

TRAINING OPPORTUNITY FOR SAXONS MEMBERS

IGHTHAM

Saturday 17 November 2012 12.30-3.30

The plan is for Saxons to meet at the layby next to the Crown Point Pub between Seal and Borough Green on the A25 at 12.30. We will then move en masse to the area where the exercises will start and set up 'camp' there. The afternoon will finish at around 3.30

The SE Junior Squad is holding a training/coaching event at Ightham on the morning of 17 November organised by Keith Marsden, the squad manager. The training will consist of a series of short exercises (courses) designed to practise and improve different orienteering techniques. These may include map memory, contour appreciation, off path navigation etc. In the afternoon, starting at 13.00, Saxons members have the opportunity of testing themselves on these squad exercises. We will also provide exercises for less experienced orienteers, which may include route choice, aiming off, using handrails etc. Club coaches will be on hand to help and discuss your progress. This is a preliminary notice so you can put the date in your diaries. More information will be posted on the web site closer to the event. If you would like to attend please let me know so we can make sure we have sufficient maps for all.

Jean Fitzgerald

Saxons Coach