

Session outlines

Notes:

1. Tutors/facilitators have been chosen not just for their in-depth knowledge of the subject, but for their tutoring style which we hope will result in highly enjoyable, informative and practical learning sessions for you.
2. All tutors/facilitators will be around for the full weekend, so you can continue discussions with them beyond the formal sessions. Scribbles on flipcharts will remain in rooms for others to peruse, and notes will be widely available afterwards.
3. Please bring your usual O kit (including compass), and headtorch if you're intending to do the Night-O. We hope everyone will take part in the relay on Sunday afternoon.

P1&2 Night O

Score event at Glenmore – the area has lots of paths, bits of nice runnable forest and some steep, forested slopes. Have a run and get some coaching. If you want, do it both nights and try to improve second time round! Bring your own headtorch.

P3&4 Daytime O

Use some of the brilliant Speyside forests for some training, be coached if you wish (any standard). Coaches will want constructive feedback. Bring your own compass and be prepared to share transport.

P5 Use of electronics including GPS, Routegadget, QuickRoute and 2D Re-Run

Go beyond the basics of a GPS watch, and see what other tools are available on the internet to analyse your runs. (combines with A3)

Facilitator: Paul Frost

C1&2, C3&4 Coaching – Night and/or Day

Coaches please select your session according to the standard you wish to coach at. We'd like you to invite feedback so it's a learning experience for you as well as for the athletes. Each session will have a lead coach to co-ordinate things. You will have the option of using pre-planned exercises or planning your own.

C5 Use of OCAD to tweak maps for coaching activities

Learn how to use OCAD to adjust maps to make really effective coaching activities – create contour only maps, corridors, windows, circular maps with no North lines, and lots of other cunning ideas. Be prepared to share your ideas too!

Tutor: Lynne Walker

C6 Coaching Foundation Course

This 6-hour session will give a rapid introduction to HOW TO coach orienteering, and is specifically for experienced orienteers. It will be a highly active and interactive double session, mostly conducted outdoors. After satisfactory completion of this course, participants may, if they wish, go on to complete the UKCC Level 1 qualification in just 2 days instead of the usual 3.

Tutor: Hilary Quick

T1(a) and T1(b) SI Workshops

These are slightly condensed versions of the workshops run earlier this year; in part (a) we will cover use of SI at small events, different types of control units, essential software; part (b) will look at some of the additional issues with major events: networking, commentary, radio controls, multi-event options and relay events. If time permits, we will also look at exchanging data with entry systems and sending results to Winsplits, RouteGadget, BOF etc.. Part (b) assumes familiarity with topics covered in part (a). Attend either or both as appropriate to you.

Tutor: Robin Strain

T2 Course Planning Workshop

Many course planners simply learn from events that they attend, but that's not really the best way to do it! This workshop will introduce you to the important stuff that you need to comply with, and David will show you how to produce courses that are satisfying for you as well as for your participants. Please note use of Condes is covered in a separate workshop.

Tutors: David Summers

T3 Use of OCAD and PurplePen for course planning

Learn why you might on occasions want to use something other than Condes.... Please bring a laptop. NB the timing of this session has been changed (now late Saturday p.m.).

Tutor tbc

T4 Condes Workshop

Despite the paragraph above, Condes is surely The Business when it comes to course planning. This workshop will take you through the basics and on to some very sophisticated stuff. If at all possible, please bring a laptop with Condes installed.

Tutor: Hilary Quick

T5 OCAD for club mappers

Jon will give a brief (relatively!) session on how to use OCAD to update maps and to create maps of simple areas. If possible, please bring a laptop with OCAD installed – the free demo version will be sufficient. This is a full day session – still brief in OCAD terms!

Tutor: Jon Musgrave

T6 Trail-O: what, why and how

A practical introduction to competing in TrailO and the practicalities and considerations in course planning, either as a training exercise or in combination with a foot O event.

Workshop leaders: Anne Hickling, Roger Scrutton

A1 Strength and Conditioning for orienteers and coaches

We're delighted to have secured the services of a respected S&C (Strength & Conditioning) Coach, to show how S&C can improve your physical capabilities, help you avoid injury and remain active in the sport. We will use weights and do plyometrics. Highly recommended, potentially life-changing! Bring trainers for use in gym.

Tutor: Mark Murray

A2 Mind Techniques for Orienteers

Is your 'behaviour' holding you back? Discuss some techniques about getting these fundamentals right so that your brain is in the best state to exploit the fitness in your legs. Lynne shares the applied learning from a highly respected course.

Tutor: Lynne Walker

A3 Use of electronics including GPS, Routegadget, QuickRoute and 2D Re-Run

Go beyond the basics of a GPS watch, and see what other tools are available on the internet to analyse your own runs and those of athletes you are coaching. Combines with P5.

Facilitator: Paul Frost

O1 Event Organisers' Workshop

Novice organisers are invited to avoid the “dropped in at the deep end” feeling by learning what’s required first and how to go about it without losing all your hair and all your friends.

Tutor: Lynne Walker

O2 Publicity: social media, BOF fixture list and other approaches

How to make the most of social media and the BOF fixture list to publicise your event and your club’s activities.

Facilitators: Paul Caban and Paul Frost plus guest speaker Laurie Piper, Communications Manager with Highlife Highland

O3 Child Protection/Safeguarding workshop and discussion

Free-ranging discussion for Club Child Protection Officers and anyone else interested in child protection issues. No prior knowledge required; this orienteering-specific session will cover possible situations, PVG questions and anything else that you want to discuss.

Facilitator: Hilary Quick

O4 WOC 2015: plans, opportunities & implications, manpower/volunteering

Wide-ranging discussion opportunity covering various aspects of WOC 2015. As well as wanting simply to meet local orienteers, Linda is keen to update you on progress, share her ideas with you and to hear your comments, questions and suggestions regarding manpower for the 2015 World Championships.

Facilitators: Hilary Quick and Linda Cairns, WOC 2015 Volunteering Manager

R1 Grade C Controllers' course

The standard course required for anyone wishing to become a controller, this is a highly practical course, good for your own technical knowledge and a great way to contribute to the ongoing healthy functioning of the sport. Please note that this will be run in 3 parts and you must attend all 3.

Tutor: Rob Hickling

R2 Controllers' and Planners' Discussion session

Discussion intended for qualified controllers and experienced planners, to cover 2 main themes:

- possible quality control scheme
- how to draw younger controllers in

NB the timing of this session has been changed (now late Saturday p.m.)

Facilitator: Rob Hickling