



HERTFORDSHIRE
ORIENTEERING CLUB



Junior Training Sessions

During 2009 HH will be organising junior training sessions immediately after selected [Saturday Series](#) events. Each session will cover basic orienteering skills and there should be coaches or experienced HH members on hand to help with specific problems.

The first session will be at Croxley Moor on 31st January (see the [event flyer](#) for event information) starting at 11.30 and lasting approximately one hour. Please take part in the competition before the training session.

The second session is at Phasels wood, Wednesday 18th February, 10am – 2.30pm. See [training flyer](#) for more details.

Please inform the Organiser, Alison Harding (01442 384794 before 9pm or alison.harding1@ntlworld.com) if you will be attending.

**All competitors take part at their own risk
and are responsible for their own safety.**

www.happyherts.org.uk