

# 2019 Coaching and Training Needs Survey

30<sup>th</sup> January 2019

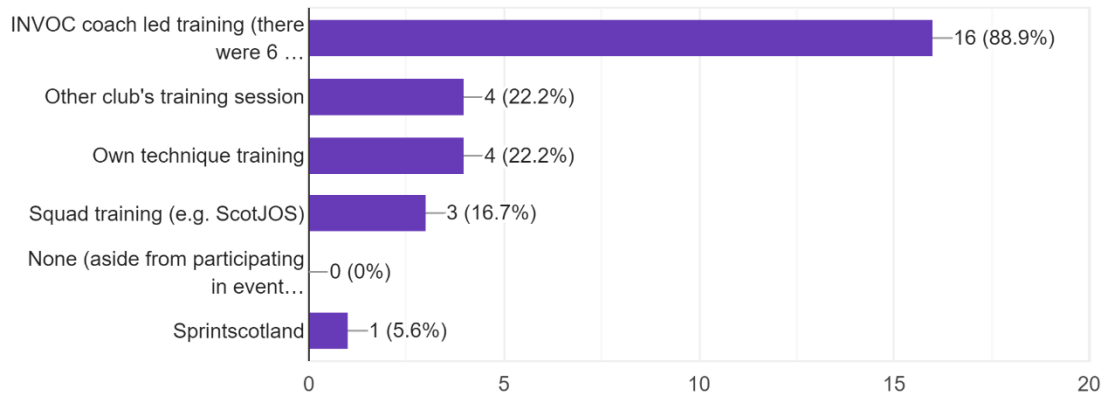
## Summary

- Younger members typically preferring structured blocks of sessions, more experienced members favouring clinics and all day sessions, senior improvers are somewhere inbetween,
- Own training:
  - Clear desire for guidance on how to do own training
  - Related to above several suggested the club could help self-training by having controls out in a forest
- Sundays AM is most convenient time for training, but substantial availability for Saturdays and Sunday PM. Weds evenings is least popular at 38%, but when weighted by family size that drops to just over 30% available. The younger families seem more constrained on mid-week evenings.
- In terms of specific dates for INVOC sessions no one date fits everyone, and there seems to be a lot of variety in availability. Several dates have over 2/3rds availability. There is some variation by squad. The Eagle-Eyes and Talons and Senior Training Squad seem closely aligned, but iJOS availability differs.
- There is a bit of uncertainty about the applicability of the North Area Training sessions for the Talons and iJOS squads.

Eagle Eyes (TD2)	Talons (TD3)	iJOS (up to M/W18)	Senior Training Squad (M/W20+)
Hazel Cload	Erica Cload	Thomas Black	Laurence Cload
Matthew Black	Rory Black	Callum Hudson	Carolyn Cload
Rachel Scott	Blair Hudson	Alasdair Raynor	Tara Black
Freya Waite	Iona Scott	Finlay Raynor	Stephen Hudson
Henrik Borrowman	Rona Laird	Angus Laird	Jane Scott
	Femke Waite	Pablo Alvarez-Icaza	Steve Scott
	Lexie Nicolson	Oscar Shepherd	Alison Matheson
	Esme Sime	Connie Nicolson	James Laird
		Megan Keith	Jacque Laird
		Tina Hardie	Philip Waite
		Sean Hardie	Jon Shepherd
		Finlay Sime	Henri Shepherd
			Suzanne Robins-Bird
			Phil Mitchell
			Will Nicolson
			Zoe MacKenzie
			Alec Keith
			Veronica Vargas

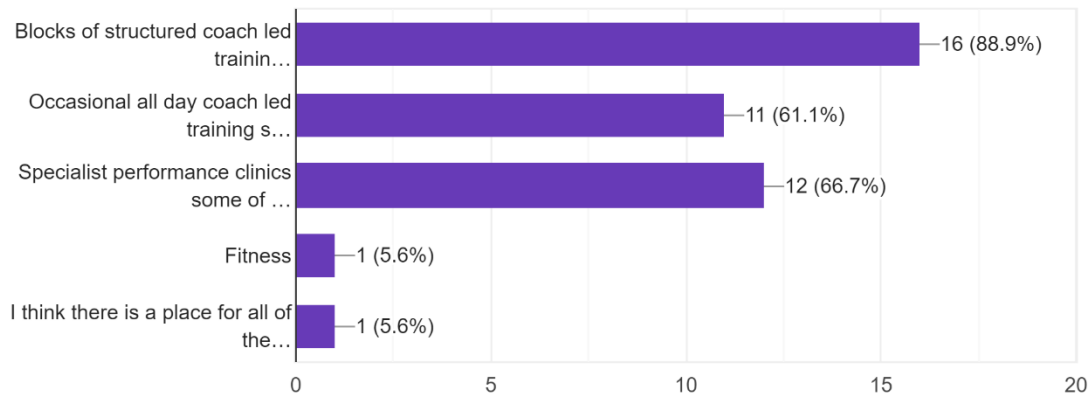
## Last year (2018) what sort of technique training did you/your family do? [tick all that apply]

18 responses



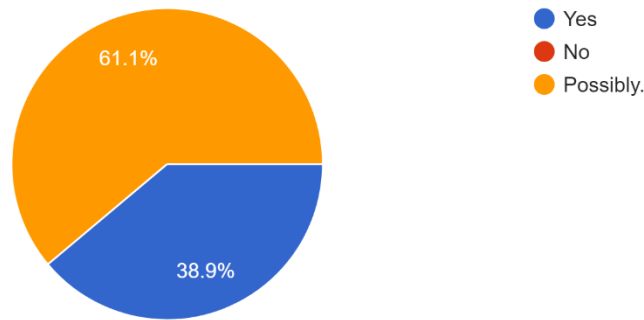
## 2019: Preferences for coach led training. What sort of coach led training would you be interested in in 2019 [tick all that apply]

18 responses



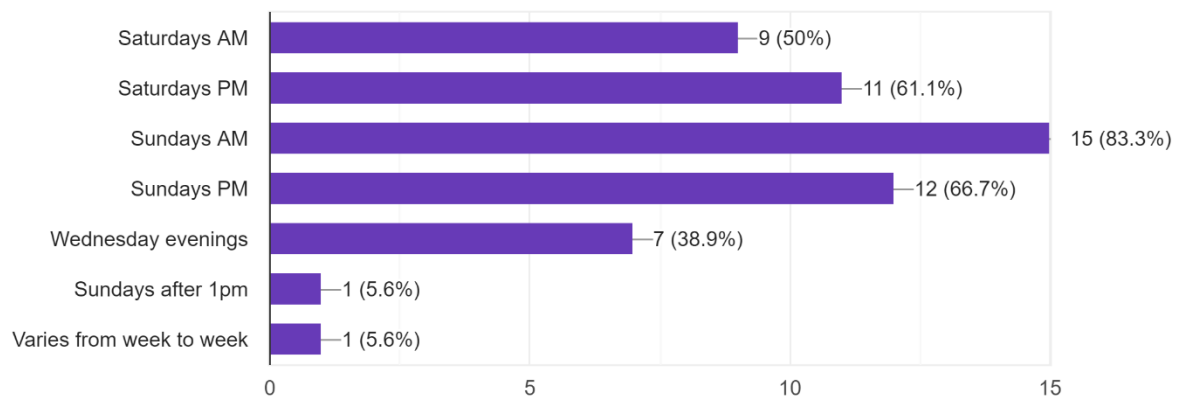
### 2019 coaching: would you like some of the technique training sessions you attend to be led by a coach from outside...sessions (current coaching fee is £2).

18 responses



### 2019 coaching: what days are you usually available to train with INVOC? [tick all that apply]

18 responses

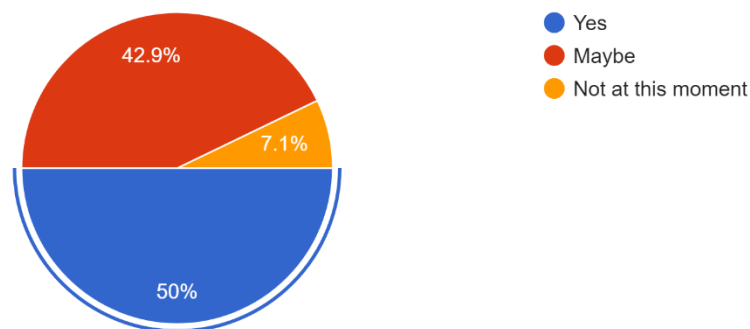


2019 Own technique training. A key part of any orienteer's technique training is the training they do in their own time. Is this something you already do or are interested in doing, and if so what can INVOC do to help facilitate this for you, or is everything just fine?

- ROMP style controls in a forest is useful
- I would be interested in own technique training, and would welcome guidance on how to go about this.
- Own technique training is something we're interested in but we don't currently know how to do that so training or advice would be gratefully received.
- Interested in guidance on this
- Some teaching in how to do this effectively
- running with a map, running following contours
- Sample courses and exercises available on website. Also leaving tags out after an event if possible to allow for re-running
- ROMP style controls in one of our local areas - the Aviemore based ones are too far for me. Tapes would be sufficient if controls might get lost.
- Currently don't train. It's something I'd like to kick start so maybe I can be persuaded!
- temporary courses like recent Littlemill post event tapes
- We have been doing occasional sessions using mini kites or the ROMP map either on a Friday afternoon or occasional weekend day.
- Pairing up of athletes where one could help another at an event.

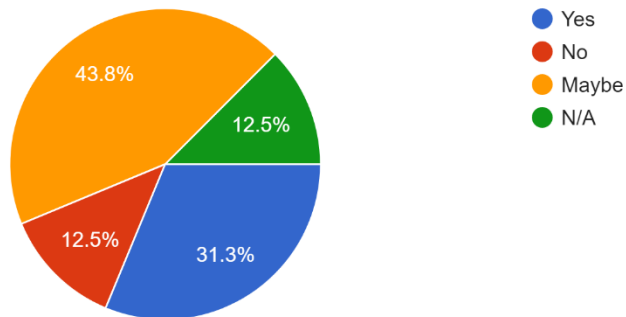
2019 Senior Training Squad. If you indicated you wanted to join the Senior Training Squad please indicate if you wo...s is of course good training in itself!)

14 responses



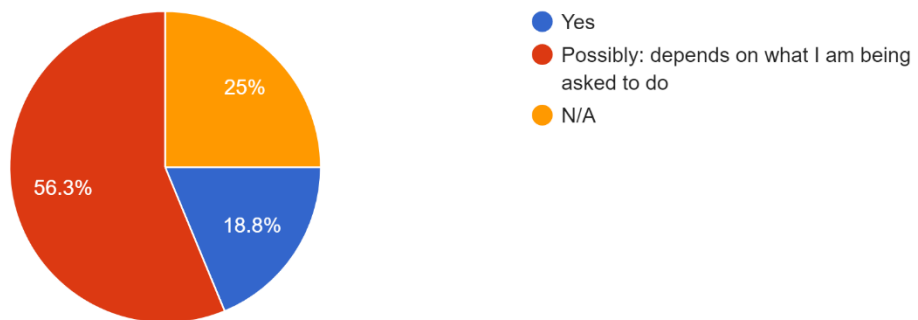
## North Area Training - is this something your juniors would be interested in?

16 responses



## North Area Training - would parents be willing to help both when we host (e.g. control hanging), and to help look... with travel when we travel to Deeside.

16 responses



Please tick all the dates you could, at this point in time, potentially make (Feb 1st to May 31st)

## Overall availability

	Sat Feb 16th	Sun Feb 17th	Sat March 2nd	Sat March 16th	Sat March 23rd	Sun April 7th	Sun April 28th	Sat May 18th	Sat June 1st
By family (16 replies, 2 didn't complete)	31%	31%	69%	56%	50%	69%	63%	56%	44%
By individual (42 individuals in 16 families)	43%	38%	76%	62%	60%	81%	62%	69%	55%

## Eagle Eyes

Name	Sat Feb 16th	Sun Feb 17th	Sat March 2nd	Sat March 16th	Sat March 23rd	Sun April 7th	Sun April 28th	Sat May 18th	Sat June 1st
Hazel Cload	1	1	1	1	1			1	1
Matthew Black	1	1	1	1		1		1	
Rachel Scott	1		1	1	1	1		1	
Freya Waite	1								
Henrik Borrowman	1		1				1		1
	<b>5</b>	<b>2</b>	<b>1</b>	<b>4</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>3</b>
(Excl. Freya who can't make any dates)	50%	25%	100%	25%	50%	50%	25%	75%	50%

## Talons

Name	Sat Feb 16th	Sun Feb 17th	Sat March 2nd	Sat March 16th	Sat March 23rd	Sun April 7th	Sun April 28th	Sat May 18th	Sat June 1st
Erica Cload	1	1	1	1	1			1	1
Rory Black	1	1	1	1		1		1	
Blair Hudson	1	1	1	1	1	1	1	1	1
Iona Scott	1		1	1	1	1		1	
Rona Laird	1	1	1	1	1	1	1	1	1
Femke Waite	1								
Lexie Nicolson	1	1		1	1	1	1	1	1
Esme Sime	1		1	1		1	1		
	<b>8</b>	<b>4</b>	<b>3</b>	<b>6</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>6</b>
(Excl. Femke who can't make any dates)	57%	43%	86%	71%	71%	86%	57%	86%	57%

## iJOS

Name		Sat Feb 16th	Sun Feb 17th	Sat March 2nd	Sat March 16th	Saty March 23rd	Sun April 7th	Sun April 28th	Sat May 18th	Sat June 1st
Thomas Black	1	1	1	1			1		1	
Callum Hudson	1	1	1	1	1	1	1	1	1	1
Alasdair Raynor	1	1	1	1			1	1		1
Finlay Raynor	1	1	1	1			1	1		1
Angus Laird	1	1		1	1	1	1	1	1	1
Pablo Alvarez-Icaza	1		1	1		1	1	1		
Oscar Shepherd	1				1	1	1		1	1
Connie Nicolson	1		1		1	1	1	1	1	1
Megan Keith	1								1	
Tina Hardie	1				1		1	1		
Sean Hardie	1				1		1	1		
Finlay Sime	1			1	1		1	1		
	<b>12</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>7</b>	<b>5</b>	<b>11</b>	<b>9</b>	<b>6</b>	<b>6</b>
		42%	50%	58%	58%	42%	92%	75%	50%	50%

## Senior Training Squad

Name		Sat Feb 16th	Sun Feb 17th	Sat March 2nd	Sat March 16th	Saty March 23rd	Sun April 7th	Sun April 28th	Sat May 18th	Sat June 1st
Laurence Cload	1	1		1		1			1	1
Carolyn Cload	1	1		1		1			1	1
Tara Black	1	1	1	1			1		1	
Joan Noble	1			1	1	1	1	1	1	
stephen hudson	1	1	1	1	1	1	1	1	1	1
Steve Scott	1			1	1	1	1		1	
Jane Scott	1			1	1	1	1		1	
Alison Matheson	1	1	1	1			1	1		1
James Laird	1	1		1	1	1	1	1	1	1
Jacquie Laird	1	1		1	1	1	1	1	1	1
Veronica Vargas	1		1	1		1	1	1		
Philip Waite										
Jon Shepherd	1				1	1	1		1	1
Henri Shepherd	1				1	1	1		1	1
Suzanne Robins-Bird										
Phil Mitchell	1			1	1			1		
Zoë MacKenzie	1		1		1	1	1	1	1	1
Will Nicolson	1		1		1	1	1	1	1	1
Alec Keith	1								1	
	<b>17</b>	<b>7</b>	<b>6</b>	<b>12</b>	<b>11</b>	<b>13</b>	<b>13</b>	<b>9</b>	<b>14</b>	<b>10</b>
		41%	35%	71%	65%	76%	76%	53%	82%	59%

Excl. Philip, Suzanne & Colin who didn't include any dates)