



Activity and Coaching Diary

<u>Date</u>	<u>Venue</u>	<u>Time</u>	<u>Activity</u>	<u>Notes</u>
<u>October</u>				
Thurs 4/10	Fleming Park	18.00	Club	Pavilion in the Park CP SU441180
Sat 13/10	Acres Down CP	10.30	Forest Coaching	GR SU267096
Thurs 18/10	Knightwood	17.30	Night Event	See WNL Flyer
Thurs 25/10		18.00	Club	
Sat 27/10	TBA	TBA	First Aid Training	See Club Website
<u>November</u>				
Thurs 1/11	Indoor Location	19.00	Club Night	Training Run before at 6.15 optional
Thurs 8/11		18.00	Club	
Sat 17/11	Salisbury Trench	10.30	Forest Coaching	
Thurs 22/11		18.00	Club	
Thurs 29/11 Fri 30/11	No Activity. Bramshaw GC		50 th Dinner	By personal invitation
<u>December</u>				
Sat 8/12	Hampton Ridge	10.30	Forest Coaching	
Thurs 13/12	Lyndhurst	17.30	Night Event	See WNL Flier
Thurs 20/12		18.00	Club	

Dates are subject to change please visit socweb.org for any updates and more information.

Activity

Club a variety of orienteering related fitness and technique sessions for all disciplines lasting about 60 – 90 mins.

Forest Coaching Orienteering skills and related fitness in a forest environment. Duration approx 90mins

Club Night Indoor evening about orienteering topics. (Guest speakers, various topics) Preceded by an optional run

Night Event Generally part off the Wessex Night League.

Session are suitable for all ages, and abilities from beginner to experienced.

