



Get Better

This section contains:

1. [Orienteering Technique for Beginners](#) [1] - information on orienteering technique suitable for beginners going out on their first course.
2. [Moving Up to Intermediate Courses](#) [2] - information on orienteering technique for intermediate orienteers.
3. [Advanced Orienteering](#) [3] - a summary of advice from top orienteers.
4. [Junior Coaching](#) [4] - information on personal coaching available to QOC juniors.
5. [Permanent Courses](#) [5] - information pertaining to permanent orienteering courses in our area.
6. [The Five Key Skills of Orienteering](#) [6] - a brief article on the most essential orienteering techniques.
7. [QOC Library](#) [7] - a catalog of the materials available to borrow from the QOC library.
8. [Online Resources](#) [8] - links to videos and other external instructional materials, including games.

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Links:

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