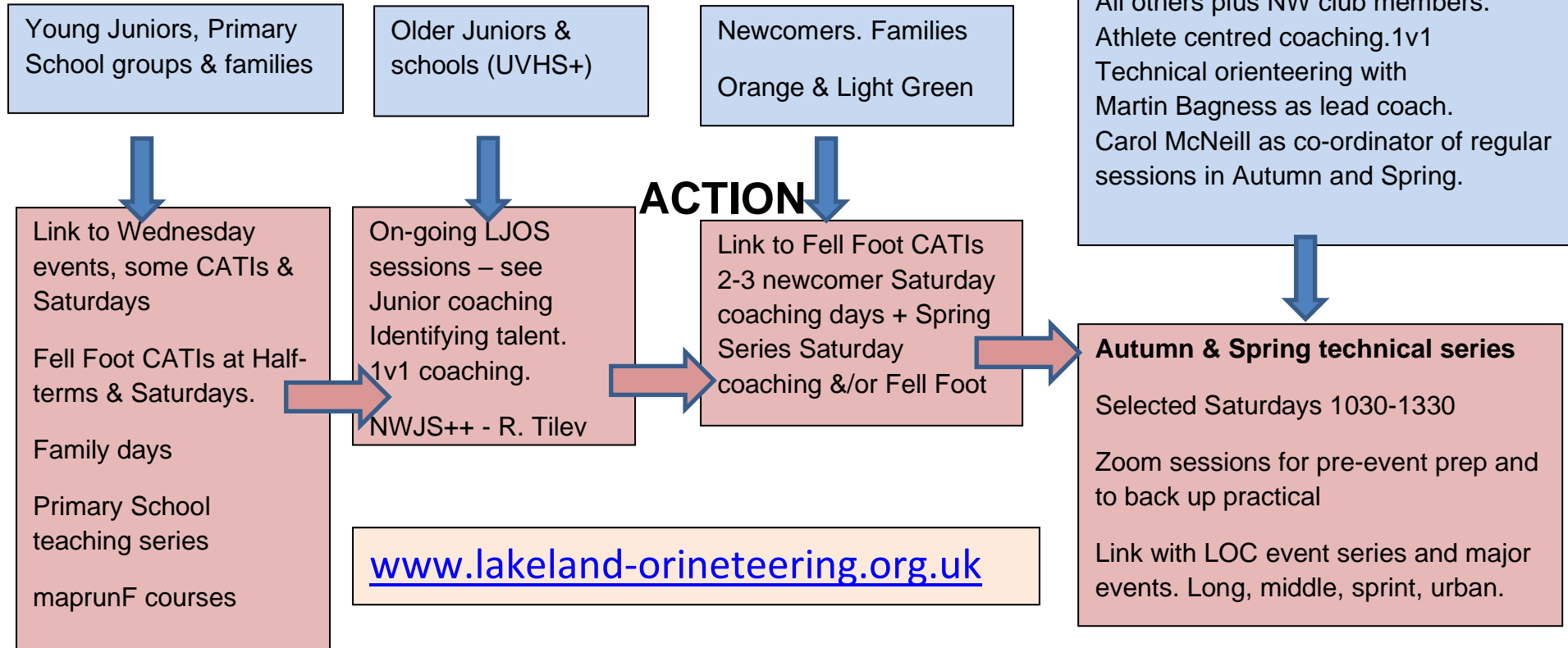


## Lakeland Orienteering Club – Coaching Overview 2022. LOC Lead Coach Carol McNeill.

To develop coaching opportunities for LOC members focused in S. Lakes

### GROUPS TO BE COACHED



Coaching/Training: Look for the section on the website which includes Physical, technical and mental aspects. Also practical and scientific documents. Links to other websites and Squad/BO videos.

Not in any of these groups? Then contact the Lead coach for advice.

[coach@lakeland-orienteering.org.uk](mailto:coach@lakeland-orienteering.org.uk)

[www.lakeland-orienteering.org.uk](http://www.lakeland-orienteering.org.uk)