

# SEOA Oranges – Setrus\*

New Online Junior Training for SEOA juniors

## Who's it for?

- Year of Birth 2007 – 2009
- School Years 7-8
- Juniors running Orange courses
- Looking to develop, maybe to Light Green



## When?

7pm-7.45pm.

Thurs 25 Feb, Wed 10 Mar, Thurs 25 Mar, Wed 7 April.

You can come to as many as you like.

## Where?

Online – using Zoom



## What?

A series of short sessions of orienteering based games, quizzes and looking at orienteering maps. The sessions are FREE and run by British Orienteering licensed coaches.

## Why?

- Meet and make friends with other juniors in SEOA who you may compete against at events
- Have fun
- Learn new orienteering skills



## How do I find out more or sign up?

Email [carol@sejs.org.uk](mailto:carol@sejs.org.uk) or phone 07944 402478

and talk to Carol Lovegrove (SEOA junior squad coach)



“ \*Setrus? SE Citrus, oranges....”