

2017 Leadership Conference - Lunchtime Mini-Sessions

Time	Room	Summit Room	Cascade A	Cascade B	Goodman A	Basement	South Plaza	North Plaza
12:20-12:30pm		Break						
12:30-1:10pm	Title	Food Dehydration	Freedom 9 Updates	Landscape Photography	Yoga*	Core Fitness*	Team Rescue Demo	Friction Slab Tour
	<i>Description</i>	Learn techniques for making your own dehydrated trail meals and snacks.	Overview of key updates in the ninth edition of Freedom of the Hills. Of primary interest to course curricula authors. Focus on revisions to the Ten Essentials, changes to layering systems, clothing, stoves, fuel, and water purification.	Learn how to easily take landscape photos while on the trail. You don't need a camera to take great photos on your trips! Learn about composition and sharing your photos on Instagram.	Stretch and strengthen your muscles, reinvigorate your energy, and clear your mind!	Learn more about how the Peak Fitness exercises (from our magazine's quarterly wellness column) can complement your routine. Practice balance, muscle activation, and core integrative movements specific to all mountaineering endeavors, from pack carrying to paddling. Get ready to be energized for the afternoon sessions!	Members of Seattle Mountain Rescue will set-up and operate a rescue rigging system! The group will discuss why they use particular techniques, and they will also present some of the team processes for making operations both safe and fast. Questions welcome!	You've seen them rise up from the North Plaza ... and now they're finally done! Take a tour of the Friction Slabs and learn about how they might be able to be incorporated into your courses!
	<i>Presenter</i>	Felicia Wibowo, Karen Cramer & Diane Gelotte	Steve McClure	Skye Stoury	Betsy Robblee	Courtenay Schurman, MS, CSCS	Seattle Mountain Rescue	John Wick
1:10-1:20pm		Break						
1:20-2:00pm	Title	Food Dehydration	Common Injuries & Injury Prevention	Knots 101	Wilderness Navigation in the Digital Age		Team Rescue Demo	Friction Slab Tour
	<i>Description</i>	Learn techniques for making your own dehydrated trail meals and snacks.	Dive into interactive movement analysis and learn a few things about your movement strategies. Learn about several common injuries and general patterns that are often at play when these injuries creep up, as well as how to avoid these injuries.	What's the difference between a knot and a hitch? What about a bite versus a loop? Up your knot knowledge and best practices in this lunchtime session.	The core wilderness navigation tools of map, compass, and altimeter have remained relatively unchanged for decades. It's time to pull your maps into the 21st century. There are a variety of digital mapping tools available that put tons of information at your finger tips, and they let you create custom printed maps. We will explore some of these tools (specifically CalTopo), as well as how to integrate online mapping with a GPS device.		Members of Seattle Mountain Rescue will set-up and operate a rescue rigging system! The group will discuss why they use particular techniques, and they will also present some of the team processes for making operations both safe and fast. Questions welcome!	You've seen them rise up from the North Plaza ... and now they're finally done! Take a tour of the Friction Slabs and learn about how they might be able to be incorporated into your courses!
	<i>Presenter</i>	Felicia Wibowo, Karen Cramer & Diane Gelotte	Becca Catlin, PT	Nick Block	Brian Seater		Seattle Mountain Rescue	John Wick
2:00-2:10pm		Break						

* Please note that attendees should bring their own yoga or exercise mats for these sessions. The Mountaineers will not provide mats this year. Please be sure to label your mat with your full name! Attendees will have the opportunity to store their mats in a secure place during breakout sessions.