

**Volunteers' Weekend provisional timetable version 2 – updated 25 January 2016**

	Coach CPD	Organiser/club officials	Mapper/Planner	Physical	Misc.	Plenary
<b>FRIDAY</b>						
<b>lunchtime</b>				hill run and/or swim in Loch Morlich		
<b>pm</b>	Great ideas exchange				Child Protection update/chat - Hilary Quick	
<b>evening</b>	physical literacy; growth & maturation - Lynne Walker	Organisers' Workshop including Ted's clocks	course planning workshop - Hilary Quick	Night-O		
<b>SATURDAY</b>						
<b>am</b>		Fundraising workshop - VABS	OCAD for club mappers - Jon Musgrave	TD4/5 Orienteering with coaching - Roger Scrutton		
<b>pm</b>		recruiting, rewarding and developing volunteers - Lynne Walker		roller-ski fun and coaching	Social media for O clubs - Andy Paterson	
<b>evening</b>	Club O in Norway - Jon, Sarah and Ewan			Night-O		
<b>SUNDAY</b>						
<b>am</b>	talent ID, potential, how to see it, nurture it in club environment	Event Safety Workshop	Condes workshop - Hilary Quick	Strength & Conditioning for orienteers (practical) - Giles Trussel		
<b>pm</b>						fun relay - BASOC
<b>All weekend:</b>	games, jigsaws and quizzes	Controllers' conundrums set by Colin Matheson	Technical conundrums	Trail-O set by Roger Scrutton	What would you do if...	