

**LOC Coaching Spring 2020. Saturdays 10.30 – 12.30 £3 per person.**

**Orange standard upwards. update 5/02/20**

<b>Date</b>	<b>Coach</b>	<b>Focus</b>	<b>area</b>
Feb 8 <sup>th</sup>	Iain S-W + CM	Urban sprint skills	Ulverston. Fountain St CP
Feb 15 <sup>th</sup>	Martin Bagness +CM	Middle skills FINE O 1– map contact & compass	Rusland Beeches
<b>HALF TERM =</b>			
Mon Feb 17 <sup>th</sup>	Ali H + CM + Gill Browne + ?	Family/yellow coaching - compass	Fell Foot
Wed Feb 19 <sup>th</sup>	Ali H + CM+ ??	Family/yellow coaching contours	Fell Foot + Great Tower
Feb 22 <sup>nd</sup>	Roger Smith + CM	Middle skills – FINE O 2 map contact, compass & distance est.	Stony Hazel
Feb 29 <sup>th</sup>	(not CM) Lecky	Rough O 1. Increasing speed & confidence	
March 7 <sup>th</sup>	Derek Fryer + Sel? + Lecky (not CM)	Relay skills	Sea Wood & Birkrigg
March 14 <sup>th</sup>	CM + Lecky Selwyn? +	Rough O 2 & long legs on Bethacar – route choice and 'rough' O map reading. Keeping going.	Bethecar Moor
<b>EVENT March 15<sup>th</sup> Compass Sport Cup - Grizedale</b>			
<b>EVENT -</b>	<b>BO long/relay</b>		
March 28 <sup>th</sup>	Lecky + CM	Urban 2 – pressure & decision making	Kendal or Grange
April 4 <sup>th</sup>	Lecky + CM Roger Smith	Middle skills - improving 'flow' .	Black Beck?
<b>EVENT JK – urban – middle – long - relay</b>			
April 18 <sup>th</sup>	?		?
<b>BO middle BO sprints BO mixed relay</b>			

**Format:** 10.30 – Intro

1045 – Group puts out controls as part of an exercise such as relocation

11.15 – exercise 1

11.45 – exercise 2

12.30 – collect controls, summary & finish

- Medical forms to be completed.
- Suitable clothing for area and conditions
- LOC website to be updated each week for following Saturday.
- Orange level participants to come with someone more experienced to help them.
- Book in for each session with Carol McNeill – [crlmcneill@gmail.com](mailto:crlmcneill@gmail.com)