

# South African Orienteering Federation



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## **MID-YEAR REPORT OF THE SAOF COACHING COMMITTEE 2010/2011**

The Coaching Committee was established in January 2010 after the SAOF identified the need to formulate processes, documents and teaching material to train and accredit orienteering coaches. The Coaching Committee members include:

Michele Botha  
Nicholas Mulder  
Sarah Pope  
Glen Terry  
Tania Wimberley  
Garry Morrison (consultative & liaison with SAOF)

Michele Botha was unanimously selected as Chairperson.

No meetings have been held this past half year as consultation has been done predominantly via email.

### **National Coaching Framework and LTPD**

Michele Botha, Tania Wimberley and Eugene Botha all attended a SASCOC hosted National Coaching Conference from 19 – 21 November 2010 where SASCOC explained their vision of creating a singular coaching framework which would encompass all of SASCOC's member federations. Information derived from SASCOC's national coaches survey completed in August 2010 will be used in formulating and studying where each National Federation is currently at. The following coaches were asked to participate in this survey and so did:

Nicholas Mulder  
Tania Wimberley  
Garry Morrison  
Colin Dutkiewicz  
Michele Botha

From the conference it was clear that SASCOC would approach certain National Federations to be a part of the first batch of National Federations to realign themselves with this new coaching framework to be implemented and also have the benefit of being involved in the development phase of this framework. Both Michele Botha and Tania Wimberley agreed that it be imperative that the SAOF, if invited, should respond positively as the coaching framework SASCOC intended to develop was very similar to that which the Coaching Committee envisaged would work best for Orienteering in South Africa. This was communicated to SAOF VP of Development Garry Morrison should SASCOC contact him in this regard as it is evident that the LTPD model will work hand in glove with the new coaching framework.

Largely due to the good work done in respect with Orienteering's LTPD (Long Term Participant Development) progress, Orienteering has been asked to be a part of the process with regards to developing the coaching framework in terms of being one of the National Federation's providing feedback. This has thus far been done in a workshop with Patrick Duffy on 7 March 2011 wherein the SAOF was given an update on the coaching framework, was asked to comment on such and was asked to provide a presentation (attached) explaining the current situation of Orienteering's Coaching framework.

In addition, Eugene Botha attended the 16 March 2011 South African Sport for Life Workshop wherein SASCOC explained how the LTPD, Sport for Life model and the new coaching framework would fit together hand in glove. National Federations provided feedback in a panel discussion on developments of each National Federation's LTPD model.

#### **Eugene Botha's report on 16 March 2011 Workshop**

I was unable to attend the entire day, but had a very good idea about what this meeting was about since Pat Duffy and Istvan Balyi indicated that the Federations now needed to consider the implementation of their LTPD plans.

I did a 5 minute talk on the pros and cons of being a part of the process and our ability to implement the plan. We then separated into smaller workgroups to discuss the challenges that SASCOC faces in implementing the LTPD.

In my workgroup it was agreed that the key to the LTPD implementation is parent education in mother tongue. The parent is the most important key in ensuring that children are made aware of the importance of physical education and the parent should know enough about LTPD to ensure that the child is at all times properly developed. This is more important especially given the fact that coaches sometimes only get their hands on the child at the age of 12 or later.

Unfortunately I had to leave the Seminar early in order to attend to a consultation, but the remainder of the Seminar dealt with this question and a report will be sent by Pat and Istvan as soon as all the info is collated.

#### **Level 1 Teachers Training Course**

On 29 January 2011, Tania Wimberley assisted by Michele Botha hosted the first ever Level 1 Teacher's training course. With material compiled by Tania Wimberley a presentation was provided to over 60 Life Orientation, Geography and Schools League teachers from the Gauteng, Limpopo and North West

provinces. A series of practical training sessions was provided to groups of teachers throughout the day where Tania was ably assisted by various national junior squad members. At the end of the day each teacher left with a resource pack that should enable them to conduct a number of exercises that teach foundation skills in orienteering. An evaluation form was completed by all the teachers who attended the course and feedback has been collated and will be used in improving the content and structure of the course in future.

In future lots of work has to be done in structuring our coaching framework in line with the new framework to be developed by SASCOC. As per the LTPD process, we would have to adhere to the time frames set down by SASCOC. This will however be an exciting and informative process due to the assistance/ feedback we would receive from SASCOC and its consultants.

I regrettably must tender my resignation as chairperson of the coaching committee due to me expecting to give birth to my first child relatively shortly. I do not believe that I will be able to commit the necessary energy to driving the processes above which are sorely needed in Orienteering South Africa. I will however still be available to sit on the committee and be involved in the less strenuous projects to which I might add some value.

Michele Botha  
SAOF Coaching Committee Chairperson