



CLUB COACHING ON TUNBRIDGE WELLS COMMON 19 MARCH 2011

International orienteer and Saxons member, Nick Barrable will be offering coaching/training to Saxons and DFOK members on Tunbridge Wells Common on Saturday 19 March 2011. This will take place in the afternoon following on from the KOL event at the same venue in the morning.

The details received from Nick are as follows:

“11 – 12:30 KOL starts. Come and run a course or 2! of your choice.
Have a snack and we will convene at
1400 for 2 hours of extra training.
To include a Czech relay (in pairs) and other excitement.
1600 - 1700 Showers - location TBC
1700 - 1800 Psychology for Orienteers - Talk, Thought, Reflection and
Discussion - location TBC.
1900 Table booked at Frankie and Bennies on Tunbridge Wells North
Farm Industrial Estate (further reflection/discussion on the talk perhaps?)
2000 Bowling Lanes booked

For: Anyone who has managed to get round a Light Green Course - any age.

It is very much hoped people will enjoy the whole day together and not avoid the food and bowling part!”

Members are welcome to come to all or part of the afternoon/evening but please email coaching@saxons-oc.org if you intend to come.