

Volunteers' Weekend provisional timetable version 10 – updated 6 April 2016

	Coach CPD	Organiser/club officials	Mapper/Planner	Physical	Misc.	Plenary
FRIDAY						
12:30 - ? 14:30 - ?				hill run swim in Loch Morlich		
15:30 – 17:00	Great coaching ideas exchange					
17:00 – ?					Child Protection update/ Q&A - Hilary Quick	
18:30 – 21:30 (latest)	physical literacy; growth & maturation - Lynne Walker		course planning workshop - Hilary Quick	Night-O	Current & Future Role of SOA Q&A – Roger Scrutton	
SATURDAY						
09:00 – 10:30 10:30 – 12:00		Family Orienteering Sessions - A Neat Package for Increasing Club Membership (Johannes Felter)			SI/Autodownload beyond the basics ??? (likely to be cancelled)	
		Fundraising workshop – Karen Derrick, VABS	OCAD for club mappers - Jon Musgrave finish 15:00 approx.	roller-ski fun and coaching 2 x 1 hour slots (14:00 and 15:15)	Social media for O clubs - Andy Paterson & Sarah Hobbs (finish 15:00)	
13:30 – 16:30	TD4/5 Orienteering with coaching - Roger Scrutton					
19:00 - ?	Club O in Norway – Sarah and Ewan			Night-O		
SUNDAY						
09:00 – 12:00	talent ID, potential, how to see it, nurture it in club environment		Condes workshop – Hilary Quick	Strength & Conditioning for orienteers (practical) - Giles Trussel & Jenny Clarke		
13:30 – 16:00						fun relay - BASOC
All weekend:	games, jigsaws and quizzes	Controllers' conundrums set by Colin Matheson	Mental ideas – share yours, learn from others	Trail-O set by Roger Scrutton	What would you do if...	