

WHY COACHING

Coaching is essential for any sport with an interest in maintaining and increasing membership.

What will the club actually gain from this?

Training is generally a much more shared experience than doing a race. This fosters understanding, good communications and is the foundation of a good club.

Greater interest and enthusiasm for the sport is fostered through learning and applying new skills.

This is the environment where our new club officials will come from. People are asked to

question their technique, question their ideas about planning and it raises the bar in terms of understanding the sport.

Coaching can be offered to all but in particular to older juniors giving them a place to network, find training partners and build confidence.

It provides a place to try new skills and race techniques in a safe environment. It is a safety net for trying out ideas and failing.

It gives opportunities for one to one encouragement and immediate practice.

It is a platform for improvement, seeing and knowing people being selected for squads, camps and teams.

With more coaches more coaching and happier orienteers.

Coaching is an investment in the membership.