



## **JROS** Junior Regional Orienteering Squads

### **Report for Junior Regional Orienteering Junior Squads Level 2 Coaching Course Lagganlia 21<sup>st</sup> July – 24<sup>th</sup> July 2015**

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

**Course Tutor:** Iain Embrey      **Organiser and Course Assistant:** Tony Carlyle

#### **Participants**

Chris MacKenzie	Julie Emmerson	Matthew Vokes	Nick Jarvis
Peter Huzan	Philip Vokes	Tamsin Moran	Zoe Harding

#### **Accommodation and Catering**

We used Ptarmigan Lodge and 2 camping pods.

Ptarmigan Lodge was also used for delivery, the central community space was just big enough for presentations, group activities and planning.

Catering was done on a group self-help basis. Kitchen was adequate for the numbers.

#### **Travel and Transport**

Participants either travelled independently or came by train and were picked up at Aviemore station.

#### **Pre-Course Admin**

Iain dealt with all the BO and First for Sport registration. He also dealt with the RPL requirements and the marking of the pre-course tasks.

Delivery of taught sessions was by Iain with Tony assisting as required. Observation and assessment of practical tasks and the completing of files/action plans was shared between Iain and Tony.

#### **Equipment and Maps**

All equipment was supplied by Iain and Tony. OCAD files were available for local areas and exercise maps and paperwork were printed using inkjet printers.

#### **Observations**

The grounds of Lagganlia and near-by Inshriach proved ideal for the course. They allowed for a wide range of technical difficulty scenarios to be used during the course and being so close little time was lost in travelling.

Being a residential course there was plenty of time to deliver the course content and interact with the participants. The only time it felt tight was fitting in the 8 scenario practical sessions with their feedback and form filling. With both Iain and Tony able to assess the sessions it gave flexibility to ensure that all participants had quality time for the evaluation and debrief.

All participants left the course with a clear action plan and suggestions for mentors to complete their linked sessions before final assessment.

After the course all except Peter coached at the JROS summer tours;

Lagganlia: Chris, Julie, Matt, Nick, Phil and Zoe coached all week. Tamsin stayed on to coach on Sunday before joining friends.

Deeside: Zoe coached all week.

Stockholm: Tamsin joined Nick's team for the duration of the tour.

This post course opportunity was much appreciated by the athletes as it gave them time to put into practice what they had covered on the course and the chance to work with other coaches to extend their experience. The course was a definite success and depending on demand we should look at repeating it in the future so that we are encouraging a growing group of younger coaches who are able to assist and eventually take over key roles within coaching.

## ACCOUNTS

<b>LEVEL 2</b>			
Candidate contributions	£ 2,160.00	Food	£ 233.96
JROS contribution	£ 1,000.00	Lagganlia Accommodation	£ 540.00
		BOF fees	£ 2,200.00
		Iain travel	£ 87.50
		Tony travel 323	£ 80.75
		Course travel	£ 16.50
<b>TOTAL</b>	<b>£ 3,160.00</b>	<b>TOTAL</b>	<b>£ 3,158.71</b>
		Balance	£ 1.29