



# CHIGWELL & EPPING FOREST ORIENTEERING CLUB



## Summer 2009 CHIG training programme

### Saturday Series for CHIG members

**Start 9:30**

Week	Date	Location	Skills Taught	Helpers
1	6 <sup>th</sup> June	Ivy Chimneys School	Labrynth Game, Super Sprint course.	Josh Jenner
2	13 <sup>th</sup> June	Epping Forest East (Stubbles)	Pathless map for route choice exercise. Visualisation	Josh Jenner, Philippa Allen, Alan Brett
3	20 <sup>th</sup> June	Epping Forest South	Attack points course, Compass bearings.	Josh Jenner, Philippa Allen
	27 <sup>th</sup> June	CLUB CHAMPS		
4	4 <sup>th</sup> July	Epping Forest East (Stubbles)	Pairs star ex moving controls.	Josh Jenner, Philippa Allen Alan Brett
5	11 <sup>th</sup> July	Epping Forest North West	Control pick, simplification	Josh Jenner, Philippa Allen
6	18 <sup>th</sup> July	Epping Forest North West	Score event for everybody, Members get 1 hour	Josh Jenner
	25 <sup>th</sup> July	CHIG vs HAVOC		

### Saturday Series for Beginners

**Start 9:30**

Week	Date	Location	Skills Taught	Helpers
1	6 <sup>th</sup> June	Ivy Chimneys School	Introduction to Orienteering, Explain map, symbols game, map matching and treasure island	Josh Jenner
2	13 <sup>th</sup> June	Epping Forest East (Stubbles)	Cardinal Cones game 12x12, Mini objects placing controls.	Josh Jenner, Philippa Allen Alan Brett
3	20 <sup>th</sup> June	Epping Forest South	Star exercise.	Josh Jenner, Philippa Allen
	27 <sup>th</sup> June	CLUB CHAMPS		
4	4 <sup>th</sup> July	Epping Forest East (Stubbles)	Loops exercise 3 small loops + 1 large following line features	Josh Jenner, Philippa Allen Alan Brett
5	11 <sup>th</sup> July	Epping Forest North West	Figure of 8 control pick, every other decision point	Josh Jenner, Philippa Allen
6	18 <sup>th</sup> July	Epping Forest North West	Score event for everybody. Beginners get 45 mins.	Josh Jenner
	25 <sup>th</sup> July	CHIG vs HAVOC		

### Wednesday series for CHIG members

**Start 18:30**

Week	Date	Location	Organiser
1	3 <sup>rd</sup> June	Pishiobury Park	Tim Pribul
2	10 <sup>th</sup> June	HTP	Colin Flint
3	17 <sup>th</sup> June	Wansted	Alan Brett

4	24 <sup>th</sup> June	Epping South	Helen Hampton
	1 <sup>st</sup> July	Pribuls'	Gooseberry Fool
5	8 <sup>th</sup> July	Rivers Hospital	Josh Jenner
6	15 <sup>th</sup> July	Hainault	Ray Weekes
7	22 <sup>nd</sup> July	Pishiobury Park	Ros West