



Falkirk Victoria Harriers



Harry Baird CTO

Background



Before CT we already had a strong club management structure including office bearers and committee.

- Office Bearers – President, Vice President, Secretary & Treasurer.
- Committee Members – Additional 8 members all with clear responsibilities (Web maintenance, premises management, club champs) and empowered to lead sub groups.

We also had:

- Good links to Primary Schools via our FPSCC League
- Good links to LA via our annual Round The Houses 10K. Also heavily involved with Scottish National CC.

These gave us strength in planning and engaging our volunteers.

Background (cont)



Immediately prior to entering the CT project we had been awarded Foundation Level accreditation, we immediately continued to work on Podium, and were the second club in Scotland to reach that level.

Other important factors were the CTO already had a very good working relationship across the whole club, and the club communicated the process of joining the project very well to its membership.

All this combined to give us an excellent starting point allowing us to be very proactive and introduce some new measures.

However like most other clubs we do realise we still have big challenges ahead.

Since June 2012



- Membership up 100%
- Qualified Coaches up 100% - mostly Assistant Coach
- League teams now running at 80% capacity - up 25% in a year.
- Number of athletes with **at least one** P10 ranking up from 68 to 102 (to date 2014)
- Satellite group launched this month. Improved LA RJT and School/Club links
- Competition database introduced to allow us to monitor all athletes and identify shortfalls. The database is protected by copyright

Consultation



During the introduction of the CT project a series of group and individual meetings were held to identify what we needed. During these the following key areas were identified.

- Apart from those athletes ranked on P10 we had no idea what level the others were at.
- Participation - we knew some athletes were not competing but needed to identify ALL and work out why.
- Unlike other sports we very rarely recognised improving performance.

So we decided to develop a competition database and a suitable volunteer was identified from our Assistance Form.

Database – How?



- We created a historical record for each of our members from P10 data and introduced ranking standards – Gold, Silver, Bronze & Developing in every event and age group and worked out their current standard.
- Weekly scans are run to import any new results which are compared against their existing records.
- Recognition emails are automatically sent to those achieving a new PB and/or a New Standard with certificates also presented to the kids at training.
- Reports are sent to coaches and team managers on a weekly basis showing ALL results.



Competition Database - Athlete Results

Run Date 21 August 2013

Note: Results shown are of those posted to the Power of 10 website. Some results may still be awaiting processing and will appear in a later report.

Coach(es) **Willie Sharp**

AthleteName	NewPB	NewStd	Date	Venue	Meeting	Ind/Out	AgeCat	Event	Position	Result	Std Level
Nicole			03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U15	75HU15W	6	00:00:15.500	Developing
Nicole	4.02	Bronze	03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U15	LJ	6	4.02	Bronze
Nicole			03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U15	Mile	7	00:06:33.600	Developing
Camer	00:00:15.900		03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U13	100	8=	00:00:15.900	Developing
Ross P	1st@U11Std	Gold	03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U11	100	3	00:00:15.000	Gold
Ross P	1st@U11Std	Gold	03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U11	200	1	00:00:29.800	Gold
Ross P	1st@U11Std	Gold	03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U11	HJ	2	1.23	Gold
Robyn	00:00:14.000	Silver	03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U15	100	5	00:00:14.000	Silver
Robyn			03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U15	300	9	00:00:51.000	Developing
Oliver			03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U11	100	8=	00:00:17.800	Developing
Oliver			03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U11	800	6	00:03:09.300	Developing
Oliver			03/08/13	Grangemouth	JSB Plumbing Forth Valle	O	U11	HJ	3	1.00	Developing

Falkirk Victoria Harriers



PERSONAL BEST



Attn: Callum D

Congratulations Callum!!

You have achieved a new PB at the event detailed below:

Date	05/10/2014
Venue	Glasgow
Meeting	Bank of Scotland Great Scottish Half Marathon
Event	HM
New PB*	01:28:33.000

* Based on your results as published on the Power of 10 website

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=658488>



Falkirk Victoria Harriers



SILVER



Attn: Allison C

Congratulations Allison!!

You have achieved Silver standard at the event detailed below:

Date	05/10/2014
Venue	Glasgow
Meeting	Bank of Scotland Great Scottish 10K
Event	10K
Result	00:46:36.000

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=528430>



General



- Any result that is sent to P10 will come back to the database.
- As with any system it depends on accuracy of input – spelling etc
- It is run by our DB Specialist, an administrator and our membership secretary, we also encourage all members to manage their P10 profiles and ensure they are up to date.
- Admin at P10 have been very supportive and helpful.
- We are about to start a pilot project by working with SAL and two other clubs to see how our system fits their clubs.

Recap



We can now monitor all our athletes and we are recognising them for improving performance – regardless of standard. However we still have to examine how to identify poor participation and areas we are weak in.

- The database also incorporates the latest business tools that allow all figures to be analysed by comparing results for any time span, age group and events.
- It splits results into categories ('leagues' and 'others') and records the same against each member. So it is possible to identify poor participation and allow us to address.
- To enhance the participation reports we can also produce reports to show unfilled league spaces in total and by event – again allowing us to take action.

Current Selections -
MemberStatus Active, Coach



Results Year Selector

1989	1992	1995	1998	2001	2004	2007	2010	2013
1990	1993	1996	1999	2002	2005	2008	2011	2014
1991	1994	1997	2000	2003	2006	2009	2012	

Search

Jan Feb Mar Apr May Jun
 Jul Aug Sep Oct Nov Dec



Last Reloaded: 30/10/2014 13:45:59

MOVEMENT

Total Number of Active Athletes [241] Total Number of Coaches [12]

Event Selector

Combi...	Field	Road	Track	XC
U11	U17	SEN	V45	
U13	U20	V35	V50	
U15	U23	V40	V55	

Female		Male	
Gold	Silver	Bronze	Developing

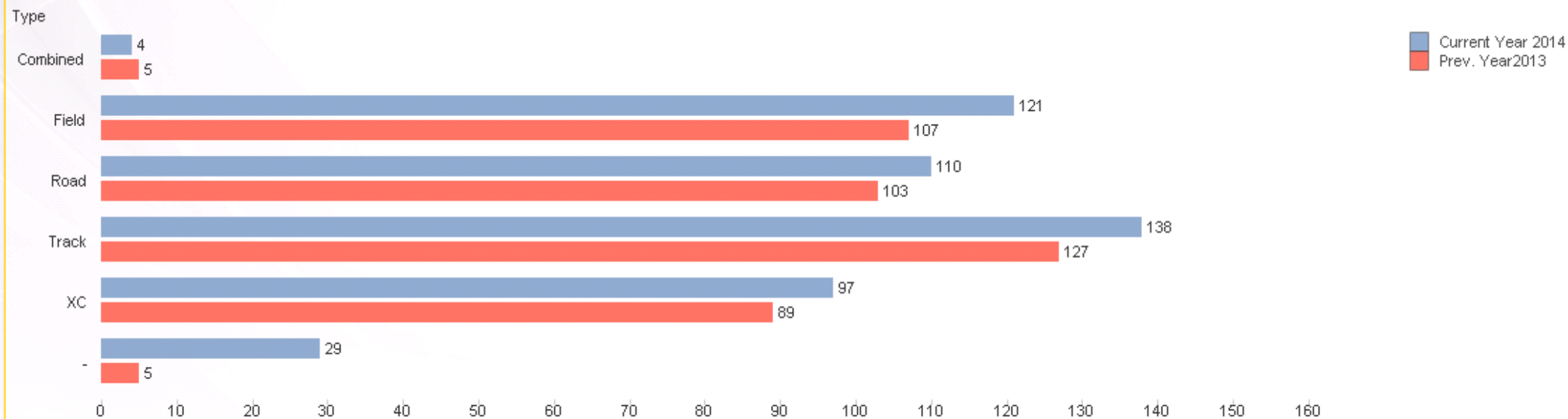
DE DECATHLON	PV POLE VAULT
DT DISCUS	SH SHOT PUTT
HE HEPTATHLON	SP SPRINT
HJ HIGH JUMP	ST STEEPLECHASE
HM HALF MARATHON	TJ TRIPLE JUMP
HT HAMMER	TR TRIATHLON
HU HURDLES	UL ULTRA
JT JAVELIN	XC CROSS COUNTRY
LJ LONG JUMP	ZF OFFROAD
LO LONG DISTANCE	ZM OFFROAD
MA MARATHON	ZR OFFROAD
MI MIDDLE DISTAN...	ZW -
PE PENTATHLON	

Indoor		Outdoor			
0.75	6.25	300	2500	4827	6758
1	7.26	400	2600	4988	6838
1.25	7.27	500	2800	5000	7000
1.5	50	600	3000	5229	7241
1.75	60	700	3200	5471	7723
2	70	800	3218	6000	8000
2.72	75	1000	3600	6114	8045
3	80	1200	3700	6115	8850
3.25	100	1500	4000	6275	9000
4	110	1609	4344	6432	9332
5	150	2000	4500	6436	9500
6	200	2253	4800	6700	9654

Non-league League

Falkirk Vics

Athlete Count By Activity



Falkirk Vics

Type	Current Year 2014	Prev. Year 2013	Variance
Combined	4	5	-1
Field	121	107	14
Road	110	103	7
Track	138	127	11
XC	97	89	8
-	29	5	24

Current Selections -

MemberStatus ● Active, Coach
 Year ● 2012, 2013



Results Year Selector 🔍

1989	1992	1995	1998	2001	2004	2007	2010	2013
1990	1993	1996	1999	2002	2005	2008	2011	2014
1991	1994	1997	2000	2003	2006	2009	2012	

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MOVEMENT

Total Number of Active Athletes [241] Total Number of Coaches [12]

Event Selector

Combi...	Field	Road	Track	XC
V75	U11	U17	SEN	
V70	U13	U20	V35	
V65	U15	U23	V40	

Female Male

Gold Silver Bronze Developing

DE DECATHLON	PV POLE VAULT
DT DISCUS	SH SHOT PUTT
HE HEPTATHLON	SP SPRINT
HJ HIGH JUMP	ST STEEPLECHASE
HM HALF MARATHON	TJ TRIPLE JUMP
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MA MARATHON	ZR OFFROAD
MI MIDDLE DISTAN...	ZW -
PE PENTATHLON	

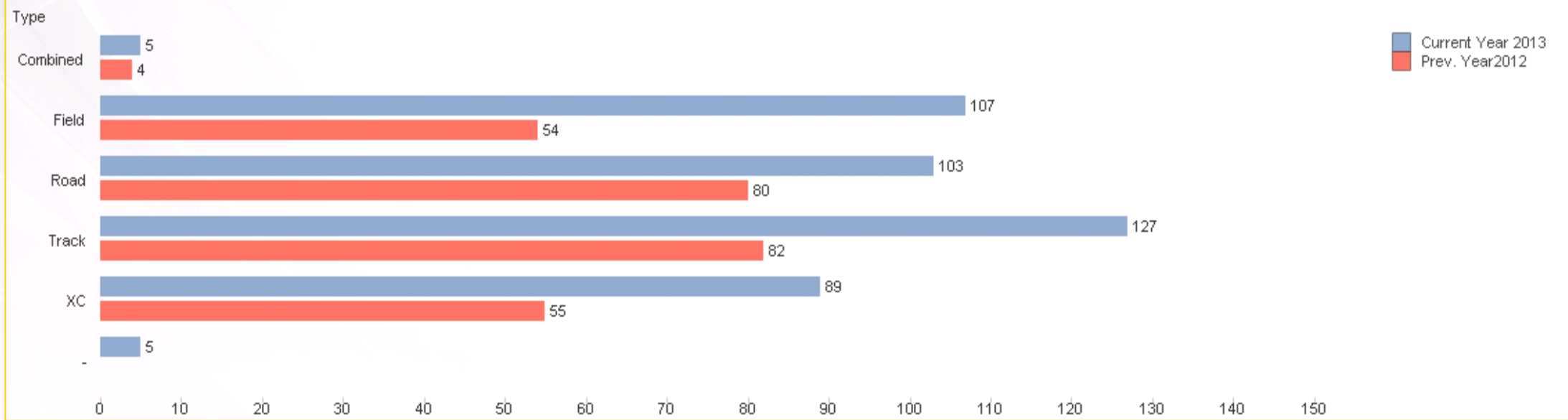
Indoor Outdoor

0.75	6.25	400	3000	6432	9654
1	7.26	600	3218	6436	10000
1.25	7.27	700	3700	6700	11263
1.5	60	800	4000	6758	12500
1.75	70	1000	4344	6838	12872
2	75	1200	4500	7000	14000
2.72	80	1500	4827	7241	15000
3	100	1609	4988	7723	16090
3.25	110	2000	5000	8045	17699
4	150	2253	5229	8850	18000
5	200	2500	6115	9000	21078
6	300	2800	6275	9332	32180

Non-league League

Falkirk Vics

Athlete Count By Activity



Falkirk Vics

Type	Current Year 2013	Prev. Year 2012	Variance
Combined	5	4	1 ●
Field	107	54	53 ●
Road	103	80	23 ●
Track	127	82	45 ●
XC	89	55	34 ●
-	5	0	5 ●

Actions



- The database confirms what many already knew, but it gives an ideal platform to measure our baseline, introduce actions and monitor improvements.
- Some actions so far:
- In-house coaching workshops to address weak events.
- Regular participation reviews at committee with formal supportive communications drafted and constitution amended.
- Improved team management structure.

Questions?