SYO Club Night – JK 2020 Theme (Nick Lightfoot)

These exercises were planned for an SYO Club Night using JK 2020 as the theme, but they can be used as armchair training for individuals or groups.

1. Ups and Downs (JK Relays, Hutton Mulgrave and Skelder)

http://www.cognitocoaching.com/sessions/jk2020/UpsAndDowns.pdf
http://www.cognitocoaching.com/sessions/jk2020/UpsAndDowns(Descriptions).pdf

Identify 'Up' and 'Down' features – can be done as a group warm up…
For **'Up'** features (hills, knolls, spurs, earth banks, etc.)   jump up like a star
For '**Down'** features (depressions, pits, re-entrants, ditches etc.)   crouch down like a ball
The even numbers are on easier features for younger or less experienced.

2. Picture O' (JK Sprint, Stockton Riverside)

Identify the location of the control in each picture:
http://www.cognitocoaching.com/sessions/jk2020/PictureO_Pictures.pdf

Easier option – locate the controls on the example course:
http://www.cognitocoaching.com/sessions/jk2020/PictureO_Course.pdf
http://www.cognitocoaching.com/sessions/jk2020/PictureO_Answers.pdf

Harder option – locate the controls on the blank map:
http://www.cognitocoaching.com/sessions/jk2020/PictureO_Map.pdf
http://www.cognitocoaching.com/sessions/jk2020/PictureO_Descriptions.pdf

The 'answers' include the direction the camera is facing which can be used as an extra clue for the hard option.   The course can be used as the answers to the hard option.

3. Route Planning (JK Long and Middle, Pickering and Sneaton West)

14 example courses on the old maps of Pickering and Sneaton each with four route plans. The challenge is to match the plans to the controls on the course.
http://www.cognitocoaching.com/sessions/jk2020/RoutePlanningSneaton.pdf
http://www.cognitocoaching.com/sessions/jk2020/RoutePlanningPickering.pdf

Courses 1A to 1F are easier with more explicit plans including specific directions and control features

- This exercise is designed to help you think about planning routes in this type of terrain. Which features and techniques to use.
- The plans only mention compass and distance judgement where it's more critical, in practice you would use direction and distance judgements throughout.
- Generally when planning routes you break longer legs down into manageable 'chunks' with distinctive landmarks at the start of each. Here the sentences represent the chunks.
- Similarly for the harder examples only the checkpoints en-route are mentioned, but in practice you should always check the control descriptions and visualise the control feature and its vicinity.

http://www.cognitocoaching.com/sessions/jk2020/RoutePlanningAnswers.pdf
http://www.cognitocoaching.com/sessions/jk2020/RoutePlanningAnswerSheets.pdf

4. Switching Focus

For each leg on the example courses used in the other exercises look for places where you can 'switch off' and run hard. For each you need to find a good checkpoint where you can 'switch on'.

In urban terrain you could use a T junction, distinctive space, building or other landmark.
In forest terrain use top (or bottom) of hill, major track junction or distinctive catching feature or landmark.