

## 2017 Level 1 Coaching course

During the course of the last weekend of August and first weekend in September 2017 the SAOF delivered its level 1 coaching course for the second time in SA. On this occasion, the venue was the Western Cape, and we were blessed with perfect weather for all 4 days.



We spend three days at UCT learning about the coaching process and how the STEP system is used to deliver coaching. Some time was also spend brainstorming how to promote orienteering. Candidates then acted as both coaches and athletes and had plenty of opportunities to try out their newly acquired skills. They discovered that the key was to keep it simple and to break the skills into bite size deliverables.

There was some written homework that had to be completed and then we then moved to Deer Park for the final day of assessments. No longer working in pairs, the candidates planned, prepared and then conducted some creative coaching sessions. Each session was then concluded with the all important self evaluation, a critical element for the ongoing development of coaches



Whilst some were expected to merely spend the time learning different orienteering exercises they were pleasantly surprised to walk away with a whole new understanding of how to effectively deliver a coaching session. How to impart critical basic orienteering techniques to participants. We wish them well in their future coaching endeavors.