



## Forth Valley Orienteers – the best wee club in the world?

SOA Coaching Conference 2010  
Ross McLennan



## What we do and what we do well

- Daily training
  - Junior training
  - Regular races
  - Lots of socials
  - Sponsorship
  - Enter things
  - Win things
- ...and what we don't do quite so well
- Schools links
  - Encouraging less good people
  - Helping newcomers
  - Liaising with other clubs
- Opportunities/Threats
- Babies
  - ...and other things



## Training

- Emailed out at the start of the week
- Monday – Pilates and circuits
- Tuesday – Intervals
- Wednesday – Race/easy run
- Thursday – Hills
- Friday – Rest
- Weekend - Races



## Junior Training

- Rona and Jen
- White – Orange
- Wee juniors (6-9)
  - But also some adult beginners
- Majority FVO members
- 3 sessions over winter

### Lots of Socials



- Informal
- Wednesday evening dinner
- Curry after pilates
- Dinner Dance
- Stirling sports awards
- Training Weekends
- Club La Santa
- Team trips – Harvester, Jukola, CompassSport Trophy

### Enter things/win things



- Jukola
- Harvester
- 11 Person
- CompassSport Trophy
- Relay League
- Driven by Club Captain

### How we can do what we do



- There's enough people
  - Who know what they're doing/can share the load
  - Critical mass
- Stirling's a great location
  - Sporty, good running and nice forests, excellent transport links