



LEVEL 1
COACHING COURSE
and Junior coaching day

High Lodge Forest Centre, Thetford
Sunday 16th May 2004
9.30am to 5.00pm

This course is aimed at people who might be interested in having a go at coaching. At the end of the day you will understand and be able to coach the basic skills of orienteering up to yellow standard.

There will also be a coaching session for juniors (of any standard), so please bring any juniors you can find and learn how to help them, or any other junior, get a white or yellow badge.

There will be a level 2 course (orange standard) at a later date: it is now a BOF requirement that you do a level 1 course before going on to level 2.

COST - O club members free, non-O club members £15.00.

PLEASE BRING

Suitable clothing and footwear for outdoor exercises, compass if you have one, £3 for the car park (Forest Enterprise charge), packed lunch (or you should be able to buy food from the café). We will provide tea, coffee and biscuits.

TRAVEL DIRECTIONS

High Lodge Forest Centre (TL811852) is signed (brown signs) off the B1107 Brandon - Thetford road.

APPLICATIONS AND ENQUIRIES

Ursula Oxburgh, (East Anglian OA Coaching co-ordinator)
14 Bentley Road, CAMBRIDGE, CB2 2AW. 01223 357199
u.oxburgh@esc.cam.ac.uk

Closing date for applications 10th May 2004: e-mail applications welcomed.

NAME _____	TEL NO. _____
ADDRESS _____	E-MAIL _____
_____	BOF NO. _____