

# COACH EDUCATION & DEVELOPMENT

**Targets** - Train and qualify more coaches and develop coaching knowledge and skills.

Include older juniors.

Athlete self-help via website training section

(Club & NWOA sub costs)

## Support for coaches:

LOC - Pay £10 per session towards travel expenses to coaches who help with sessions.

NWOA – pay 50% of training and assessment costs

## Train more coaches:

Introduction to coaching - gain interest & confidence. 2 days.

Level 2 – raise the level of coaching through organising courses & assessments.

Bring in/employ Martin Bagness as lead coach for practical and zoom series.  
Run Master classes with elite orienteers by Zoom.

+ Full day Saturdays to include bringing in a GB Squad athlete to talk and coach. - £250 +

Extra Saturday am for newcomers and/or open – Derek A or Carol McN or ?. LOC funded

**Income** – Saturday morning - £6 (3 vouchers) juniors £2. Plus funding from NWOA Saturday full day. £10 Saturday sessions open to NW club members (no limit on numbers)

**Other coaching sessions advertised on the website**