

Junior Training *(Thanks to Ann Haley for this report)*

Thanks to Ronnie Nolan (ESOC I'm afraid!) Junior Training in the South East Area of Scotland has been revived. They call themselves ESOKids (which to some is Edinburgh Southern Orienteering Kids, but to the rest of us it can be East of Scotland Orienteering Kids)! Since October 2003 there have been regular training sessions for children ranging from beginners up to those who do light green courses. These training sessions have taken place in a variety of areas around the city and have addressed the need to have a good warm up, some kind of technique training and have finished with fun relays. The children have really enjoyed these sessions and they have been well supported by lots of willing helpers.

October 2003	Blackford Hill	Concentrated on compass bearings
January 2004	Dalkeith Park	White standard looked at various features on the map Yellow – relocation exercises Orange/Light Green – attack points
February	Hopetoun House	
March	Corstorphine	Pacing exercises Crag bagging!
April	Bonalty	Introduction to a Score Event
May	Vogrie	Route choices Orange - broke the course down into a series of traffic lights

The result of all this training is that some of our younger juniors are doing really well in competitions. 15 of those who train went to represent the South East of Scotland in the Junior Inter-Area competition that was held on the 11/12th September. Most of the children travelled in a minibus up to Anagach near Grantown on Spey where there was a relay event. The South East Area won this, and went forward into the individual competition on the Sunday with a slight lead. The children all stayed overnight in the Aviemore Youth Hostel and then travelled on to Inveruglas the following day. Despite some good performances, the team were beaten by those from the North. A great time was had by all, and there will be lots of training opportunities to improve in the future.

Future Training Sessions:

23 October	Cammo
4 December	Hillend

Scottish Schools' Orienteering Festival

Carmichael Estate, June 4 2004

P5/6 Boys	1 st	Mark Haley (who's only P4!!)	1.6km	11.59
S1 Boys	3 rd	Stephen Haley	3.0km	26.01

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