



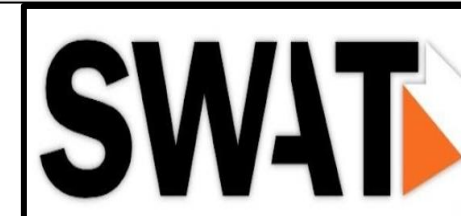
FVO coaching pathways

PLUS! Annual residential training weekends for club members of all ages and levels

	String	White	Yellow	Orange	Light Green	Short Green	Green	Blue	Brown
Age range	2-10	7-11	8-13	11-Adult	13-Adult	14-Adults with reduced mobility	14-Adults reasonable fitness	15-Adults good fitness	Adults 17+ with high level fitness
Technical difficulty (TD)	Follow the string	TD1	TD2	TD3	TD4	TD5			
Distance	300-900m	1km	1-1.5km	2-3km	3-4km	3-4km	3-5km	5-7km	7-9km
Time	5-30 mins	15-45 mins	20-60 mins	25-60 mins	30-60 mins	40-60mins	40-60mins	50-90mins	60-90mins



Scottish West Area Training (SWAT) Adult Group is for intermediate and advanced orienteers who wish to practise their technical skills at Levels 3-5. It is open to all adult club members, including SWAT parents. It takes place in conjunction with SWAT junior sessions but is a separate coaching group.



FVO Stars is for junior club members age 7-12 years old who would like to have fun learning TD Level 1-3 orienteering skills together and achieve their stars awards. Each block of 6 monthly sessions is led by a qualified club coach with a ratio of 1 coach to 8 juniors. Parents are required to attend all sessions with their junior. From Level 2, juniors can join the club junior team for inter-club competitions.

Scottish West Area Team (SWAT) Juniors Group is for club juniors who wish to have fun practising their technical skills at Levels 3-5 and provides opportunities to have fun socialising with other juniors in the West of Scotland during coaching sessions and at residential weekends. It is for all club juniors age 11+ who have shown that they are competent on Orange courses. A parent is required to attend residential weekends and we welcome their practical support too.



Scottish Orienteering Junior Squad is for juniors age 13-18 who wish to train to compete. Selection to the squad is based on performance at Scottish and British selection races at TD4+. Opportunities to compete against juniors in other UK regions.



Annual junior team competitions opportunities for all juniors:

- Easter – Jan Kjellstrom club relays (UK)
- May – British Championships club relays
- May – Scottish Championships club relays
- June – Scottish schools festival (schools teams)
- June – Jamie Stevenson Trophy (Scottish inter-club)
- Sept/Oct – Scottish Junior Inter-Areas

