DUNES - NEWQUAY

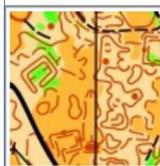
SATURDAY 2ND SEPTEMBER: DAY: CADDIHOE DAY 1 B LEVEL EVENT, UKOL & SW MIDDLE DISTANCE CHAMPIONSHIPS AT HAYLE TOWAN DUNES

SATURDAY 2ND SEPTEMBER: EVENING: SEOUL SPRINT EVENT AT CAMBORNE COLLEGE

SUNDAY 3RD SEPTEMBER: DAY: CADDIHOE DAY 2. B LEVEL EVENT, UKOL & SW LONG DISTANCE CHAMPIONSHIPS AT HAYLE TOWAN DUNES

- * UPDATED HAYLE MAP WITH NO OVERLAP BETWEEN DAY 1 & 2.
- * FULL RANGE OF CHAMPIONSHIP COURSES AVAILABLE - ENTRY VIA FABIAN

FULL DETAILS AT www.cornwallorienteering.org.uk



DEVON AND CORNWALL ORIENTEERING CLUBS
PROUDLY PRESENT

THE TAMAR TRIPLE 2018

**AT EXETER UNIVERSITY
AND BRAUNTON BURROWS
IN NORTH DEVON'S
TARKA COUNTRY**

BANK HOLIDAY WEEKEND 26-28 MAY 2018



SATURDAY 26 MAY MID AFTERNOON:
EXETER UNIVERSITY URBAN RACE LEVEL C

SUNDAY 27 MAY LONG DISTANCE:

UKOL LEVEL B EVENT AT BRAUNTON BURROWS

MONDAY 28 MAY MIDDLE DISTANCE:

UKOL LEVEL B AND SW MIDDLE CHAMPIONSHIPS EVENT AT-
BRAUNTON BURROWS



UPDATED MAPS WITH NO OVERLAP BETWEEN THE LONG AND MIDDLE RACES

FULL RANGE OF CHAMPIONSHIP COURSES AVAILABLE

ALL EVENTS COLLECT RANKING POINTS

ENTRY VIA FABIAN - FULL DETAILS AT: TAMARTRIPLE.ORG.UK



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The views expressed in SINS are not necessarily those of the Editor, contributors or the South West Orienteering Association