



18-19th February ACT MTBO Training Development Weekend 2023

Canberra suburbs
4 sessions
Saturday – MTBO Beginners
Day (am/pm)
Sunday – MTBO Advanced
Day (am/pm)



MTBO Weekend Program:

Day	Location	Format
Session 1 18 February 9am-11am	Bruce Ridge (Dryandra Street dirt car park – across from house 158 dryandra st, o'Connor)	Session 1 – MTBO Beginners Coaches: Raynie McNee and Emily Stewart-Reed <ul style="list-style-type: none"> • Introduction and Safety • What is MTBO? • Reading MTBO map and MTBO symbols • Reading map while standing and riding • Navigating on a bike – bike and compass • Basic route choice techniques • Mini-course 1 in pairs • Session wrap up and Q&A Enjoy optional morning coffee at ALIVIO tourist park and after-session discussion

<p>Session 2 18 February 3pm - 5pm</p>	<p>Bruce Ridge</p>	<p>Session 2 – MTBO Beginners</p> <p>Coaches: Raynie McNee and Emily Stewart-Reed</p> <ul style="list-style-type: none"> • Intro to MTBO (continuation of Session 1) • Reading MTBO map techniques • Basic Route Choice MTBO techniques • Basic Memory MTBO techniques • Mini course 1 in pairs/individually • Mini course 2 in pairs/individually • Session wrap up and Q&A
<p>Session 3 19 February 9am-11am</p>	<p>Majura Pines (at MTB park parking area, Majura Rd.)</p>	<p>Session 3 – MTBO Advanced</p> <p>Coaches: Marina Iskhakova and Fedor Iskhakov</p> <ul style="list-style-type: none"> • Intro to MTBO Day 2 • “MTBO Skills Wheel model” – self-analysis and self-evaluation exercise • Advanced Route Choice MTBO techniques • Advanced Memory MTBO techniques • Mini course 1 practice in pairs • Mini course 2 practice individually • Session wrap up and Q&A
<p>Session 4 19 February 3pm - 5pm</p>	<p>Bruce Ridge (parking off Alivio tourist park parking area)</p>	<p>Session 4 – MTBO Advanced</p> <p>Coaches: Marina Iskhakova and Fedor Iskhakov</p> <ul style="list-style-type: none"> • MTBO Session 3 - express-refresher • Key MTBO mistakes and strategies to avoid them • Advanced Memory MTBO techniques • Mental MTBO Preparation techniques • Mini-course 1 practice in pairs • Mini course 2 competition individually • Session wrap up and Q&A

Please register for workshop at Eventor here <https://eventor.orienteering.asn.au/Events/Show/18108> or by email/ phone

Marina.Iskhakova@gmail.com 0412 308 310;

Costs: \$20 per session (juniors under 20 free)

<http://act.orienteering.asn.au/event-series/mountain-bike-orienteering/>

For each session you need bike and helmet, and Map Board
(if you don't have a map board, it will be provided)