

## Orienteering Coaching Programme 2019

Dear Parents and Caregivers

Your child has expressed an interest in taking part in the Forest Orienteering Coaching Programme. We have arranged for a junior elite orienteer, Heidi Stolberger, to be the Pinehurst Coach. She will work with the students to help them transition into Forest Orienteering. Parents are welcome to listen in as well and develop skills.

Please register online using the Sport Registration form on the Pinehurst School website no later than Monday 29 April.

**Initial Coaching**

**Dates:**

*(more may be added  
as required)*

**Sunday 5 May 9:30-10:30, Kaukapakapa**

(before the first rogaine event of the Rogaine Series – info on <http://rogaineseries.co.nz/> )

Can enter actual event on the day or in advance.

**Sunday 26 May 9:00-12:00, Riverhead Forest**

(exclusive training)

**Sunday 30 June 9:45-10:45, Woodhill Forest**

(before a club event which students can enter and run after the training)

**Sunday 18 August 9:45-10:45, Woodhill Forest**

(before a club event which students can enter and run after the training)

**Event Locations:**

Various

**Transport:**

Please arrange your own transport – carpooling ideally. See Mrs Griffiths if this is an issue

**Cost:**

\$30 to cover all 4 coaching sessions

*To be charged to Pinehurst Account*

(Please note that there will be additional entry fees to some of the events following the coaching – to be paid on the day)

**Equipment/Gear:**

Running gear, running shoes, change of clothes

School compasses available but bring your own if you have one

Snacks and drinks

Kind regards



**Kaye Griffiths**

*Careers Counsellor  
Pinehurst School*

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