

2019 WOMEN'S TRAINING WEEKEND

List of attendees

Anna Dowling	Rosie Morgan	Kate Morris	Clare Brownridge
Zoe Dowling	Janine Steer	Moira Kuffer	Anitra Dowling
Zoe Fleming	JL Wood	Sophie Taverna	Asha Steer
Sammy Love	Jacqui Knee	Wendy Taverna	Chelsea Mullavey



Activity Schedule - Saturday 1 September

10:30am Welcome to the weekend	Meeting at Jubilee Lake . <i>We will have a marquee and signs setup so you can't miss us.</i>
11:00 Activity 1	Jubilee Lake - Wendy Taverna (CHV) <i>Social Orienteering Activity using the forest around the lake.</i>
12:15 Lunch	Jubilee Lake - Chelsea Mullavey (EUV) <i>Barbecue provided by Orienteering Victoria.</i> Lunch Discussion: Women in Orienteering. <i>Initiated by Moira Kuffer (YVV) & Kate Morris (BKV)</i>
13:00 Activity 2	Musk Vale - Clare Brownridge (BGV) & Jacqui Knee (BGV) <i>Practical Training exercise for beginners through to elites.</i>
13:30 Drinks Break	Jubilee Lake - Moira Kuffer (YVV)
14:00 Activity 3	Musk Vale - Asha Steer (DRV) & Anitra Dowling (EUV) <i>Practical Training exercise for beginners through to elites</i>
15:30 Afternoon Tea	Jubilee Lake - Chelsea Mullavey (EUV)
16:00 Course Setting Workshop	Lake Jubilee Café
17:00 Break	
18:00 Group Dinner	Taj Mahal Restaurant - 51 Raglan St, Daylesford

Dietary requirements and pertinent medical information

Orienteering Victoria will be providing a barbecue and coffee and tea facilities. If you have any dietary requirements please let us know as soon as possible (0428 358 588 rob@vicorienteering.asn.au)

These training activities will function as organised orienteering events: participants enter at their own risk. A First Aid Officer will be on site at Jubilee Lake in case of emergency. If you have any pertinent medical information (asthma, a heart condition, allergies etc) please let Rob know as soon as possible. If you prefer to discuss this information with a female staff member, please contact Kate Morris (projects@vicorienteering.asn.au)

Accommodation

Accommodation is available for booking at the Jubilee Lake Holiday Park (03 5348 2186 jubileelake.com.au), this includes cabins, caravan and camp sites. You are welcome to seek accommodation elsewhere; a variety of excellent options are available elsewhere in Daylesford and Hepburn Springs.

Emergency Contact

Your contact person for this activity is Rob Fell (0428 358 588 rob@vicorienteering.asn.au) he will be onsite at Jubilee Lake throughout the Saturday activities as a First Aid Officer.