

SOA VOLUNTEERS' WEEKEND 13-15 May

THROUGHOUT THE WEEKEND

- games, jigsaws and magazines in the bar area
- 2 quizzes, each with great prizes to be won
- Controllers' conundrums – set by Colin Matheson (small prize up for grabs)
- mental ideas – how your brain affects your orienteering – share your ideas and steal from others
- Trail-O set by Roger Scrutton
- “What would you do if...” scenarios – add your thoughts to the posters!
- visit the famous Cairngorm Reindeer Herd – 20% off paddock visits and hill trips (cute young calves on view!)
- samples of Alba Chocolate available for tasting

Although we hope you'll learn a lot over the weekend, our aim throughout is to keep everything relaxed and low-key. Please remember the session facilitator does not necessarily claim particular expertise!

Pre-amblers meet at duckpond: 12:30 for hill run, 14:30 for wild swim. Showers available.

FRIDAY AFTERNOON
<p>Great Coaching Ideas Exchange Facilitator: Mehmet Karatay</p> <p>15:00 – 16:30</p> <p>Cairngorm Room</p> <p><i>Participants to bring a great session that we might not be familiar with; we will do some of them, talk through others.</i></p>
<p>Child Protection Chat/Update Hilary Quick</p> <p>17:00 – 17:30 approx.</p> <p>Bar area</p> <p><i>Topics will include consideration of photo consents.</i></p>

Bar suppers (at own expense) available in the bar from 17:00 until 21:00.

FRIDAY EVENING
<p>Night O</p> <p>starts from 21:00 (sunset 21:30)</p> <p>technically quite easy but when it's dark it's very dark</p> <p>Start & Finish in Stores area. USE THE SIGN-OUT SHEETS and make sure you sign back in on return!</p> <p><i>Low-tech punching as BASOC's SI kit will be in use elsewhere.</i></p> <p>BRING HEADTORCH!</p>
<p>Physical Literacy, Growth & Maturation Lynne Walker</p> <p>18:30 – 21:00 approx.</p> <p>CISTE ROOM</p> <p><i>Active session – expect to move about a bit. If possible bring smartphone or tablet to download useful app.</i></p>
<p>Course Planning workshop Hilary Quick</p> <p>18:30 – 21:30 approx.</p> <p>MORLICH ROOM</p> <p><i>This session focuses on the technicalities and practicalities of course planning; use of Condes is a separate session.</i></p>
<p>Current & Future Role of SOA Q&A with President Roger Scrutton</p> <p>18:30 onwards</p> <p>CAIRNGORM ROOM</p> <p><i>A great opportunity to discuss where the SOA is going, and to meet the recently appointed Chief Operating Officer, Stef Lauer.</i></p>

Bar remains open pretty well for as long as you want it....

BREAKFAST 07:45 – 08:30

SATURDAY MORNING
<p>Family coaching sessions to increase membership</p> <p>Johannes Felter</p> <p>09:00 – 10:30</p> <p>CAIRNGORM ROOM</p> <p><i>late addition to timetable – more people welcome!</i></p>
<p>Fundraising workshop</p> <p>Karen Derrick (Volunteer Action Badenoch & Strathspey)</p> <p>10:30 – 12:15</p> <p>CAIRNGORM ROOM</p> <p><i>Karen imparts lots of useful stuff in a friendly and effective manner. More people welcome!</i></p>
<p>SI/Autodownload beyond the basics</p> <p>informal DIY experiential learning</p> <p>09:00 – whenever</p> <p>CISTE ROOM</p>
<p>OCAD for club mappers</p> <p>Jon Musgrave</p> <p>10:30 – 15:00 with lunch break</p> <p>MORLICH ROOM</p> <p>Full</p> <p><i>If possible, bring laptop with OCAD v. 10, 11 or 12 installed.</i></p>

12:30 LUNCH is served in the cafeteria

SATURDAY AFTERNOON
<p>OCAD for club mappers</p> <p>detail as above</p>
<p>TD4/5 orienteering Loch Vaa coaching optional</p> <p>Roger Scrutton with Mehmet Karatay, Johannes Felter</p> <p>depart 13:00 ready to start at 13:30</p> <p><i>Drive to Boat of Garten, then at the Boat Hotel head south down Kinchurdy Road , continue onto track and park at The Yard – gridref. NH926173</i> <i>Although not elevated, this area can be quite exposed to SW wind. Take warm clothing!</i></p>
<p>Social media – how clubs/SOA can/might use it Andy Paterson & Sarah Hobbs</p> <p>13:00 – 15:00 (latest)</p> <p>CAIRNGORM ROOM</p> <p><i>Topics will include Mailchimp, Twitter, Facebook and use of photos.</i> <i>If you have specific questions please e-mail them to Hilary beforehand.</i></p>
<p>Roller-ski-ing (£5/hour – <i>please pay cash on arrival</i>)</p> <p>first group start 14:00</p> <p>second start 15:15</p> <p>Meet at Reception – coaches are Catriona and Vicky, from Cairngorm Biathlon Club.</p> <p><i>Bring cycle helmet if you have one.</i></p>

16:15 Tea and cake available in cafeteria

18:00 Dinner served in cafeteria

SATURDAY EVENING

Club O in Norway

what ideas can we steal/adapt?

Sarah Dunn

19:00 – whenever

Ciste Room/bar area extension

Night O

starts from 21:00

(sunset 21:30)

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Low-tech punching as BASOC's SI kit will be in use elsewhere.

BRING HEADTORCH!

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Breakfast 07:45 – 08:30

Please empty your bedrooms before 10:00

<p>SUNDAY MORNING</p> <p>Talent – how to identify and nurture it in clubs</p> <p>Facilitator: Suzanne Robins-Bird</p> <p>09:00 – 12:00</p> <p>CAIRNGORM ROOM</p>
<p>Condes workshop</p> <p>Hilary Quick</p> <p>09:00 – 12:00</p> <p>MORLICH ROOM</p> <p><i>If possible, bring laptop with Condes v.9 installed (v.8 is OK).</i></p>
<p>Strength & Conditioning</p> <p>O-focussed practical session</p> <p>Giles Trussell & Jenny Clarke</p> <p>09:00 – 12:00</p> <p>GYM</p> <p><i>Wear appropriate clothing and layers – the gym can be quite cool.</i></p> <p>Full</p>
<p>SUNDAY AFTERNOON</p> <p>Fun Team Event for ALL</p> <p>Mass start team score event with prizes of CompassPoint vouchers for the winning team!</p> <p>Depart Glenmore at 13:30, changed, ready for mass start at 14:00.</p> <p>Remember to take your SI dibber if you have one.</p> <p>Go up to main ski car park at top of ski road, gridref. NH989061.</p> <p>The area is elevated and quite exposed – wear sufficient clothing!</p> <p>Showers available at Lodge.</p> <p>Prize-giving over tea & cake in cafeteria at 16:15.</p>