

Team Manager's Report for Regional Junior Squads Summer Tour Lagganlia 9th August – 16th August 2014

Venue: Lagganlia Centre for Outdoor Education, Kincaig, Kingussie, Inverness-shire.

Lagganlia Staff

Don McKerrrow (SLOW)	Senior Coach	Karen Clark (EBOR) Senior Coach
Hazel Gibbs (SYO)	Chef	Katherine Bett (SN) Jnr Coach/FT
Ian Maxwell (RR)	Coach	Marie Gibbs (AIRE) Chef
Jacob Lindstam (OK Rav)	Coach	Michael Adams (SYO) Jnr Coach/FT
Jenny Ricketts (MAR)	Jnr Coach/FT	Nev Myers (EBOR) Lead Coach
John Britton (MDOC)	Senior Coach	Richard Leckey-Thompson (LOC) Senior Coach
Jonny Hooton (EBOR)	Senior Coach/Video	Rob Kelly (EUOC) Junior Coach
Jonny Malley (EBOR)	Senior Coach	Tony Carlyle (AIRE) Tour Manager, Safeguarding
Julie Emmerson (OD)	Jnr Coach/FT	Wendy Carlyle (AIRE) Pastoral, Safeguarding

Once again the mix of coaches/helpers proved very successful and I offer thanks to all concerned on the juniors' behalf for all the work that was done to ensure a successful week. The experience of the senior coaches and enthusiasm of the younger ones ensured that logistics went smoothly and exercises were ready when athletes arrived at the areas.

On the recommendation of Nick Barrable, Jacob Lindstam was added to the coaching team. This additional support proved very beneficial as upon request he was able to work with individual athletes and give them focussed attention for periods of time. Coaches also benefited from his experience as he added to the discussions during the coaching debrief sessions. Following the successful inclusion in 2012 of Kilian Imhof and Jacob this year, there appears to be much mutual benefit for all to include a foreign coach on the tour and is recommended for future years.

Part of the work at Lagganlia is to develop coaching experience for all. Working with a level 2 coach and following his success from the last 2 years Jonny Malley was given the opportunity to lead a group this year. He asked for advice when appropriate but took on full responsibility for his group and did an excellent job. Katherine Bett and Rob Kelly joined us again and following their work this year and with similar guidance as Jonny, both would be capable of leading a group next year.

Jenny Ricketts, Julie Emmerson and Michael Adams joined the team for the first time this year and would be welcome again. Julie and Jenny showed an excellent aptitude for coaching and should be encouraged to attend more

tours in the future. Michael worked very hard as a member of the forest team and was very good with the juniors. With encouragement and more experience he could become a very good coach.

The value of the Lagganlia experience for coach development can be seen from the following comments;

“I really enjoyed coaching on Lagganlia. Previously the only coaching I had done was with very inexperienced juniors in my school and club so getting the chance to coach juniors at a TD5 level was much more interesting. As it was a new experience for me I learnt a lot from the more experienced coaches and with so many coaches I could observe lots of different coaching styles/methods. Coaching on Lagganlia has made me want to do lots more coaching in the future. If my expenses had not been paid I might not have attended the camp because I had a lot of competitions and training camps over the summer which all cost quite a lot! I would definitely like to come again next year.”

“I am convinced that I learned more from exchanges with the senior coaches over the week and from observing the professional way that the tour was conducted than I did on either the Level 1 or Level 2 UKCC courses that I have taken part in. Dealing with real athletes in real situations helps to develop skills and experience much faster than in an artificial classroom situation and the intense (regular 14 hour days) nature of the tour only enhanced this. If I can get the time off work I would very much like to join the team again next year.”

Lagganlia Athletes

Due to clashes with the NW Junior Squad Norwegian Tour and the late announcement of nominations, we only had an initial number of 19 acceptances for Lagganlia. After discussion it was decided to open up selection to a wider range of juniors and Squad Managers/coaches were asked to nominate wild card athletes who had not yet achieved championship standard, but were motivated to improve their orienteering and would benefit from joining the tour.

Coaches on tour are in agreement that the three athletes who were nominated as wild cards coped well with the demands and challenges of the training and areas used and performed better than some of the selected athletes. All three went home having had a great experience at Lagganlia and parents were very pleased that their children had had the opportunity to benefit from the coaching offered by Lagganlia.

If faced with a similar situation in the future I would encourage the use of wild cards but Squad Managers/coaches must ensure that the athletes nominated are motivated towards developing their orienteering and are capable of dealing with the technical and physical nature of the coaching.

Consequently the athletes had a wider level of ability/experience than usual but the level of staffing enabled all to have relevant input from the coaching team. All athletes came well prepared in terms of appropriate clothing and

attitude. There were no discipline problems and the athletes kept good time. Briefings, evening sessions and departures for the forest all kept to schedule.

Travel and Transport

Organisation of transport arrangements to and from Lagganlia was left up to parents. It was requested that as many athletes as possible arrived on the 17.28 train at Aviemore to enable better use of the time on Saturday evening. This didn't work as well this year as many athletes were returning from family holidays and overseas events. This led to more trips than usual to the airport and some arriving on a later train. Delays to flights also meant a later arrival for some.

Going home was much easier and we were able to drop off minibuses and return to Lagganlia in plenty of time to meet the agreed departure time.

Athletes were met at Aviemore station and transferred to Lagganlia by minibus.

Two 17 seat minibuses were hired from Focus Vehicle Rental in Inverness and were used for transport to and from the areas. We had 5 designated drivers for the week who were covered to drive any of the buses. This gave flexibility for the organisation of forest sessions and ensured that there were at least 2 adults in each bus for every journey. The forest team used one car each session. At least one other car was used each day to ensure a spare vehicle for use in case of an emergency.

Accommodation and Catering

We had three lodges allocated:

Sgorans (16 beds); Social and meeting/presentation area, boys' and coaches dormitory.

Hillend (18 beds); Cooking and eating, girls' and chefs' dormitory.

Anderson (11 beds); Cooking, coaches' work and social area, coach dormitory.

We had a new kitchen team this year and Marie and Hazel continued with the high standard of catering we have come to expect at Lagganlia. Much advice was provided by Christine and Marie added her own individual touches to make the catering her own. The quality of meals produced was excellent and empty plates spoke for themselves. It isn't easy to ensure that the athletes and coaches are well fed and able to make the most of the days out in the forest so Marie and Hazel have our gratitude for their hard work in keeping us well fed and watered. Not having to worry about the catering side made my job easier so special thanks to Marie and Hazel on my part.

Maps

Maps were sponsored and printed on waterproof paper by BML Printers Ltd. Unfortunately the Carrier Company did not stick to routine and let us down by not delivering the maps to Lagganlia on time for the start of training.

We had to print maps for the first two days on an inkjet printer which was not ideal as the weather at the beginning of the week was somewhat damp and managed to infiltrate unsealed plastic bags and cause the ink to run.

BML sorted out the courier problems and the maps were waiting for us on return from Monday's training (thank you Jack).
One map per athlete and coach were provided for all the planned exercises so that all had a copy for their files.
All control maps were printed for logistics and use by the forest teams.

Programme and Logistics

Saturday – Evening

Welcome
Brief introductions
Community building activities
Meals & Food
Rotas
Coaching groups

Sunday, AM; **Uath Lochan**. Compass work and pacing. Warm up routines. Star relay.

Sunday, PM; **Inshriach**, chequerboard area. Fine orienteering, control descriptions and visualisation in the circle. Distraction.

Monday all day; **Roseisle**. Contour Day. Simplification, contours as attack points and catching features. Longer legs. Warm up routines. Odds and evens relay.

Tuesday, AM; **Loch Vaa**. Simplification, relating map to ground, visualisation. Map walk and map memory.
Tuesday, PM; **North Granish**. Sketch maps. 3 person relay.

Wednesday – Sprint racing
Sprint Qualifier **Moor of Alvie**
Sprint Final **Badaguish**
Wednesday – PM/evening
The Rings (Badaguish)
Swimming (Loch Morlich)
Shops (Aviemore)
Bar-B-Que (Lagganlia)

Thursday; **Grantown**. Athlete centred coaching. Two planned loops, coaches decide on skill/technique focus for athletes in their group. Encourage Talk O.

Anagach, Peg relay.
Lagganlia, uphill/downhill running. Mazes

Friday, AM; **Inshriach** Tour champs classic race
Friday, PM: **Lagganlia** Fun relays.

Friday – Evening
Dinner(All)

Prize giving (Matt and Jonny)
Entertainment
Packing and cleaning rooms.

Saturday – Disperse

Comments

The Lead Coach (Nev Myers) put the programme together and passed on responsibility to the coaches for planning and delivering forest and classroom sessions.

During the week the coaches worked with groups of athletes as shown below.

Don McKerrow	Richard	Jonny Malley	Jonny Hooton	John Britton	Karen Clark
Jenny Ricketts	Lecky –Thompson	Ian Maxwell	Julie	Katherine	Michael
	Rob Kelly		Emmerson	Bett	Adams
Ben Parkinson	Joe Wright	Zac Hudd	Eoghan Knight	Oscar Anglim	Evan Bowers
Tara Schwarze	Bethany Kippin	Lucy Tonge	Jura MacMillan	Joe Uprichard	Jake Chapman
Millie Stagg	Saskia Warren	Grace Molloy	Anna Barber	Daisy Partridge	Ellie Bales
Rebecca Aspin	Imogen Wilson			Megan Harrison	Sofie Anderson

All coaches/helpers were asked to complete log entries for the athletes they worked with. These contained lots of information and most focused on particular skills and coaching points; and related to how the athletes applied them during exercises. Asking all members of the team to complete log entries gave value to their efforts and enabled the younger and less experienced members of the team to develop their own observational and performance analysis skills. Under the guidance of the senior coaches all coaches were responsible for putting together draft reports for athletes in their groups. These were then passed on to Nev Myers as lead coach to ensure consistency across all reports. All athletes left with three areas to work on in the coming months.

Athletes were expected to work with their group coaches but were also encouraged to talk to the other coaches so that they could access the wide experience available from within the coaching team.

The daily coach debrief sessions on the day's activities provided much useful discussion and encouraged all to contribute as well as providing a useful opportunity for coach development.

Logistics for control hanging were worked out each day in the coaches' briefing and worked well. Having five named drivers for the minibuses gave flexibility and allowed drivers the opportunity to hang controls.

This year we continued with the First Aid clinic. After training each day anyone with an injury, or who had first aid administered during the day, had to report to Karen and Wendy to ensure all details were recorded and appropriate follow up taken. Next morning all who had attended the evening

clinic had to see Karen and Wendy between 8-15 and 8-30 am for any treatment, e.g. blister covering, and to get the OK for training that day. Group coaches were informed of any concerns.

This worked very well in maintaining athlete participation and keeping track of injuries and ensuring that athletes didn't make their injuries worse.

Coaching group time was factored into each day. Usually this was between 5-00 and 6-00pm but was kept flexible for days when travel delayed the return time to Lagganlia. This allowed structured time for debrief of the day's activities, including race analysis. Coaches not only got to know their athletes, but were able to review, build on the day's activities and set action points for the next day. Being part of the structure for the day it was readily accepted by the athletes. Listening in to the group sessions there was a lot of two-way interaction between the coaches and athletes and often sessions went on longer than planned in response to athlete participation.

Tony Carlyle
Team Manager
2014