

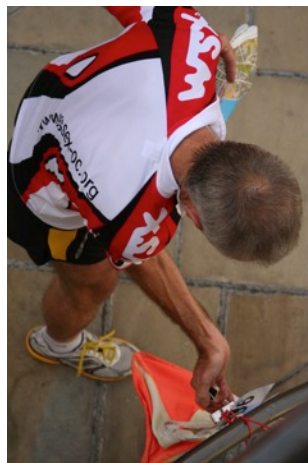
# Sweden vs. UK

Learning from the Scandinavians

# Structure

- SOFT – Svenska Orienteringsförbundet
- Regional Federations
  - Stockholms OF (StOF), Göteborg, Västergötland, Bohuslän-Dal, Uppland, Gästrikland, Dalarna, Hälsingland, Östergötland, Södermanland, Gotland, Jämtland-Härjedalen, Ångermanland, Västerbotten, Norrbotten, Skåne, Blekinge, Halland, Småland, Värmland, Örebro & Västmanland.
- Clubs
  - 36 clubs in Stockholm County
  - Most active perhaps: OK Ravinen, Tullinge SK, Jarfalla OK, Jarla OK, Södertörn OK, Söders SOL, Bromma-Vällingby SolK, Hellas SolK, IFK Lidingö, Täby OK....

O



# SOFT

- Solna, N Stockholm Office
  - Chairman & Board
- Mass re-organising for 2011, but in 2010...
  - Boss – ie CEO – Tom Hollowell
  - Finance Boss
  - Development
  - Child and Youth (Barn och ungdom)
  - Sport/Trail-O/Coaching
  - Naturpasset
  - Skogsaventyret
  - Individual Development
  - Elit & National Teams
  - Competition Development: O-ringen
  - Competition Questions/IT/Computers

# New for 2011

- SOFT office re-organisation.
- Most interesting to see tow of previous list taking on responsibility for 2 of these.....
  - To develop district and club
    - Country split into 3
    - South/Mixed 1/Mixed 2 – even populations?

# Offensiv Orientering

- Describes how you should orienteer in the forest and how SOFT works.
- Hold you head up
- Have a good plan and have thought ahead
- Simplify – get to the main point – don't get bogged down/distracted by the small details.
- Dare to be offensive! Do you best.
- Motivation and happiness – up to individual to drive these forward.
- Feel the flow and that you are in harmony!
- Think – what is offensive orienteering for you?



**Offensiv orientering!**

# Elite Plan

- Taken from SOFTs overall development plan.
- Splits 5 – 35s into groups.
- Note: No mention of Vets, etc.
- Child (Barn) Under 13 – “Orienteering is fun”



# Elite Plan



- Youth (Ungdom): 13 – 16 years. “I love orienteering and want to learn and train more.”

# Elite Plan

- Junior: 16 – 19 years  
– “I want to develop myself through orienteering.”



# Elite Plan



- Young Senior – “I want to find my boundaries and achieve top form.”

# Elite Plan

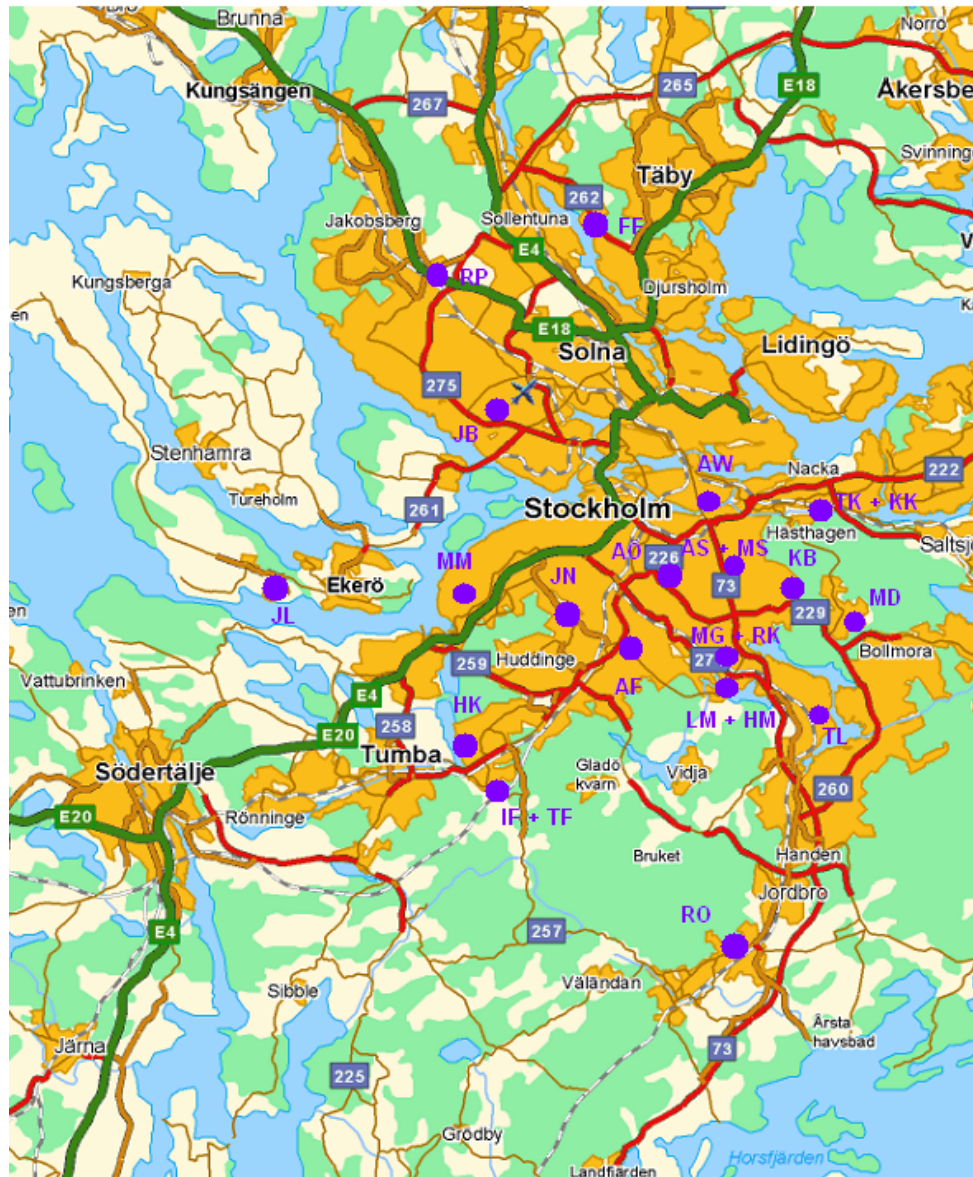


- Older Senior – I want to win WOC

# Orienteering Gymnasiums

- 16 – 19: 6<sup>th</sup> Form (3 years)
- 2 x National OLGs – Eksjo & Sandviken
- 10 x NIUs – SOFT accredited - Regional
- ? Number of Local Variants





JB = Jokim Berg  
KB = Kalle Bergman  
MD = Malin Dahlström  
IF = Ida Forsén  
TF = Tobias Forsén  
AF = Annie Forsberg  
FF = Frida Forshällen  
MG = Magnus Glännefors  
RK = Rasmus Knutmejer  
HK = Hanna Käll  
KK = Krister Kölzow  
TK = Torbjörn Kölzow  
TL = Tove Lagerberg  
JL = Joel Lenell  
HM = Helena Markstedt  
LM = Louise Markstedt  
MM = Mikael Mellberg  
JN = Jonas Nordström  
RO = Rickard Ohlsson  
RP = Rasmus Palmqvist  
AS = André Sahlsten  
MS = Minna Sahlsten  
AW = Axel Wråðhe  
AÖ = Anette Önerud

# Benefits of OLGYS

- Timetabled O: Mon am Forest, Tues pm Theory, Thurs am Strength.
- Points for school – 400pts Special Sport! (700 at Riks)
- In Stockholm, means you can stay at home. Elsewhere, relocate to go to OLGYS.
- Stockholm OLGYS complement Club Training.
- Enables you to combine studying for A-levels and train for your Sport.
- Farsta Gymnasium offers: O, Football, Handball, Innebandy, Basketball, Golf, Horse-Riding Sport!

(You can essentially have any sport – Mora has a Ski-Orienteering Gymnasium. Farsta has/is wondering about Rock-climbing and MTB)

School system is more flexible in Sweden to allow for broader studies and Dept. of Education (Skolverket) sets policy on 'Special Idrott'. 3 years helps! However, is it too 'noddy' getting credits/points for your sport?

# Strength Training Thursday: 8 – 10

## Location: Ping-pong hall!

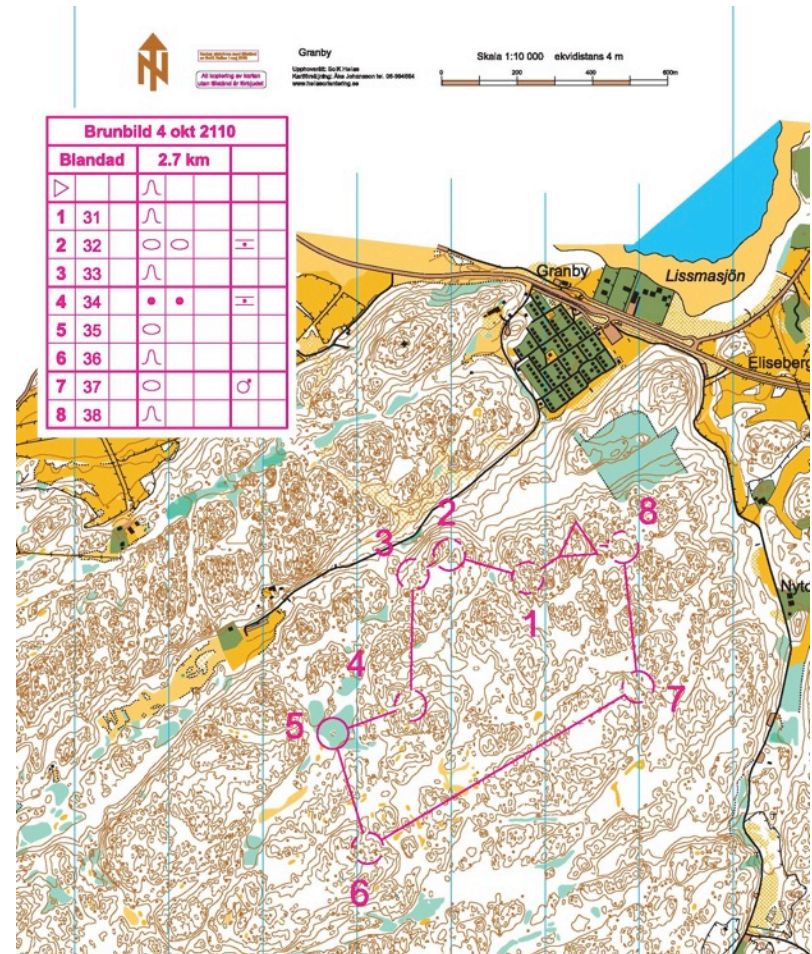


# NIU Accreditation

- 24 students – 2 staff minimum (m + f) on 100% timetable – Trained up to GTU3.
- Free access to indoor training. Health facilities & checks. Accommodation available.
- Regular following and coaching in forest and following up by 1-to-1 meetings. Personal Development plans. Evaluations. Etc.

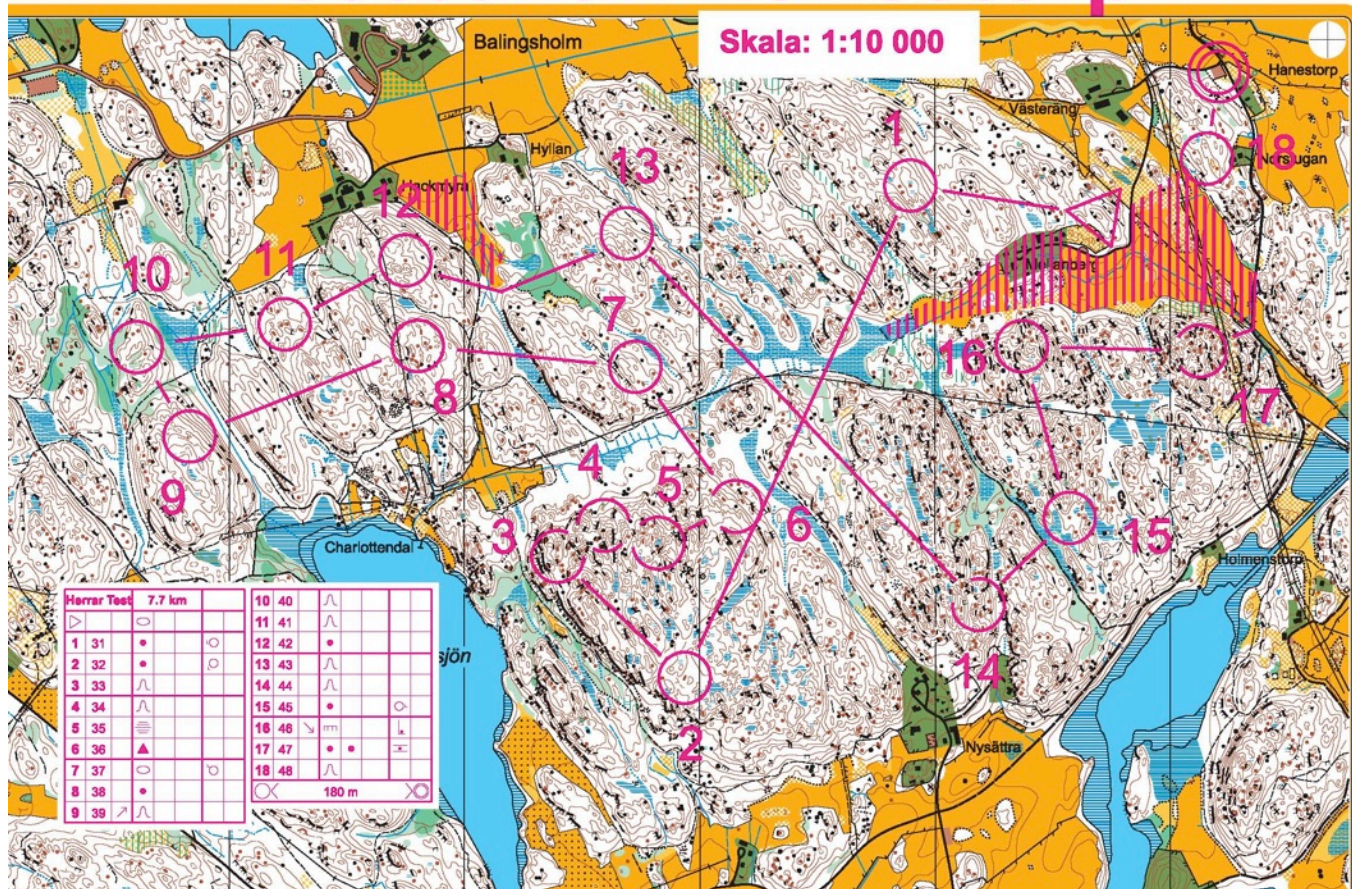
# Forest Session - Examples

- Mondays 8 – 1130
- Minibuses hired or take public transport.
- TD 4 & 5 skills focus.
- Variety of location.
- Shadowing if possible.
- Open door policy for guests.
- PM – details on website [www.farstaolgymnasium.se](http://www.farstaolgymnasium.se)
- Food after – fruit & roll.



# Test Course - Men

## Testbanan Hanestorp

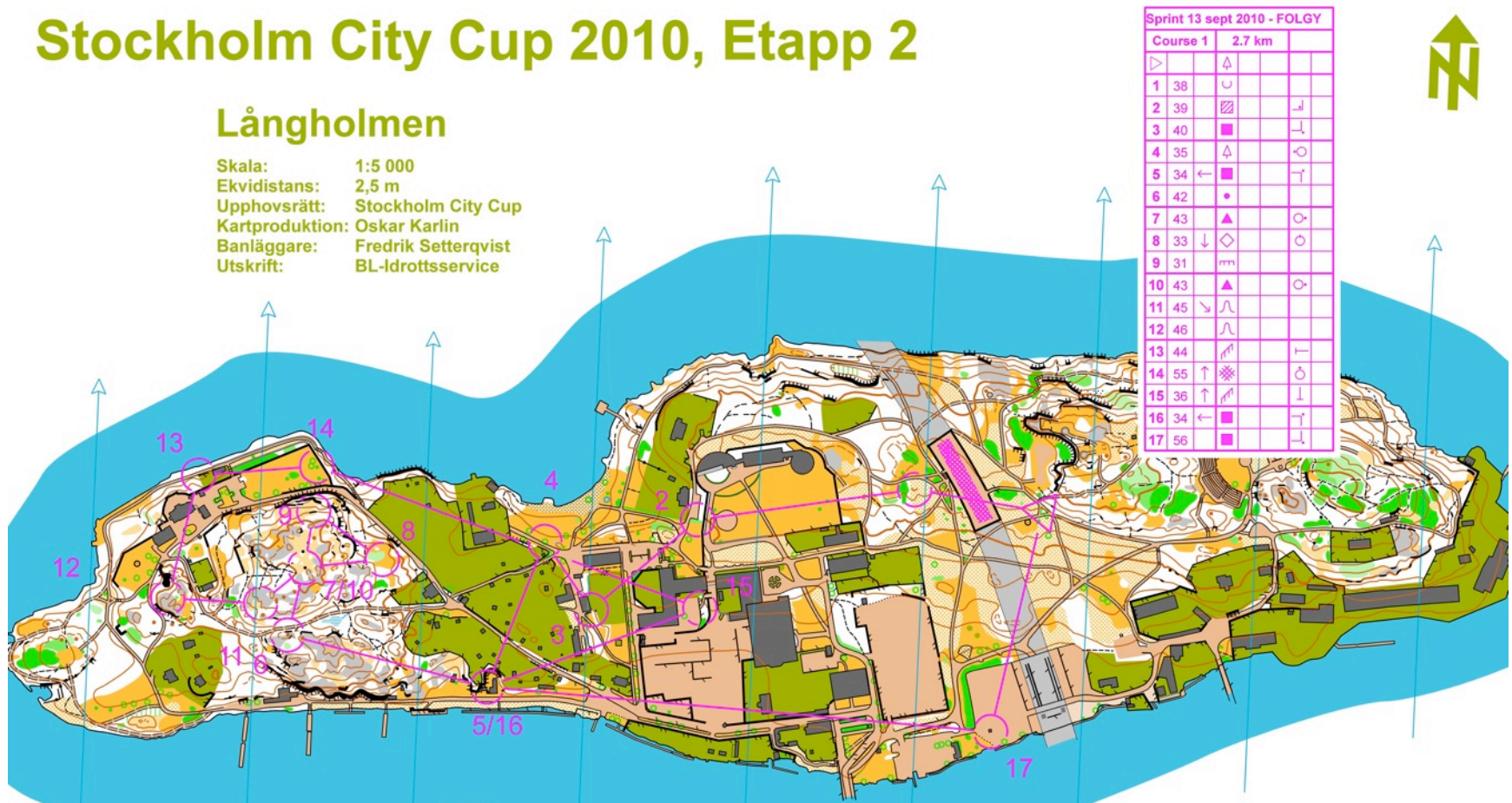


# Mondays can be Sprint training too.

## Stockholm City Cup 2010, Etapp 2

### Långholmen

Skala: 1:5 000  
Ekvidistans: 2,5 m  
Upphovsrätt: Stockholm City Cup  
Kartproduktion: Oskar Karlin  
Banläggare: Fredrik Setterqvist  
Utskrift: BL-Idrottsservice



# Naturpasset

- Like POCs but for summer: May - Sept. Controls are paper. Change every year – avoid tracking + vary challenge. Sold by club(s) at profit.
- National advertisement – SOFT pushes this for newcomers. – Enjoy being out in the forest finding controls.
- SOFT sees Naturpassat as priority to attract newcomers.
- Sponsorship from Sveaskog (Like FC) to produce map packets, and for companies too – give them ‘off the shelf’ team building exercise for eg.
- Next stage is to get them going to easy competitions and joining a club.
- SOFT focuses of recruitment and retention of children and the young through the following chain: ‘Beautiful interest’ – possibility to learn more – come to simple fun competitions – become a member in a club and ‘togetherness’

# www.hittaut.se

- A part of Naturpasset
- Started as a pilot in Jönköping & Huskvarna under 2008/2009. Local O clubs produce and hand out maps. Local sponsorship.
- First to try was Jarla in Nacka – every property got the map – heavily sponsored.
- Hittaut evenings arranged in summer using some of the posts.

# Coach Training

- SOFT has a goal of providing a complete range of Coach training from Club to Elite. Model has special focus on leadership, learning style, technical training, physical training and mental factors. Coach training is divided into 4 steps with each stage directed at a specific target group: barntränarutbildning, ungdomstränarutbildning, juniortränarutbildning och elittränarutbildning.
- **Child Coach** – contains orienteering technical ability from green to yellow level.
- **Youth Coach** – contains technical level orange to black and physical training for Youths : 16 – 19.
- **Junior Coach** – new and being piloted starting march 2011 – giving the coach tools to maximise athletes orienteering knowledge and physical abilities.
- **Elite Coach** – organised by SISU – National Sports Federation – after having done the first 3 stages, you can do this – individual – ie you do some research and present it.
- Each stage builds on the last but if you already have knowledge of the other areas, you can choose a specific training depending on who you work with in the club.
- GTU 1 & GTU 2 (New(ish)) 3 stages above to replace? & GTU 3 (Elit)
- Conferences – for everything – Elite – every year – lecture based.
- Child, Youth, Club Chairman! Mapping, Planning.....
- Coach forums – usual organised in association with a FCC, Swedish Cup/Champs. Race weekend. – Usually several hours in the evening at the weekend – expert speaker on a current topic – lead to discussion and reflection.

# Child & Youth Conference

- *Every year SOFT organised this conference with the aim of inspiring and educating leaders – for district and club leaders.*
- I år genomförs konferensen helgen den 5-6 februari i Haninge.
- **Lördag (6 februari)**
  - 11.30 Inledning
  - 12.00 Lunch
  - 13.00 Ledare för barn och ungdomar - idrottsrörelsens viktigaste uppgift.  
Föreläsare Karin Redelius, vice ordförande i Riksidrottsförbundet, och forskare och lärare inom barn och ungdom vid GIH, Stockholm.
  - 14.30-16.00 Is the Zlatan mentality on it's way into orienteering.
  - Ett pass där vi diskuterar normer och värderingar inom orientering med ett barn- och ungdomsperspektiv. Processledare Holger Björklund, coach och beteendevetare m.m.
  - 16.00 Fika
  - 16.30 Från att gå på orientering till att bli orienterare.  
Föreläsare Lena Sundqvist, Tullinge SK, är en av nyckelpersonerna som ligger bakom Tullinges fantastiska ungdomsverksamhet. Göran Hellgren, eldsjäl i OK Södertörn, en klubb som har lyckats med vuxenrekrytering.
  - 18.30 Practical outdoors
  - 20.00 Dinner
- **Söndag (7 februari)**
  - 7.30 Frukost
  - 8.30 **Skattjakten** – nytt material från Svenska Orienteringsförbundet
  - 9.00 Distriktsledarkonferens
  - 9.00 Workshop 1
  - 10.15 Fika samt utcheckning
  - 10.45 Workshop 2
  - 12.00 Lunch
  - 13.00 Våga vara den du är!  
Föreläsare Holger Björklund.
  - 14.30 Fika och avslutning
- **Valbara workshops**
  - 1. *Från ledstäng till vildmark.* Övergången från gul till orange svårighetsnivå är ofta ett stort steg att ta. Du får tips på vad du ska tänka på som banläggare och även förslag på övningar. Föreläsare är Lars Greilert som är ansvarig för utbildning på Svenska Orienteringsförbundet.
  - 2. *Äventyret i Bombmurkland.* Äventyret i Bombmurkland är ett nybörjarmaterial som passar in i klubbverksamheten. Samtidigt som barnen lockas in i äventyret får de en första träning i att förstå och använda en karta.  
Föreläsare Karin Elfving, författare till materialet och kreativ ledare i IK Jarl.
  - 3. *ORK-projektet.* ORK står för ORientering i Kristianstad och är ett samarbete mellan orienteringsföreningarna i Kristianstad. Projektet går ut på att "lyfta" orienteringsundervisningen i kommunens skolor. Föreläsare Niklas Nilsson projektledare.

# Treasure Hunt

by Nick Barrable

The following is an initiative the Swedish O Federation, in co-operation with a couple of clubs have piloted in Sweden to increase participation this summer. The concept very much appeals to me and I can imagine, as we in the UK map more and more urban areas, that there are many places in the UK where this could be done. All the houses in the area would be given a map (back on thick paper/card printed at A4, and shown here reduced). Shown here are the two sides which I have translated into English.

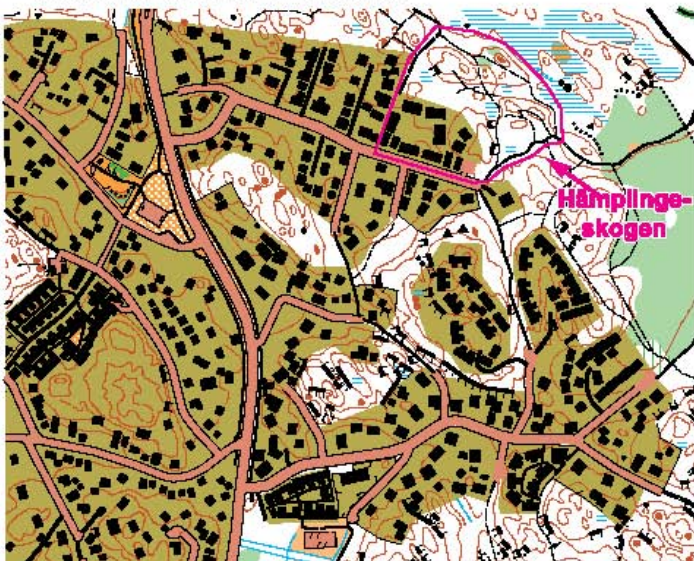
## WHERE DO YOU LIVE?

Your house is on this map - where is it? Where do your friends live?

Turn the map over and find treasure in Hämplinge Wood.

We need your answers by the X July at the latest if you want to be part of the prize lottery. The winners will be notified by mail and on the OK Ravinen website.

If you want to take part in a fun and tough sport where adventure, problem solving and friendships are involved, surf into [www.ravinen.org](http://www.ravinen.org)



Spontaneous orienteering is a project where the aim is to encourage many to discover how fun it is to use a map and play in the outdoors. The project is a pilot scheme and a partnership between the Stockholm Orienteering Club OK Ravinen and the Swedish Orienteering Federation (SÖFT). If you have any questions about the project, you are welcome to contact [carl-johan.thorell@orienteering.se](mailto:carl-johan.thorell@orienteering.se)



## Treasure Map of Hämplinge Woods

### Go on a Treasure Hunt!

On the map you are holding in your hand are a small pink crosses. At each pink cross you will find a club which consists of a letter. These letters with you or them or both, and try to find all 4 letters. Let the club and mail them to [spontaneous@orienteering.se](mailto:spontaneous@orienteering.se). You will then be put into a lottery where you have the chance to win a very cool prize worth 1000 SEK. Good luck!

You can use the map to play with your own team. Use the map to find your own treasure!

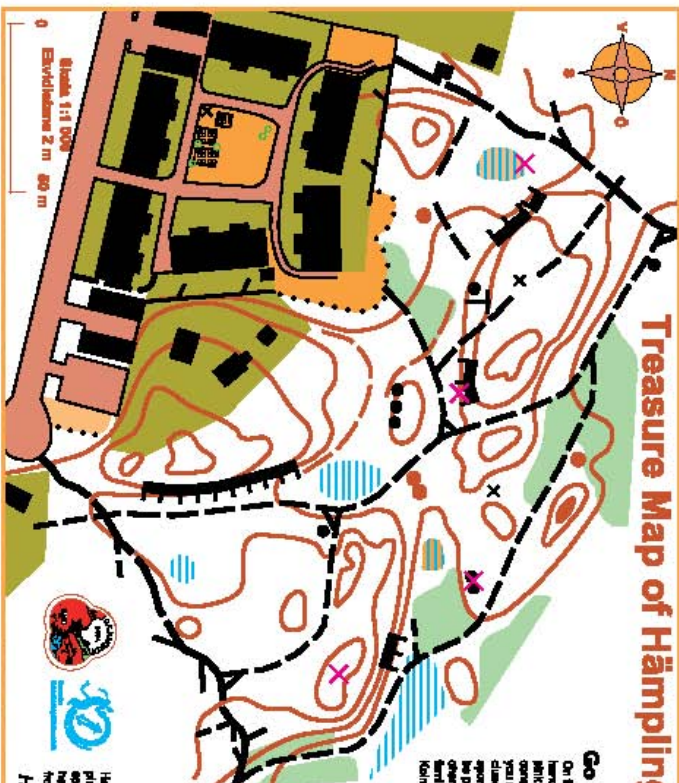
• **Like treasure for each letter.** Find the letters, mark it on the map and then find your treasure!

• **Green:** Green marks on the map will lead you to the treasure. You will find a letter and a pink cross. Use the map to find the treasure.

• **White:** White marks on the map, marking things which are not on the map. Use the map to find the treasure. Use the map to find the treasure.

Have you got other fun games you can play with a map? Mail your games to [spontaneous@orienteering.se](mailto:spontaneous@orienteering.se) and you'll have the chance to win a prize worth 1000 SEK. Good luck!

Have fun in the forest!



Treasure Hunt

# StOF

- Office in Stockholm Sports Building in Solna, N Stockholm, opposite SOFT.
- Full time employee: Lars Forsberg i/c Junior, Youth, Maps, Competitions, and anything else
- 25% Admin & Finance: Merja Bjork
- Employing another – Talent Developer
  - 50% at first. Then 100%.
  - 50%: Help with OLGYS
  - Help develop 14-15 project, provide weekly training for StOF clubs.
  - StOF been slow to develop. Big region but Strong clubs, weak Board.

# StOF activity

- 13 – 14 Project
- 15 – 16 Project
  - ~ Monthly gatherings/trips/USM training camp
- Junior Project – eg JWOC Selection race trip
- Open Camps/Talks, etc.
  - SM (Swedish Training Camp)
  - Ski Trip

# Clubs: Case Study: OK Ravinen

- 60 year old club
- Club hut 15 minutes on bus from central Stockholm - Hellasgarden
- 200 active members
- 2010 Stockholm Junior League Winners
- Demographics – cyclical – big 21 hole at mo.
- Organises major events: Summer Evening 3 Days, Spring Ranking event, MTB event (Hammarby Hill Climb), Stockholm 6hr. Rogaine, Various others, eg Night DM (District Champs.) 2011, 25 Manna every 5 years.



# NACKARESERVATET & ERSTAVIK

Framställt av Nackareservatets kartgrupp 2000, reviderad 2004

Skala 1:16 000 Ekvadras 6m

0 0,5 1km



Järla IF Orientering

Adress: Fredrikssgatan 11, 122 47 Enskede  
Telefon: 08-648 3120  
Klubbslag: Hålsjögränd, Hålsjögränd, telefon 08-716 1038 (buss)  
Upphållsplatser: Lufthuset, telefon 08-773 2312  
E-post: jif@jif.se  
www.jif.se



OK Ravinen, Nacka

Adress: c/o Bergman, Hålsjögränd 4, 121 33 Nacka  
Telefon: 08-773 40 10 (buss)  
Klubbslag: Årsta, Bergman, 08-79 32 58  
E-post: okravinen@orange.se  
www.okravinen.se



Skogsfluffans OK

Adress: Box 45, 121 21 Johanneshov  
Telefon: 08-671 70 08  
Klubbslag: Brorup, Bagarmossen, telefon 08-648 4724  
Upphållsplatser: C/o Östergården, telefon 08-648 4724  
E-post: skogsfluffans@orange.se  
www.skogsfluffans.se



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Hellas gårdsanläggning vid sjön.  
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en restaurang i hängslad  
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Nacka- och Erstaviksområdet omfattar ca 4000 hektar sammanhängande skogsmark i Erstavik i öster.

De största markägarna är Nacka stadskommun, Nacka kommun och Nacka kommun. Nacka kommun har ett stort område i Nacka- och Erstaviksområdet.

Enligt den senaste kartan från 2000 består skogen av ca 3000 hektar. Den består av olika typer av skog, bland annat tallskog, björkskog och barrskog. Skogen är viktig för miljön och för rekreationen.

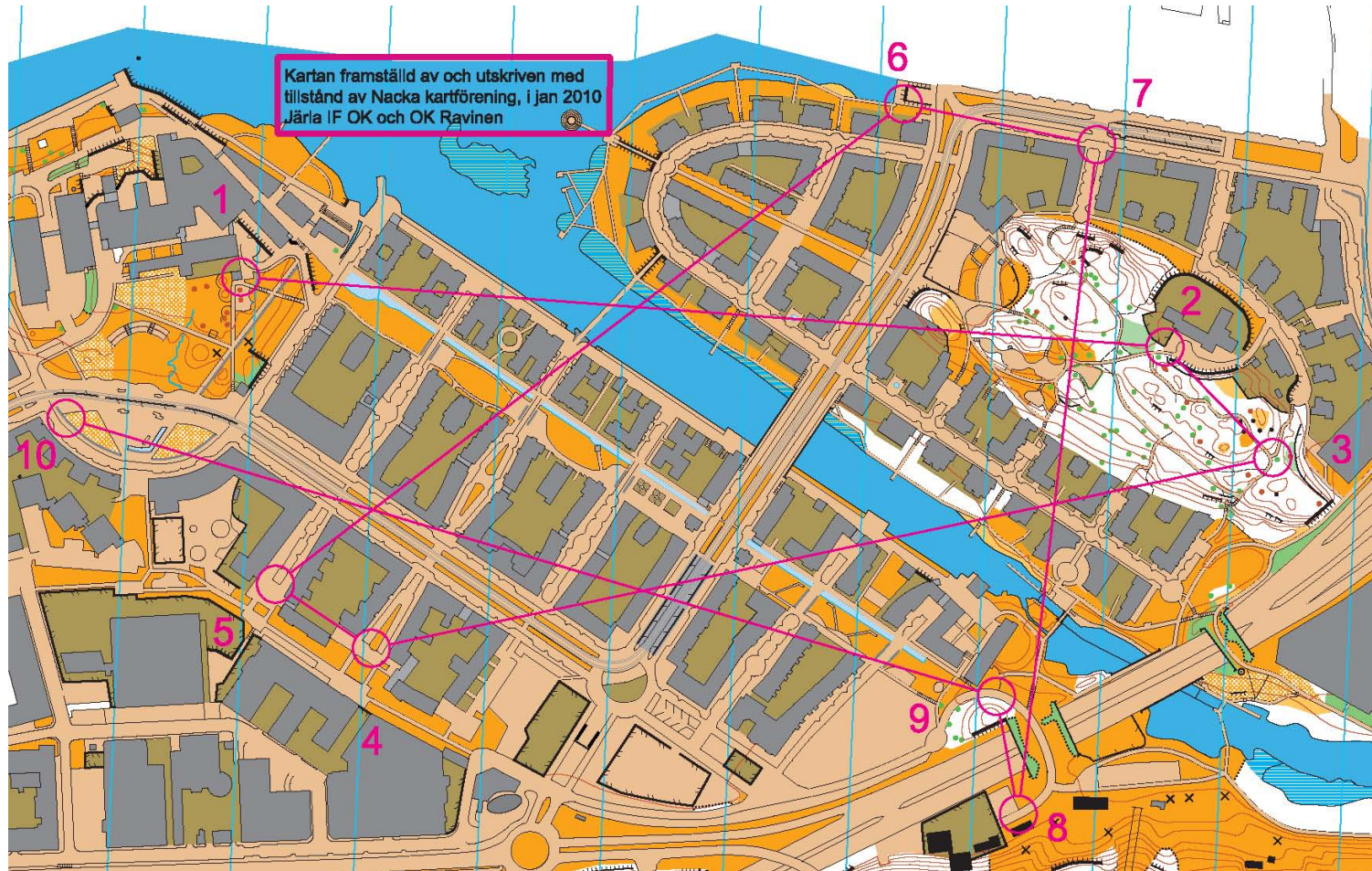
Skogen är också viktig för jakt och fågelvård. Det finns många olika arter av djur och fåglar som lever i skogen. Det är viktigt att vi ser till att skogen förhåller sig som ett naturligt landskap.

Skogen är också viktig för klimatet. Skogen binder upp koldioxid och släpper ut syre. Det är viktigt att vi ser till att skogen förhåller sig som ett naturligt landskap.

# Training in OK Ravinen.

- Training in groups – colours. White/Yellow/Orange/14-16, Over 16, Adult.
- Planned sessions from clubhut – older club members help out on a rota basis.
- Coaching committee, headed by Club Coach plans strategy. Other members plan & carry out exercises.
- Training sessions planned by Juniors too. Tuesday in winter is from a club members house – food – 25sek.
- Permissions/Risk Assessments/Access – less of an issue.
- Maps printed in house at Gunnars.
- Have to note – Hunters/embargoes.
- Some training together with other clubs but not often. New StOF employee hoped to help collaboration between clubs.
- KM – Club Championships: U/L, Long, Middle, Sprint, Night, Terrain, MTBO (first time in 2010), Skid-O, normal XC Ski.
- Klubblistan – Lots of prizes.
- Junior League

# Eg of Tuesday Winter 'Hemma hos XXXX Training: Stads- OL Intervals – Over 16s



# The End

- Sweden has lots of terrain, more O aware population – better press. Fewer restrictions on access/participation. More clubs. BUT has 9 million population, much larger country. They are on of the top nations.
- What can we learn/use/take from them? Can what they do be used in the UK – no doubt adapted for the UK O way of life?
- Good luck.

