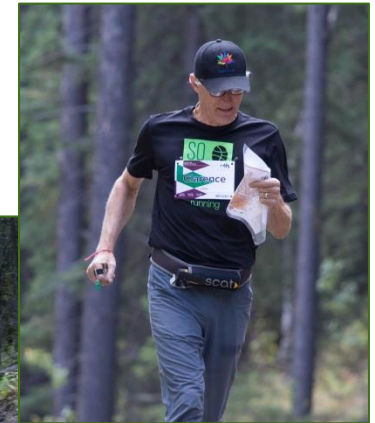


# FWOC 2017 Annual Report



# FWOC 2017 Highlights

- Spring adult training
- SOGO growth and development
- Excellent forest competitions
- FWOC at the 2017 Canadian Champs
- The 2017 Alberta Champs
- Fall Urban Sprint Series



# From the FWOC Board of Directors

This report provides highlights from our past year which reflect our priorities.

At FWOC, our work is grounded in our objectives -

- \* To provide a variety of rewarding orienteering opportunities (events and training) to the whole of our membership in a safe and environmentally mindful manner;
- \* To develop and maintain high quality maps;
- \* And to promote the sport of orienteering to all Calgarians.

We are extremely grateful to all our **staff** and **volunteers** who have helped us meet those objectives by

- \* Introducing orienteering to a range of Calgarians from 2 to 79;
- \* Hosting weekly events from April to September;
- \* Providing excellent forest competitions including the 2017 Alberta Champs;
- \* Offering training opportunities;
- \* Creating and updating maps;
- \* And supporting coach, official, athlete and Board development.



# FWOC Governance & Leadership

## 2017 Board of Directors

- \* Eduard Spelier, Past-President
- \* Mardy Roberts, Treasurer
- \* Marsha Fehr, Secretary
- \* Adrian Zissos, Junior Development
- \* Don Bayly, Mapping
- \* Mauricio Estevez, Membership
- \* Bob MacDonald, Technical Assistant
- \* Stirling McMillan, Member-at-Large

## 2017 Advisors to the Board

- \* Jean MacNaughton, AGLC Liaison
- \* Kitty Jones, AOA Liaison
- \* Janet Astle, Equipment
- \* Karen Martino, Electronics

## 2017 Committees

The Club benefited greatly from efforts and expertise of the many individuals who gave their time on the following committees:

- \* Junior Development
- \* Adult Training
- \* Events
- \* Club Coach Advisory Committee
- \* Financial
- \* Alberta Champs
- \* Communication & Promotions
- \* Competitive Development & Participation
- \* Nominations

# FWOC Board Report

FWOC Board of Directors worked to improve its governance in 3 sessions:

- \* A strategic planning day.
- \* An evening workshop with Propellus (Volunteer Centre).
- \* A BDP weekend workshop on Board Governance.

FWOC provided a range of excellent **orienteering opportunities**:

- \* An 8-week spring adult training program
- \* Spring & fall SOGO programs around the city
- \* 16 Weekly Wednesday night events
- \* 3 Intro Clinics
- \* World Orienteering Day
- \* 2 Navigation 101 & a Nav 201 Programs
- \* A 10-week Fall Urban Sprint Series
- \* 3 Forest events
- \* The 2017 Alberta Orienteering Championships



Adult training



SOGO



The Elbow Bluffs crew

# Celebrating Achievements

Congratulations to the 21 members of FWOC who participated, podiumed or volunteered at the 2017 Canadians.



2017 Canadian Orienteering Championships	
Sprint Results	
M12 - Gavan 1st	F20E - Emma 3rd (2nd CDN)
M14 - Ewan 1st, Michael 6th	F21E - Tori 4th (3rd CDN)
M16 - James 5th	F45 - Phillipa 11th
M20A - Avery 7th	F55 - Marion 1st, Kitty 4th
M21E - Damian 1st, Stirling 16th	
M45 - Jonathan 11th, David 13th	
M55 - Don 8th	
Long Results	
M12 - Gavan 2nd	F20E - Emma 3rd (2nd CDN)
M14 - Ewan 2nd, Michael 7th	F21E - Tori 7th
M16 - James 4th (3rd CDN)	F45 - Charlotte 11th, Phillipa 15th
M21E - Damian 1st, Michael K 13th	F55 - Kitty 1st, Marion 3rd, Anne C 20th
M45 - David 13th	
M55 - Don 19th	
Open 6 - Stirling 1st	
Middle Results	
M12 - Gavan 2nd	F20E - Emma 5th (3rd CDN)
M14 - Ewan 2nd, Michael 7th	F21E - Tori 3rd (2nd CDN)
M16 - James 3rd (2nd CDN)	F45 - Teresa 4th (2nd CDN), Charlotte 15th, Phillipa 20th
M20A - Avery 6th	F55 - Kitty 1st, Marion 3rd, Anne 22nd
M21E - Damian 3rd (2nd CDN), Michael K 23rd	
M45 - David 17th	
M55 - Don 29th	
Open 6 - Stirling 2nd	



# 2017 Alberta Champs



FWOC hosted a successful 2017 Alberta Champs with 114 participants - despite a bear closure that wasn't lifted till the week of the event! We hope to drag a few more Edmontonians down to Calgary next time as we only had 22 orienteers from EIOC! Thanks to the tremendous work of our volunteers:

- \* Karen Martino, Meet Director
- \* Marion Owen, Sprint Course Planner
- \* Adrian Zissos, Middle Course Planner
- \* Jane & Kitty, Long Course Planners
- \* John Rance (GVOC) Controller
- \* Phillippa & Kurt, Start Chiefs
- \* Gabrielle & Christin, Safety Chiefs
- \* Clarence & Don B, Site Crew
- \* Marsha Fehr, Registrar
- \* The Winn Family, Timing

Of course there were many, many other volunteers who helped start, marshal, vet, pick up controls, take down the arenas and clean up. Thank you to all of you.



# FWOC Treasurer's Report

## Balance Sheet

The current FWOC Balance Sheet shows that we have assets as follows:

Chequing Account	\$59,000
Savings & GICs	\$87,000
Casino Account	\$7,000
*Total current assets	\$153,000

Our Profit and Loss statement for the year end (October 31) shows a modest profit of \$4900. This, however, reflects the fact that our junior program income is all paid “up front” and our expenses—the largest of which is salaries—will continue to draw from those funds.

## Highlights:

- \* FWOC casino in August; anticipate receiving those funds in November.
- \* New accounting software: change from Quicken to QuickBooks, which has been a bit of a challenge in moving the data to the new format.

## Forecast:

At the present time our financial situation continues to be healthy, and with the anticipation of casino funds and the continued growth of SOGO, we are cautiously optimistic about our future finances.

\*This financial situation does not include an estimate for 2017 casino income.



# FWOC Committee Reports

**Promotions and Communications** reached out through

- \* the website,
- \* Facebook,
- \* the newly introduced monthly FWOC Newsletter, &
- \* Trails Fest 2017 (41 participants running on maps at the Canmore Nordic Centre).

## The **Mapping Committee**

- \* Hosted a mapping Clinic in Calgary. (Don)
- \* Updated Bowness, North Glenmore and Bowmont maps. (Teresa, Michael & Don)
- \* Created a new map for SOGO - Shaganappi Park. (Teresa)
- \* Completed Survey of Barrier Lake Forestry Trails (Bryan Chubb).
- \* Acquired new LIDAR for Elbow Bluffs up to West Bragg Creek.

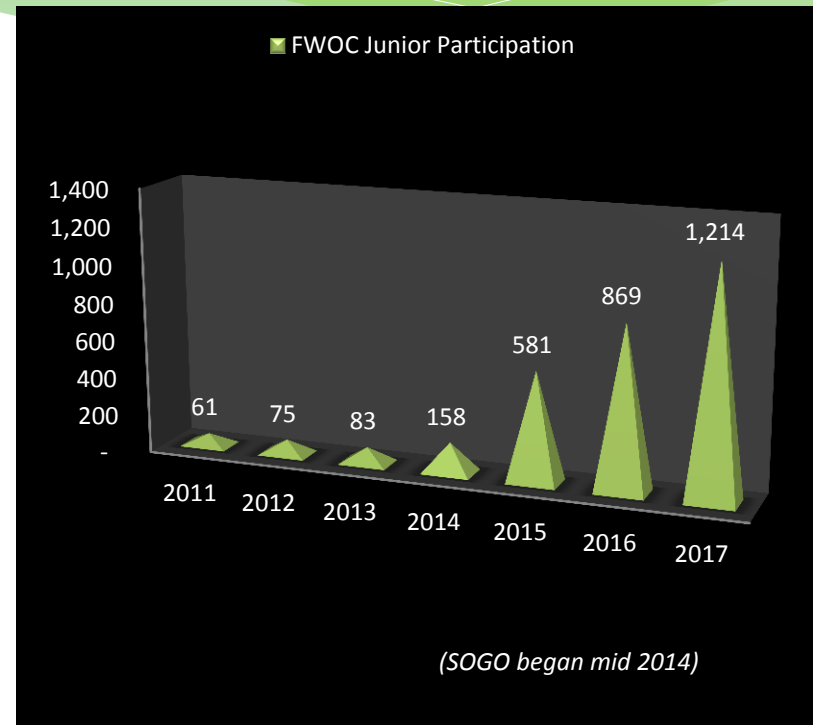


# FWOC Junior Development Report

## SOGO Adventure Running program

Getting kids outdoors & active.

- \* High quality content & delivery & branding
- \* Appealing to parents
- \* Fun for kids
- \* Generating “buzz” around town
- \* Which all leads to...
  - \* continued rapid growth!
  - \* continued growing pains!
- \* Based on the four pillars of orienteering:
  - \* speed,
  - \* endurance,
  - \* strength & agility,
  - \* navigation



# FWOC Junior Development 2

## Current programming & registration

Program	Spring	Fall	Theme	Goal
SOGO Squirts	170	93	Getting little athletes going	Fundamental movement skills
SOGO Level 1	443	309	The basics start anytime	OC Course 1 (the new one)
SOGO Level 2	66	64	Serious about running & route finding	OC Course 2
SOGO Level 3	10	9	Performance training	OC Courses 3 & up
SOGO Access*		27	Integrated program – 23 in the Fall Segregated program – 4 in the Fall	
SOGO @School		320	Growing. Several unsolicited requests	Grassroots expansion
SOGO Events			Fun activities to bring SOGO families together and build community	Fun Run, Spook-O More in 2018: <ul style="list-style-type: none"> <li>• Training camp (Spring, with club/AOA)</li> <li>• 2 X “End of season” runs</li> </ul>

\* **SOGO Access** offers two streams:

1. **Segregated Program** - Tuesdays at 6:30 at South Central Locations. This program is for kids who cannot register in the regular SOGO stream, this could be due to physical, mental or behavioural deficiencies. An example could be a child in a wheel chair, kids with Down’s syndrome, low functioning Autism, blindness etc.
2. **Integrated Program** - Is offered at all SOGO hours. The integrated program offers support for anyone who has highlighted their child has medical or behavioural needs that can be met in the regular SOGO programs. An example could be kids with hearing impairments, Tourette syndrome, visual impairments, high functioning Autism etc.

# FWOC Junior Development 3

## Budget

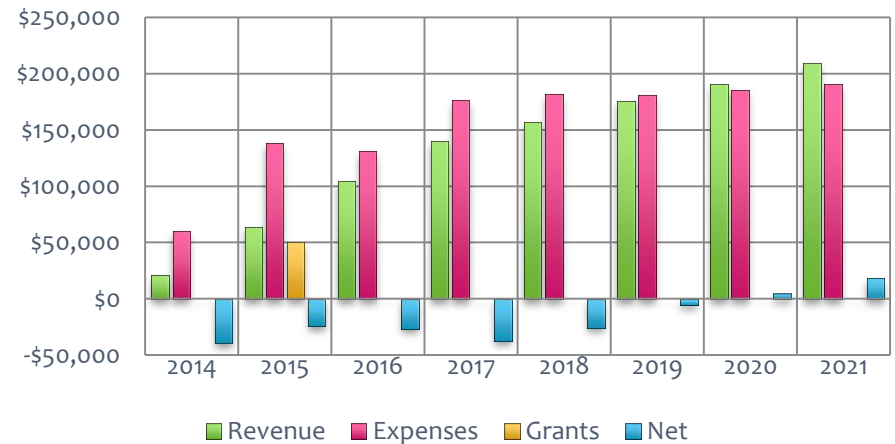
- \* Strategic planning & updated budget will be prepared after the end of this season
- \* Aim to break-even within three years

## Current forecast

- \* The current working budget (from 2016) shows operational profit/loss (including historical grants, but not including casino funding, future grants, sponsorships, or other outside support).
- \* Preliminary figures show that we are close to 2016 budget numbers

## Current stress points

- \* More equipment required to enable program expansion & get salary efficiency
- \* Make attractive full time position(s) to build stability
- \* More evenly distribute non-program hours (admin, marketing, liaison, etc)



(for comparison, in 2013 the JDP had a net operational loss of - \$36,500)

# FWOC Junior Development 4

## Future plans

- **Stabilize**
  - Fill existing Level 1 & Level 2 hours
  - Increase Level 3 participation
  - Stabilize staff
- **Controlled growth**
  - SOGO @School pilot
  - SOGO Squirts expansions
  - More SOGO Events

## SOGO Team

Growing, strengthening, becoming more resilient...

- \* Staff
  - \* Deanne
  - \* Lenora
  - \* David/Clarence/Gabrielle
  - \* Chandra/Kimberly
  - \* Bridie
  - \* Youth coaches (Ben, Anna, Nicole / others)
- \* Volunteer parent coaches
  - \* approx. 100 each session.
  - \* Requires lots of training, lots of coordination.
- \* Volunteer club coaches
- \* Junior Committee: Adrian Zissos, Nicki Rhen, Jean MacNaughton, David Roberts



# FWOC Membership Report

## By the Numbers:

- \* 312 Regular members
  - \* 160 female -- 120 adult
  - \* 152 male -- 101 adult
- \* 952 SOGO Members (2-16 years old)
  - \* 425 – female
  - \* 527 – male
- \* 29 World Orienteering Day (day) members
  - \* 17 females
  - \* 12 males

## Current efforts:

- \* Working on identifying a better system to register members that will allow digital on-site (at event) registration.
- \* Revising membership structure.

# FWOC – Into the future

## Building, Growing ...

- \* Refining the Mission, Vision and Strategic Plan of the club. (Align with those of Orienteering Canada and the AOA.)
- \* Reviewing 5 year plan for major events.
- \* On going work with Alberta Parks.
- \* Continuing expansion & development of SOGO program.
- \* Expanding our volunteer base.
- \* Continued certification of coaches.
- \* Continued development of officials.

Eduard	Karen	Adrian	Kitty	Mardy	Don B	Joyce	Stirling
Marion	Danielle	Marsha	Clarence	Gabrielle	Bob	Lena	Alice
Mauricio	Jane	Christin	David	Teresa	Jonathan	Bogi	Tori
Karen D	Robert	Jean	Michael S	John S	David C	Tyson	Lenka
David R	Andree	Karin	Mark	Robyn	Justin	Kylie	Dan C
Robin M	Paul C	Kelli	Drew	Doug	Elizabeth	Linda	

**Thank you** to the volunteers who make FWOC & orienteering possible.

Alix	Darcie	Serene C	Oleg	Emma	Kurt	Finley	
Phillippa	Jim	Janet	Kim	Gavan	Charlotte	Ben	Melissa
Don M	Vital	Kourtney	Margaret	Paul R	Ewan	Isaac	
Vicki	Tamara	Brian	Nicki	Magali	Flora	Bridie	Scott
Quentin	Soma	Gabor	Lindsay	Carla	Lizie	John	Damian
Rosemary	Carl	Rosie	Karl	Avery	James	Deanne	
Barbara	Petr	Laura	Marcus	Christina	David P	Lena	