



QOC Training Weekend

Prince William Forest Park
Happyland Camp 5
March 16-17, 2024

Saturday

Welcome and Introductions 8:30 – 9:00 am

Orienteering Skills Instruction and Training

Morning Session 9:00 – 10:30 am

<u>Fundamental</u>	<u>Intermediate</u>	<u>Advanced</u>
Fundamental Map Reading skills to help you know what you're looking for and what you're seeing, Color, Scale, Symbolology, etc. with a fun exercise followed by going out on a Map Walk with one of the Club's most experienced advanced orienteers.	Intermediate Map Reading skills, Contour Intervals, Simplifying, Thumbing; Distance Estimating by Pace Count with an exercise at camp; and Compass Usage, followed by a training course in the woods.	Advanced Map Reading, Distance Estimation and Compass Usage skills including Simplifying, Map Memory, Pace Variation, Precision Compass, and Drift with a fun exercise followed by a training exercise in the woods.

Mid-Morning Session 10:30 am – Noon

<u>Fundamental</u>	<u>Intermediate</u>	<u>Advanced</u>
Fundamental Compass Usage and Distance Estimation skills with an exercise at camp followed by a training course in the woods	Intermediate Planning techniques, Control Enlargement, Attackpoints, Route Choices and Route Selection with an in-camp exercise followed by a training course in the woods.	Advanced Planning techniques, Route Choice and Selection strategies, Projection and Visualization, Map Memory, and Direction & Distance followed by a training course in the woods.

Lunch Noon – 1:30 pm

Orienteering Techniques Instruction and Training

Afternoon Session 1:30 – 3:00 pm

<u>Fundamental</u>	<u>Intermediate</u>	<u>Advanced</u>
Fundamental Planning techniques, Projection and Visualization, Control Enlargement, Route Choices and Route Selection with an exercise in camp.	Intermediate Executing techniques, Handrails, Catching and Collecting Features, and Contouring with a fun exercise in camp followed by a short exercise in the woods.	Advanced Executing techniques, Rough and Fine Orienteering, Flow, Map Contact – Refocus and Relocating followed by a training course in the woods.

Mid-Afternoon Session 3:00 – 4:30 pm

<u>Fundamental</u>	<u>Intermediate</u>	<u>Advanced</u>
Fundamental Executing techniques, Handrails, Catching Features, Seeing, and Speed/Detail balance followed by a training course in the woods.	Intermediate Executing techniques, Speed Control, Map Contact – Refocus and Relocating followed by a training course in the woods.	Putting Advanced Skills and Techniques into practice with a training course in the woods.

Dinner 5:30 – 7:00 pm

Games and Socializing 7:30 – 10:30 pm

Night-O / Vampire-O 8:00 pm – 9:30 pm

Extra-special event and extra fun for all ages and abilities. Vampire-O is a Mass-Start Night-Score-O for teams with a twist! Some teams will randomly be chosen as “Vampires”; several minutes after the Mass Start, the Vampires will start to hunt down other teams in the dark. When a Vampire team finds another team, they take over that team’s scorecard, and the captured team becomes Vampires. Everyone must be back by the end of the time limit, and the team with the highest scoring card at the end wins. Rules, Safety Notes, and Additional Details and Twists will be given before the start at 7:30 pm.

Sunday

Breakfast 7:30 – 9:00 am

Morning Session 9:00 – 10:30 am

<u>Fundamental</u>	<u>Fitness and Nutrition</u>	<u>Practice</u>
Learning Control Symbols and Descriptions instruction with an exercise in camp.	How to develop a fitness and nutrition plan to best prepare for the distance, climb, and interval demands of orienteering racing followed by training exercise in the woods.	Available training exercises and courses in camp and in the woods.

Lunch 11:00 am – 12:00 pm

Club Event 10:00 am – 3:00 pm