

SOA Volunteers' Activity Weekend

Room->	Outdoors/Gym/Stores lobby	Morlich	Macdui	Ciste	Lecture Theatre	Cairngorm
FRIDAY 27 September						
12:30	hill run (showers available); rooms available for check in from 15:00					
	bar meals available 5:00 - 8:50 pm at own expense					
19:00 - 21:00	P1: night O (1 hour Score) C1: de-brief night O runners		T1(a): use of SI	C5: OCAD for training maps		R1: Grade C Controllers' course - part 1 of 3
SATURDAY 28 September						
07:00	morning run					
07:30 -08:30	breakfast					
09:00	P3: TD1-3 orienteering	C3: TD1-3 coaching of adults and juniors	T1(b) use of SI additional bits	T5: OCAD for club orienteers	O1: Organisers' workshop	
12:30 lunch		C6: Coaching foundation course				
13:00	P4: TD4/5 orienteering	C4: TD4/5 coaching	T2: course planning workshop		O2: Social media, BOF fixture list and other publicity	
16:15 ish	tea and cake					
16:30 - 18:30	rollerski coaching (1 hr)		R2: Discussion: 2 hot topics	O3: Child protection/ safeguarding	O2: publicity cont/repeat	R1 - part 2 of 3
18:30 - 19:30	dinner					
evening (19:30 - 22:00 approx.)	P2: night O (1 hour Score) optionally with GPS loggers	P5: electronics for athletes and coaches - Quickroute, 2D rerun, GPS analysis	O4: WOC 2015	T3: Purple pen, OCAD etc. for course planning		
and later	bar remains open until late					
SUNDAY 29 September						
07:00	morning run					
07:30 -08:30	breakfast					
09:00	VACATE ROOMS BY 10:00					
	A1: strength & conditioning workshop	A2: Mind techniques for orienteers	T6: Trail O	T4: Condes workshop		R1 - part 3 of 3
12:30 - 13:30	lunch					
13:00	A1R: strength & conditioning workshop repeat	fun relay				
14:30						
16:15 ish	tea and cake					
16:30	depart					