

Nottinghamshire Orienteering Club



Black and Green - February 98

1. [MUCH MORE SPEAKING FROM THE CHAIR THAN USUAL](#)
2. [COMPASS SPORT CUP 1998.](#)
3. [ARCHIVIST - by Keith Streb](#)
4. [NEW VETERANS LEAGUE FOR '98](#)
5. [CONGRATULATIONS!](#)
6. [REPORT BY HILARY PALMER ON THE BOF COACHING CONFERENCE 5 - 7 DEC 1997.](#)
7. [BRITISH RELAYS MAY 4th 1998](#)
8. [CLUB TRAINING RUNS](#)
9. [COACHING CORNER](#)
10. [CLUB WEEKEND AWAY - PRE BRITISH CHAMPS COACHING.](#)
11. [IMPROVE YOUR REACTIONS](#)
12. [FORTHCOMING NOC EVENTS](#)
13. [RECENT JUNIOR SELECTIONS](#)
14. [ODDS N ENDS](#)
15. [DATES TO REMEMBER](#)

MORE SPEAKING FROM THE CHAIR THAN USUAL

Having received some feedback about my piece in the last Black and Green, perhaps I should give some more background information.

At the end of this May the World Cup comes to the UK (I bet you thought it was France!) for one round in the Lake District, and in August 1999 the World Orienteering Championships are being held in Inverness. There will be some nationally organised publicity to go with these events. BOF has let it be known that these eighteen months are an ideal time to consolidate Orienteering's image as a vibrant sport in the eyes of the general public, and in those of the official bodies that we have to deal with, ranging from the local authorities, to the various Sports Councils.

To this end, our existence does need to be more widely known. We need to raise our activity levels in a number of fields as I outlined before. Some of you may have felt that this amounts to an enormous membership push. Well, I would be very pleased if we would manage to add 50 long-term

members. At the moment we are actually slipping back in membership. In fact, it is already getting hard to raise a normal Brown 1 team for Compass Sport matches. If we stand still, we are actually on a downward spiral.

Work is progressing on mapping some small areas that we can use for small Try-O events. It will be possible to organise low-key events of this type with as few as ten helpers, and they will be made to clash with other events in the fixtures list to ensure we don't get over say 100 runners. Especially at inner city venues, we will get the community involved, be it schools or clubs. Junior participation is crucial to our sport.

The Committee are also looking into long-term sponsorship and would appreciate any suggestions about who might sponsor us at individual, team or club level, or perhaps even at a community level.

Everybody from BOF, through EMOA, to the NOC committee recognise that these World level events are an opportunity not to be missed. **Let's make the most of it.**

I have always been positive in my pieces for Black & Green, so perhaps you will excuse me for the vaguely negative tone of my final remarks:

It is self-reliance and confidence in one's own judgement that is the very essence of the sport. But if everybody else is looking for the control in the wrong place, and you can't find it either, you don't just give up on your course. Sometimes the others do find the control and you have to accept that you yourself were looking in the wrong place. So you think, "there are other controls and another course next week, perhaps next time I'll show them what is right", and you put that mistake behind you.

So it saddens me that a long-standing member disagrees so much with NOC committee policy, EMOA policy and BOF policy that he has decided to opt-out and become merely a BOF registered member affiliated only to YHOA. His years of experience as a club official and in mapping and controlling are an asset to the club and will be missed. Think again, please, and show us where the next "control" is!

Thanks for Listening. Ray Barnes

COMPASS SPORT CUP 1998.

22nd February at Bentley Woods. GR SP/283957.

Situated 3 miles SW of Atherstone. The car park is off the B4116 Furnace End to Atherstone Road. Easiest approach is via the A5. Car park in a field

adjacent to the Horse and Jockey pub. £1.00 car park fee.

Seniors £3.00 Juniors £1.50

There is at least one other Compass Sport Cup match being played. Please look for the signs at registration and enter the correct course - there will be parallel courses on green, blue and brown.

PLEASE MAKE SURE YOU ENTER THE CORRECT COURSE.

Hilary Palmer is taking a mini bus to the event and will have some spare places. If anyone would like a place contact Hilary xxxxxxxxxxxxxxxx. There will be a nominal charge to cover petrol costs.

ARCHIVIST - by Keith Streb

As you may know, a while ago I foolishly volunteered to be the NOC club archivist.

Quite what this entails it seems is really down to me to decide and rather than fill my loft with ever growing mounds of trivia I have decided to concentrate on specific areas:

Copies of NOC results, photos of NOC members in action or just at events (These can be copied and returned if required). Ditto receiving trophies (Could be a lot of Palmers here!), old versions of NOC maps, written reminiscences, anecdotes etc.

If you have anything else to do with NOC's past which you think might be suitable then do feel free to contact me. Keith Streb xxxxxxxxxxxxxxxx

NEW VETERANS LEAGUE FOR '98

Juniors have the Future Champions Cup and Seniors the UK Cup, both of which provide a coherent competitive focus at national level. At present vets don't have such a competition - until now! For 1998 a National Event League is being piloted. Simple rules....

All National events, the JK and the British Champs count (9 races in '98).

For each race a scoring system of 60-55-51-48-46-45... to be used in the Long classes in each age group. Best 5 scores to count.

CONGRATULATIONS!

Congratulations are due to Helen Palmer who was recently voted Young Sports Person of the Year 1997 by Notts County Council.

REPORT BY HILARY PALMER ON THE BOF COACHING CONFERENCE 5 - 7 DEC 1997.

The programme was extremely full with many interesting talks on different aspects of coaching and related matters.

Of great interest was the talk by Steve Hale on advanced techniques such as visualisation of contours (how to practice and improve) and on the strengths and weakness' of orienteering in Britain and Sweden. Steve highlighted the importance to improving orienteers of the variety of terrain in Britain, but said that we were handicapped by some outdated ideas on competition structure. This however is changing with the introduction of short races, electronic punching etc.

The Swiss National coach gave an interesting insight into the way their squads operate - not very differently from ours except that they have had a recent spate of excellent results. So have we, but they seem to have had more good ones!

An excellent practical session outside gave us the chance to try out lots of short exercises suitable for school use. It's always good to get new ideas.

BRITISH RELAYS MAY 4th 1998

The relays will take place at Mytchett, the same area as the individual event on the 3rd. Normal age group classes:

A Mens Open	B Womens Open
C M35	D M40
E M45	F M50

CLUB TRAINING RUNS

On March 5th it will move to Bob Alderson's xxxxxxxxxxxx. After 6 weeks the venue will change again, watch the next Black and Green.

COACHING CORNER

CLUB WEEKEND AWAY - PRE BRITISH CHAMPS COACHING.

A coaching weekend is being planned for 21st/22nd March, prior to the British Champs in May. Saturday training on Upper Star Posts, an area visited by only the very longest courses at the 1st March National Event. Sunday at the Badge Event at Redland near Dorking. Accommodation at a Youth Hostel, probably Windsor. Further details/ bookings to Eddie Nicholson xxxxxxxxxxxxxxxx by 22 Feb. Offers to help with coaching/hang controls also welcome.

(This should be similar to the excellent club weekend away last January - greatly enjoyed by all the participants).

IMPROVE YOUR REACTIONS

Eddie has sent me a cutting from the Sunday Times detailing some eye exercises to improve eye to ball (map) co-ordination:

LOOK HIGH, LOOK LOW

Write out 4 rows of 4 or 5 letters in random order on a sheet of A4 paper. Then write the same letters in a different random order on a second sheet. Place the first sheet at above eye level on the wall and the second 2 feet below. Stand 4 feet from the wall and choose a letter from the top sheet then look to the lower sheet to locate the same letter. Do the same for all the letters then start again. This exercise trains the eye and speeds up the process of shifting the focus between 2 points.

Sounds good - more next issue!

FORTHCOMING NOC EVENTS

Night event on 14th March at Sherwood Forest West has been **cancelled**.

15th March CC event at Sherwood Forest West in aid of the EM Junior squad.

19th April CC event at Annesley Forest.

RECENT JUNIOR SELECTIONS

David Hodkinson has been selected to represent England at M14 in the 5 Nations International Match to be held near Havelte, Holland on 8 March.

Helen Palmer, Emily Talbot, Stephen Wright and Tim Blaney have been selected to run for the Great Britain Select Team in the ISF World Schools Championships in Latvia in May. They have been asked to try and obtain sponsorship for this event. If anyone can help, or has company contacts that may be useful please contact Helen Palmer.

ODDS N ENDS

Whilst this years badge event has only just happened we now need to plan for the 1999 event which will be on 14th Feb at Budby (Sherwood Forest). Is there anyone out there who would like to plan or organise? Volunteer for this (or any other event) to Richard Torr xxxxxxxxxxxxxxxxx

Ray Barnes has a new phone number (0115) 903 0233/4.

DATES TO REMEMBER

Feb 22 Compass Sport Cup match v LEI, Bentley Woods

Feb 22 Club training weekend deadline

Feb 28 British relay deadline

Copy date for next Black and Green - **20th March**

Janet Evans (Black + Green Editor).