

Coaching Structure

Weekly Evening Programs

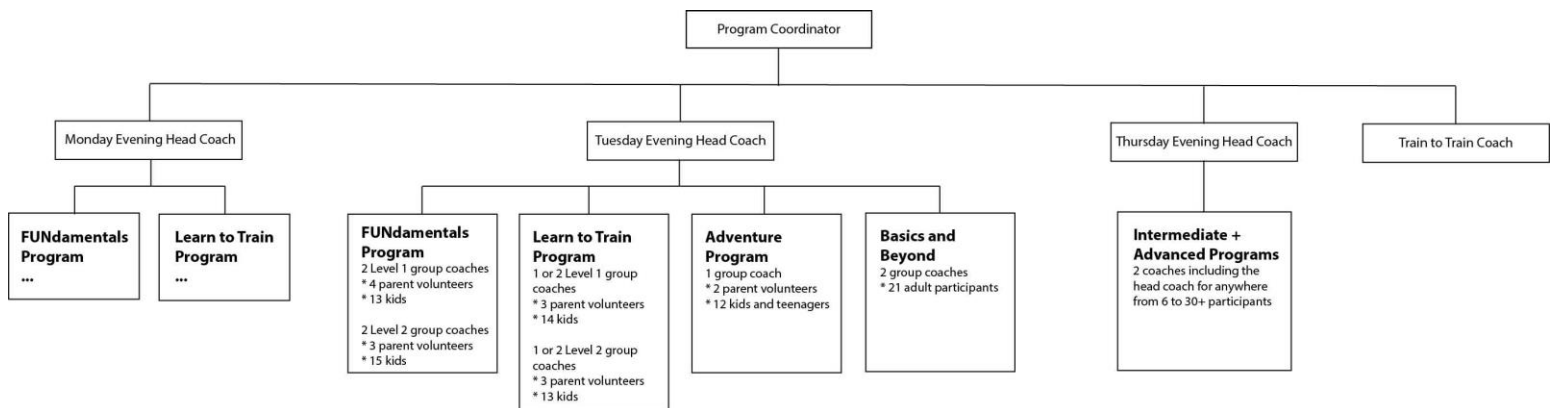
All of our seasonal weekly evening programs (youth programs, Basics and Beyond and Thursday Navigation Training) have a head coach who writes the lesson plans each week and coordinates the programs. Each group of orienteers has an experienced coach to lead them and assistants to help out with the group each week. Each week night has a head coach who is responsible for writing the lesson plans, communicating with participants/parents, setting up, and cleaning up the program each week, and overseeing the programs on site. The head coach may also act as a group coach.

Racing Programs

Each of our racing programs has a head coach who works directly with the athletes. Depending on the size of the group there may also be an assistant coach.

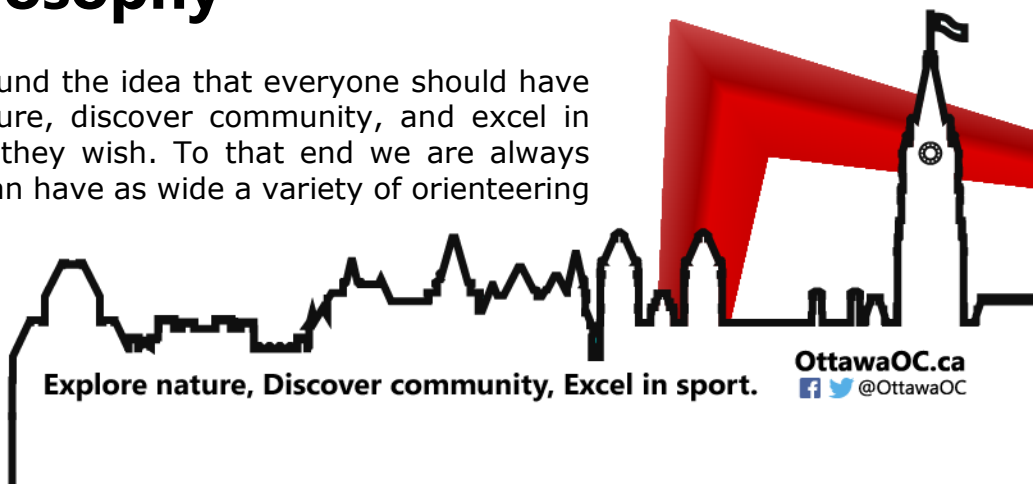
All programs are overseen by Orienteering Ottawa's Program Coordinator and Training Committee. The Program Coordinator may or may not be the same as the head coach.

The following diagram shows the coaching structure with a sample program schedule.



Coaching Philosophy

Our philosophy centres around the idea that everyone should have the chance to explore nature, discover community, and excel in sport, to whatever extent they wish. To that end we are always doing what we can so we can have as wide a variety of orienteering



programs as possible, including but not limited to: our FUNdamentals and Learn to Train programs for younger kids, our racing stream Train to Train group, and adult programs for all experience levels.

Each program is tailored to groups of athletes with particular goals and desires for orienteering and experience levels.

As a club, we hold the following values at the forefront of our coaching philosophy across all programs:

- Safety
- Fun
- Respect for oneself, others, and the environment
- Learning
- Fair play and good sportsmanship

Additionally, the following values are particularly important for certain programs:

Youth (FUNdamentals, Learn to Train, and Adventure) Programs:

- Inclusivity
- Curiosity and a desire to explore and learn

Racing Programs (Train to Train, HPP)

- Commitment
- The desire to learn, improve, and practice
- Support of teammates (program and other club members)

Within these values, head coaches and group coaches are encouraged to think about and develop their own age appropriate coaching philosophy and style.