



Junior Regional Orienteering Squads (JROS)

Summer Tours Availability Request (2022)

Introduction

The Junior Regional Orienteering Squads (JROS) was set up to further develop the junior orienteering talent which is nurtured by the 12 Regional Squads.

As such JROS has, for the last 10 years organised and managed a number of training camps for junior orienteers.

These camps vary in length and in the age of the orienteers attending them, but they all share the same objective, that is to develop the orienteering talents of youngsters by giving them the opportunity to train over a period with like minded individuals, in a variety of terrains and under the supervision of experienced coaches.

(For more details about the 2022 camps see the JROS web site (www.jros.org.uk))

However these opportunities cannot go ahead without the support of volunteers who provide a range of skills including Team Management, Chefs, Coaching Managers, Senior and Assistant Coaches and in-Forest Teams.

Here are comments from previous junior coaches who attended the Lagganlia Camp;
“I really enjoyed coaching on Lagganlia. Previously the only coaching I had done was with very inexperienced juniors in my school and club so getting the chance to coach juniors at a TD5 level was much more interesting.”

“Dealing with real athletes in real situations helps to develop skills and experience much faster than in an artificial classroom situation and the intense (regular 14 hour days) nature of the tour only enhanced this.”

If you would like to offer your time – no previous experience is necessary – to help support juniors in one or more of these training camps please complete the form below.

Outline of the Tours

Lagganlia (Saturday 23rd July – Saturday 30th July 2022)

Based at the Lagganlia OEC near to Aviemore in Scotland this camp caters for approximately 24 M/W14's. Staffing is usually around 14 coaches and forest team supported by one or two chefs, all managed by the Team Manager. The camp lasts for 6 days training, Sunday to Friday with assembly on Saturday. We would be pleased if someone wishes to undertake an Assistant Tour Manager position

Much of the coaching is aimed at teaching the basic technical skills within a wide variety of situations and venues.

This is an ideal camp for those who have never attended a camp as a coach and is an excellent opportunity for Level 1 and 2 coaches who may be looking to widen their coaching experience before moving on to the next level of coaching. As the coach: athlete ratio is high, this gives lots of opportunity for the inexperienced coach to learn supported by more experienced individuals.

Being a member of the forest team at Lagganlia also provides the opportunity for experienced orienteers without formal qualifications to get involved with coaching at this level. Duties would include putting out and collecting controls, assisting senior coaches, attending briefing sessions.

Deeside (Dates to be confirmed likely Saturday 23rd July to Saturday 30th July 2022)

This camp caters for approximately 16 M/W15's, many of whom will have previously attended a Lagganlia camp.

Staffing will be of the order of 9-10 coaches and forest team with similar numbers of support staff as Lagganlia.

Coaching on this camp seeks to take the athletes to the next level of speed and complexity and expects them to be more confident and proficient in the terrain.

Czech (Saturday 13th August 2022 – Saturday 20th August 2022)

This is a new camp which is for M/W16's, initiated to ensure enough camps are still available to juniors after the loss of another British Orienteering junior tour. The camp is in the Jizera mountains near Liberec in the north of the Czech Republic.

Staffing will be of the order of 8 coaches and cater for up to approx 16 athletes.

Stockholm (Tuesday 16th August – Sunday 28th August 2022)

This camp is based at the club hut of OK Ravinen in the environs of Stockholm.

There are likely to be about 18 mainly M/W17's with some M/W16's if space permits.

In order to keep costs down the athletes are expected to organise their own assembly and to meet up at the hut. Public transport is used extensively on this tour and athletes are expected to be mature and reasonably self sufficient.

Athletes will also compete in local competition throughout the camp.

The number of coaches will be of the order of 6 with a Chef and Team Manager.

All members of the camp will join OK Ravinen, thus allowing them free use of the club hut, and also entry to SOFTevents.

Gothenburg (20th August – 29th August 2022)

The camp will be based in the Savedalens AIK club hut on the outskirts of Gothenburg, this is an ideal centre with plenty of forest right on the door step plus a nice lake for swimming etc. The camp is aimed at providing a group of M/W18's and 19's a taste of planning and organising their own training in Scandinavian terrain, as well as supporting themselves by preparing their own meals and organising transportation. The camp will be for the order of 18 athletes.

It is likely that there will only be two senior coaches present to help and guide the athletes and therefore some experience of training in Scandinavia is essential.

Requirements

Team Manager

Responsible for all aspects of the camp – outside the forest. Accommodation, transport during the camp (but not necessarily to/from the venue) and the general well being of juniors whilst on the camp. Additionally they will have responsibility for ordering tour specific clothing and liaising with the chefs to ensure appropriate and adequate nutrition is provided.

They will also be responsible for budgetary control of the camp.

Lead Coach

Responsible for all aspects of the ‘forest’ activities of the group and work with the Team Manager to plan all activities for the week.

Will manage the coaching team, delegating aspects of the training to appropriate coaches. Will be responsible for the health and safety of all athletes within the forest environment.

Is also responsible for producing timely reports on all juniors attending the tour and distributing them to the respective Regional Coordinators.

Chef

Responsible to the Team Manager for the preparation of all meals for the tour party members, being cognisant of any special dietary requirements or allergies of attendees.

Responsible for the buying of all required foodstuffs for the period of the camp.

Senior Coaches

Responsible to the Lead Coach for aspects of the coaching programme as decided by the Lead Coach. Responsible for delivering planned coaching activities to a group of athletes and collection of feedback to inform individual athlete tour reports.

Assistant Coach

Responsible to a senior coach in the delivery of planned coaching activities to individual athletes and collection of feedback to inform individual athlete tour reports.

If you wish to know more please contact me, Stephen Kimberley at;
jrossecretary@gmail.com

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Summer Camps Availability Request

I would like to volunteer for the following roles on the summer camps;

Role	Lagganlia	Deeside	Czech	Stockholm	Gothenberg
Assistant Team Manager		Yes/No	Yes/No	Yes/No	Yes/No
Chef / Assistant Chef	Yes/No	Yes/No		Yes/No	Yes/No
Senior Coach	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Assistant Coach	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No

To assist the Team Manager and Lead Coach in providing a balanced coaching team are there any particular strengths that you could bring to the team? (e.g. running drills, use of SI/Route Gadget, strength and conditioning, use of heart rate monitors, drive a minibus)

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Please note; Numbers are limited, so we may not be able to find places for all those that apply but we will contact you as soon as we can.

Name;

Club;

Coaching Qualification (if any; if applicable);

Email address;

Contact tel number;

Please return the completed form to; jrossecretary@gmail.com

Or; Stephen Kimberley, 23 Sycamore Road, Hollingwood Chesterfeild
Derbyshire S43 2HQ