



## Aboyne After-school Cluster Club

### Marketing

- Club Facebook page, website and newsletter
- Via Active Schools co-ordinator
- Run free taster session at the start of the year
- Hard copy flyers at community centre

### Format

*Fees:* £5 per week, payable upfront for a block of 5-6 weeks, plus annual fees to join all participants as club members. Fees are kept by the lead coach / organiser.

*Coaches:* 2 qualified coaches and 1 Young Leader.

*Numbers:* Max 14

*Age Group:* Mainly P5-7, but with accommodation for some P4 and S1 if appropriate

*Timing:* Thu evenings 5-6pm

*Location:* Usually meet at Aboyne Community Centre, but club sometimes moves to Bellwood on the edge of the village for summer term.

*Map / Terrain:* Based mainly on small areas of woodland in and around the community centre and village

### Sessions

*Equipment:* Use mini markers with no electronics for most sessions – controls can be hung and collected in ~15'. Paper maps, map cases, first aid kit, resources for games, mobile phone, consent forms, take-home resources (e.g. loose map legend, control description leaflet, symbol matching puzzle etc.).

*Courses:* Aim to have youngsters completing several short courses practising relevant skills during the course of each session. Allows for 1:1 coaching and aim to ensure that none are “lost” for an entire session. Courses might be 500-800m in length.

#### *Example 6-week beginner block*

Usually start each week with some kind of warm-up / group game or similar.

*Week 1.* School campus

Basic map setting exercises (cones etc.), symbol recognition, star courses and short loops.

*Week 2.* School campus

More of the same but spend more time running loops. Team game to practice symbols.

*Week 3.* Castle woods (5' walk)

New area, so consolidate on same skills. Introduce new map symbols. Work in pairs.

*Week 4.* Castle woods (5' walk)

Same area – different start point. Mix of loop lengths – offer enough challenge to those learning faster. Introduce control description symbols.

*Week 5.* Lady woods (5' walk)

New area. Introduce any new map symbols. Consolidate on map setting skills (without compass).

*Week 6.* Castle woods (5' walk)

Score course with electronic punching. Work in pairs.

#### *Example 6-week improver block*

*Week 1.* School campus

Revision of basic skills for map setting and symbols. Head to head loops racing partner in opposite directions round loop

*Week 2. School campus*

Introduce map setting using a compass. Practice on short “yellow” courses.

*Week 3. Castle woods (5’ walk)*

Consolidate on map setting with compass. Multiple short yellow loops in familiar area.

*Week 4. Castle woods (5’ walk)*

Same area – different start point. Move on to use of the compass to follow a rough bearing. Practice with some star courses on blank maps before moving on to longer loops.

*Week 5. Lady woods (5’ walk)*

Consolidate on compass skills. More blank map stars and then longer loops.

*Week 6. Castle woods (5’ walk)*

Score course with electronic punching. Work in pairs.

## **Linking to Maroc**

Communication each week by email regarding plan for the session, but also other information about other local orienteering activities. Regular spoon-feeding, hand-holding and encouragement with how to sign up, who the training / events are for etc.

Parents will also receive regular club communications including 2-weekly newsletter.

## **Challenges**

- Getting parental involvement
- Working with mixed ability group at the best level for each
- Keeping interest beyond first few weeks – making it fun enough