

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