

Volunteers' Weekend provisional timetable version 6 – updated 3 March 2016

	Coach CPD	Organiser/club officials	Mapper/Planner	Physical	Misc.	Plenary
FRIDAY						
12:30 14:30				hill run swim in Loch Morlich		
15:30	Great coaching ideas exchange				Child Protection update/ Q&A - Hilary Quick	
18:30	physical literacy; growth & maturation - Lynne Walker	Organisers' Workshop including Ted's clocks	course planning workshop - Hilary Quick	Night-O	Current & Future Role of SOA Q&A – Roger Scrutton	
SATURDAY						
09:00 10:30		SOA Q&A again			SI/Autodownload beyond the basics	
		Fundraising workshop – Karen Derrick, VABS	OCAD for club mappers - Jon Musgrave finish 15:00 approx.			
13:30	TD4/5 Orienteering with coaching - Roger Scrutton	recruiting, rewarding and developing volunteers - Lynne Walker		roller-ski fun and coaching 2 x 1 hour slots	Social media for O clubs - Andy Paterson & Sarah Hobbs	
19:00	Club O in Norway – Sarah and Ewan			Night-O		
SUNDAY						
09:00	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 & Jenny Clarke		
13:30						fun relay - BASOC
All weekend:	games, jigsaws and quizzes	Controllers' conundrums set by Colin Matheson	Mental ideas – share how YOU get your brain in gear	Trail-O set by Roger Scrutton	What would you do if...	