

## **ORIENTEERING COACHING FOR JUNIORS**

The coaching of junior members is considered a very important part of their progress through the different stages of developing the skills, fitness and enjoyment of the sport. The club has well qualified coaches who have undergone training not just in orienteering skills, but also child protection, equality and first aid. Coaches are always available at every event, from the small club training session to a full blown Regional Event organised by the club.

Attending training sessions, discussing with a coach before an event and, equally important, discussion with a coach immediately after an event so errors can be discussed and learnt from all form part of the coaching programme.

If a junior member of LOG is selected for the East Midlands Orienteering Junior Squad, he/she will be expected to join squad training sessions where coaching will be given by coaches from other clubs. These coaches are also trained to the same high standards as LOG coaches.