

**LOC Coaching Spring 2020. Saturdays 10.30 – 12.30 £4 per person. Vouchers OK.
Juniors free Orange standard upwards. update 16/02/20**

Date	Coach	Focus	area
Feb 8 th	Iain S-W + CM	Urban sprint skills	Ulverston. Fountain St CP
Feb 15 th	Martin Bagness +CM	Middle skills FINE O 1– map contact & compass	Rusland Beeches
HALF TERM =			
Mon Feb 17 th	Ali H + CM + Gill Browne + ?	Family/yellow coaching - introduction to compass	Fell Foot
Wed Feb 19 th	Ali H + CM+ ??	Family/yellow coaching introduction to contours	Fell Foot + Great Tower
Feb 22 nd	Roger Smith + CM	Middle skills – FINE O map contact, compass & distance est.	Stony Hazel (from Rusland Church hall)
Feb 29 th	(not CM) + Lecky	Rough O 1. Increasing speed & confidence .	Bishop Woods from Cunsey
March 7 th	Derek Fryer + Sel? + Lecky	Relay skills	Sea Wood & Birkrigg
March 14 th	CM + Lecky Selwyn? +	Middle skills - improving 'flow' through changes of vegetation.	Upper Dale Park
EVENT March 15th Compass Sport Cup - Grizedale			
EVENT -	BO long/relay		
March 28 th	CM + Lecky + ?	Urban 2 – pressure & route choice decision making	Kendal
April 4 th	CM + Lecky + Roger Smith	Rough O 2	
EVENT JK – urban – middle – long - relay			
April 18 th	tba		Bethecar
BO middle BO sprints BO mixed relay			
Bethecar Moor – long legs – can be used anytime by individuals or pairs.			

- 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