



ARMY INTER UNIT TEAM CHAMPIONSHIPS 2019
LONGMOOR TRAINING AREA
WED 15 & THU 16 MAY 19
PRE-EVENT COACHING



The Army Orienteering Association will provide coaches and training activities from 09.00 to 12.30hrs on Wed 15 May 19.

The aim of the activities is to help unit teams with novice orienteers prepare for the championships in order to give them the best chance to succeed.

The location of the coaching is near to the entrance onto the training area and can be accessed from the entrance to Longmoor camp. Follow the signs to parking and reception.

The training activities will comprise:

- Map walk to introduce/revise O map symbols
- Route planning, with practical session to develop the concept
- How to find where you are when lost

In order to prepare the facilities needed to deliver the above activities it would be appreciated if unit teams could inform the AOA Coaching Officer if they intend participating and the numbers of runners involved via either coaching@armyorienteeing.com or 07733047634