



## SOA Newsletter 6 (08) – September

### Courses – dates for your diary

- Condes Workshop 4 October – Edinburgh\*
- Condes Workshop 22 November – Inverness
- UKCC Level 1 Coach Course – 18-20 October Glenmore Lodge
- Update for coaches 26 October – see below (booking form not required)
- OCAD 2-day course 29-30 November – Edinburgh – now taking bookings
- Controllers' Update 17 January 2009 – informal and optional update for all grades of controller. Topics will include recent Rules changes, Condes etc..

*Except for the course asterisked, please use the form on NatCen website to book your place on these courses:*

<http://www.scottish-orienteering.org/documents/natcen/natcen-booking-form.doc>

\*For the Condes Workshop in Edinburgh, please contact ESOC to book your place:

[B.Bate@napier.ac.uk](mailto:B.Bate@napier.ac.uk)

Full course schedule:

<http://www.scottish-orienteering.org/index/natcen/page/national-centre-course-schedule/>

### Regular Orienteering Map Programme (formerly map of the month)

- Alvie until 18 October
- Uath Lochan until 18 October

Availability of both areas has been extended by popular demand. Most controls have been moved at the end of July and August respectively.

### Autumn training bonanza

From 13 September to 18 October, controls will be out in 5 areas, giving training for TD3 upwards. More information:

<http://www.scottish-orienteering.org/index/natcen/page/autumn-training-bonanza/>

### Update for coaches – tea and cakes!

Discussion and update session for all coaches after SOL7 on 26 Oct at Royal Dunkeld Hotel: tea & cakes from 14:30, update session starting 15.30. So we can confirm numbers, please e-mail Hilary before 18 October if you wish to attend. No charge.

### SOL 2009 dates

Most dates for 2009 SOLs have now been fixed and are on the BOF major fixtures list:

<http://www.britishorienteering.org.uk/event/fixtures/fixmajor.htm>

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