

Altogether, my time as the coach-in-residence (CIR) has been an extremely exciting part of my year. It has been both completely hectic and fun at the same time. After finishing my HSC in late 2018 I took a gap year and went travelling with some friends, linking together some major orienteering events overseas.

I got back a couple days before the Aus Champs down in Beechworth. I had no jobs lined up, however Basil Baldwin approached me asking if I'd like to stay with them out in Orange and do a little mapping and coaching, essentially becoming an acting CIR. I couldn't resist! When Jim Mackay heard of this he asked if I'd consider applying to become the scholar.

As my scholarship lasted only 3 months it has always felt a little bit rushed, not being able to stay too long in each place. I spent about 2 weeks out in Orange where I completed my first map, which took probably a little too long for what it was, but I thank Basil and Jean for their patience! I had a few very successful school coaching sessions with Basil where we took SI and sent kids running around the school grounds. Another highlight was doing hill reps with Basil and the dog, Tiggy, both of whom certainly kept me on my toes. Being out on a farm was great experience for me. I learnt a lot about hazelnuts, herding sheep... and I was even allowed to drive the tracker.

When I got back to Sydney, I started weekly trainings on Mondays for anyone who wanted to come along, similar to what Konsta and Grace did. We did various activities including corridors, sprint intervals and a 100-control course. These were really good fun sessions helping people continue practising over the summer season. I was also coaching through the Sporting Schools Program at multiple different schools which was very enjoyable. Later in the year I helped set a couple bush trainings, however due to the start of the devastating bushfires a number of them had to either be rescheduled or cancelled.

In my time as scholar I also set the NSW Sprint Championships at University of Sydney. This was my first major event as course setter and I found it to be a really insightful experience. The next project after that was the Stingers Xmas 5-days event at Pine Tree North. After Christmas I completed a few mapping jobs which helped me further develop my mapping skills.

Earlier this year I stayed about 3 weeks up in Coffs Harbour helping out *Bush n Beach*. This was a really great experience for me. Staying with the Woolfords was good fun, with lots of cricket and a fishing trip. As it was just the start of school year, I mainly did mapping of schools and a new street map. But I had two schools for 3 sessions each, all of which had many promising young orienteers. It wasn't quite the full summer experience up in Coffs as it rained almost every day, but I still managed to fit in lots of runs and rides.

Just about the last thing I did as a scholar was to co-organise the ACT/NSW Belanglo Camp with Frydryk Pryjma, the ACT scholar. Despite a lot of uncertainty with getting access to maps due to the bushfires, it ended up a really fun camp with a lot high quality of trainings. Frydryk set some great training around Chevalier College and Belanglo which I meant was able to run and focus on my own orienteering skills. On Sunday, we went to the recently burnt out Wattle Ridge, which was certainly a highlight due to the fast runnability but high technicality.

Overall, being the Coach-in-Residence was an incredible experience. I was able to meet many new people and go to wonderful places. I have learnt a significant amount about coaching, mapping and course setting which has certainly helped me progress as an orienteer. The previous scholars have all had a significant impact on my orienteering development and I hope that I was able to do the same for many others.