

NSW SENIOR TRAINING SQUAD

Association Manual

8.4

1 AIM

1.1 The aim of the Squad will be to develop the orienteering expertise of top senior orienteers and to provide a pool of knowledge on competition and training for the continued improvement of competitive standards.

1.2 This aim will be achieved through participation in training camps, receiving information to increase training knowledge and group or individual coaching.

2 MANAGEMENT

2.1 The Squad will be managed by a Coordinator, who shall be appointed by the Board.

2.2 The Coordinator shall lead the Squad and shall be responsible for arrangement and preparation of training camps and squad bulletins.

3 SELECTION

3.1 Orienteers who are listed on the Elite List of Orienteering Australia will be offered membership of the Squad for that year.

3.2 The Coordinator shall have discretion to include Orienteers in the Squad who do not qualify under this guideline, but would benefit from membership of the Squad or provide benefit to the Squad.

3.3 Squad members must also be prepared to undertake a program of training; attend the required training camps each year and be willing to participate in fund raising ventures in support of the Squad.

4 COACHES

4.1 The Coordinator shall appoint Coaches to the Squad for each training activity. The coaches will provide instruction, training exercises or as otherwise required.

4.2 Coaches shall be either M21 or W21 orienteers who are members of the OFA Elite Squad; Coaches of at least Level 1 standard or as otherwise required.

5 ACTIVITIES

5.1 The following Squad activities shall be undertaken:

- a) training camps as determined by the Coordinator
- b) regular Squad newsletters with advice on training and competition
- c) additional training sessions arranged for a particular need or opportunity

during the year.

5.2 Orienteers who are not members of the NSW Training Squad may not attend Squad Training Camps without the express prior permission of the Coordinator.

6 REPORTING

6.1 The Coordinator shall make regular reports on the progress of the Squad to the Board.

Adopted
April 2002