Rochester Orienteering Club
2013 Orienteering Skills Workshops Class Descriptions
For more information and online registration go to: roc.us.orienteering.org

Beginner O Skills:

In this workshop you will learn what information an orienteering map gives you and how you can use it to navigate a course. What do all those colors and symbols mean? Why should I fold the map? What is thumbing? What skills do I need to get from one control to another? Handouts and activities will increase your knowledge and improve your confidence out in the woods. *Skills covered include: Map reading, orienting the map, thumbing, attack points, route choice, handrails and catching features, choosing and using a compass.*

Is this class for you?
- You are new to orienteering.
- You've done some White and Yellow courses.
- You've done Yellow courses or above but could use help to improve your performance.

Intermediate O Skills:

This class is designed to fine-tune your orienteering skills. Analysis of orienteering maps and courses will help you learn how to make decisions that will optimize your performance. Why should you select one route over another? Stay on trails or head through the woods? What can you do while sitting at home to improve your skills? What is attackpoint, and what can it do for you?
Skills covered include: Attack points, route choice, contouring, relocation, collecting and catching features, aiming off, pace counting, map memory, map simplification, evaluating performance, armchair orienteering.

Is this class for you?
- You have experience on Orange courses and above.
- You've been orienteering successfully but haven't had any "formal" training.
- You're having difficulty completing Orange courses.
- You continually pass by your control, or don't go far enough.
- You just want to improve your O knowledge and skills.

Course Setting with Purple Pen:

The class will start with an exercise using the Purple Pen program. You will place a Start triangle, place control circles, draw lines. After learning the essentials of PP, you will learn basics of course design and then design your own course using PP.
You can choose to participate in our Adopt-a-Course program and design a semi-permanent course for one of our local parks. Participants should have a laptop with OCAD and Purple Pen loaded prior to workshop. *Skills covered: Drawing a course with Purple Pen software, essentials of course design.*

Is this class for you?
- You are interested in learning more about course design.
- You are comfortable completing Orange and above courses.
- You might enjoy setting a semi-permanent course or designing courses for ROC meets.