

## LOC Coaching autumn 2021

Dates Sat/Sun	Events + coaching	Coaching J= Juniors	Areas	Lead Coaches
Sept 5 <sup>th</sup>	RT session	NWJS	Roanhead	RT
Sept 11 <sup>th</sup>	10-12 noon	J J+ (yr 8 +)	Fell Foot	GB ISW CM
Sept 18 <sup>th</sup>				
19 <sup>th</sup>	Troutal Gallopen	J + J+ +++	Troutal Duddon valley	
Sept 25 <sup>th</sup>	Juniors Inter regionals NE	J 10-12 noon J+	Fell Foot	GB ISW CM
26 <sup>th</sup>				
Oct 2 <sup>nd</sup>	BO Long - Devon			
3 <sup>rd</sup>	Event in Devon			
Oct 9 <sup>th</sup>	Women's coaching weekend. Day 1  Juniors  NWJS fitness day.	Women over 18 10-4  J 10-12 J+ ?	Seawood	CMcN & CH +  GB ISW RT
Oct 10 <sup>th</sup>	Women's weekend day 2	10-4	Dale Park	CM CH +
Oct 16 <sup>th</sup>	MTBO Grizedale			
17 <sup>th</sup>	MTBO Langdale			
Oct 23 <sup>rd</sup>	Half-term Juniors	J J+		GB ISW CM +
24 <sup>th</sup>				
Oct 30 <sup>th</sup>	Half term Seniors (over 16).	Lt Green to Green	To be decided	CM +
31 <sup>st</sup>				
Nov 6 <sup>th</sup>	Juniors	J J+	Seawood	GB ISW CM
7 <sup>th</sup>				
Nov 13 <sup>th</sup>				
14 <sup>th</sup>				
Nov 20 <sup>th</sup>	DA coaching day  BSOC TRAINING	Groups of Seniors. + J+  J J+ UVHS	S'house Knott.	CM & GB ISW ++
21 <sup>st</sup>	Great Tower Gallopen BSOC CHAMPS			

Dec 4 <sup>th</sup>	Juniors	J J+	Stoney Hazel Rusland Room	A Fun session
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Programme :

1. New year 7's – basic intro
2. Last year's 7's now 8's plus older & newcomers – pushing on orange/lt G skills
3. Senior & over 16's – newcomers + others - option to join intermediate skills days (October 30<sup>th</sup>)
4. LOC and newcomers women weekend – focus on confidence and map reading skills etc.
5. Seniors level 4/5 – autumn - 2 Saturdays. Spring 2022 – 4 major sessions with Martin Bagness. Details to be announced
6. British Schools Championships November 21<sup>st</sup> – small group with parents?