

AT-A-GLANCE SCHEDULE



FRIDAY JANUARY 17

3pm-12am	Check In/Registration/Info Table Glen Mor Fields & Lots 21/23
3:30-9:30pm	Lawn Games, Volleyball Pool Deck
3:30-9pm	Hot Tub/Pool Pool
5-7pm	Dinner on Your Own Local Restaurants (WROL C attendee discounts at locations in brochure)
7-9:30pm	EDCC (Electric Daisy Challenge Course) Challenge Course
7-9:30pm	DJ Carl Challenge Course
7:30-9:30pm	Partners Climbing Comp The Rock
8:15-9:30pm	Free Chair Massage Fitwell Studio, SRC N
9:30pm	Student Recreation Center Closes
10:30pm	Camping Area Quiet and Lights Out Glen Mor Fields

SATURDAY JANUARY 18

7-8am	Check In/Registration/Info Table Glen Mor Fields & Lots 21/23
7-8am	Morning Yoga Upper Court, SRC N
8am-5pm	Info Table and Sponsor/Vendor Tables MAC Gym Lobby
8-9:15am	Breakfast MAC Gym
9am-8pm	Hot tub/pool Pool
9am-10:30pm	Lawn games Pool Deck
9:15-9:45am	Welcome from the Vice Chancellor MAC Gym
9:45am	Group Photo Breezeway (Outside MAC Gym)
10:30am-4:30pm	Raffle Entry MAC Gym
10-10:45am	Rejuvenating Your Circadian Rhythm in The Wilderness: Why Sleeping Outside Feels So Good MPR C ▲
10-10:45am	Can You Work at Camp in the Real World? Exploring the Longevity of a Camp Career MPR D ♦
10-10:45am	Exploring Our Relationship with the Ocean MPR E 🌐
10-10:45am	Bicycle Touring: A Beginner's Guide Conf. Room ☉
10-10:45am	The Art of the Hacky Sack Challenge Course ●
10-11:15am	Professional Round Table Training Room/Garden
11-11:45am	Closing the Gender Gap in the Outdoors & Workplace MPR C ■
11-11:45am	Backcountry Vagina MPR D ▲
11-11:45am	Nature Unplugged: How to Cultivate Healthy Relationships with Technology MPR E ✨
11-11:45am	Challenge, Motivation, and Encouraging Others to Make It to the Summit Conf. Room ♦
11-11:45am	Slack to Basics: Rigging Slacklines for Beginners Challenge Course ☉
12-1:15pm	Lunch (Food Trucks) Tennis Courts
1-2:30pm	Botanic Gardens Hike Meet at the Challenge Course
1:30-2:15pm	Building A Vegan, Gluten Free, Nut Free, Dairy Free Menu Is Really Stinking Hard! MPR A ☉
1:30-3:15pm	Building Connection with Leave No Trace MPR C 🌐
1:30-3:15pm	Managing Wounds in the Outdoors MPR D ▲
1:30-2:15pm	Lead Like A Guide: What Skills Transfer MPR E ♦
1:30-2:15pm	Reimagining Wild Spaces: Healing in the Outdoors Conf. Room ■
1:30-3:15pm	Rope Coiling Workshop The Rock ☉
2:30-3:15pm	Peer Leadership: It's A Balancing Act MPR A ♦
2:30-3:15pm	Supportive Inclusivity in the Outdoors for People with Disabilities MPR E ■
2:30-3:15pm	Got Mindfulness? Conf. Room ✨

AT-A-GLANCE SCHEDULE



SATURDAY JANUARY 18 (CONT.)

3:30-5:15pm	It's All Fun and Games MPR A ●
3:30-4:15pm	Can You Work at Camp in the Real World? Exploring the Longevity of a Camp Career MPR C ◆
3:30-5:15pm	Moving Mountains: How Adventure Recreation Programs Can Empower University Students to Embrace Challenge, Manage Stress and Anxiety, and Find Courage in Untapped Resilience MPR D *
3:30-4:15pm	Organic Design in the Modern World Conf. Room 🌐
3:30-5:15pm	Climbing Wizardry: Mastering Basic "Non-Climbing" Skills The Rock ◎
4:30-5:15pm	The Wilderness Vagina: A Guide to Woman and Wilderness Trips MPR C ▲
4:30-5:15pm	Sustainable Outdoor Adventures Program in a Small School MPR E 🌐
4:30-5:15pm	Lead Like a Guide: What Skills Transfer Conf. Room ◆
5:30-7:30pm	Dinner and Raffle Drawing MAC Gym
7:30-8:30pm	Keynote Speaker James Edward Mills MAC Gym
8:30-10pm	Hot tub Hot tub
8:30-10:30pm	Open Bouldering The Rock
9-10:30pm	Band/Dance Party Pool Deck
9-10:30pm	S'mores and Cocoa Bar Sand Volleyball Court
10:30pm	Student Recreation Center Closes
11pm	Camping Area Quiet and Lights Out Glen Mor Fields

SUNDAY JANUARY 19

7-8am	Morning Yoga Upper Court, SRC N
7:45-9:15am	Info Table MAC Gym Lobby
8-9:15am	Breakfast MAC Gym
9:30-10:15am	The Core Muscles of Outdoor Trip Leaders MPR A ◆
9:30-11:15am	Building Connection with Leave No Trace MPR C 🌐
9:30-10:15am	Enjoy the Walk MPR D ●
9:30-11:15am	Managing Wounds in the Outdoors MPR E ▲
9:30-10:15am	Wellness & Mindfulness in the Workplace Conf. Room *
9:30-10:15am	Coffee and Donuts in the Outdoors! Challenge Course ◎
9:30-10:30am	Professional Round Table Training Room/Garden
10:30-11:15am	Micro-Inclusions in the Outdoors & Beyond MPR D ■
10:30-11:15am	Start Your Own Outdoor Education Business Conf. Room ◆
10:30-11:15am	The Art of the Hacky Sack Challenge Course ●
11:45-12:15pm	Closing and Pass the Torch SRC N Lower Courts
12:15pm	Lunch on Your Own Local Restaurants (WROL C attendee discounts at locations in brochure)
1:30-4pm	Post-Conference Volunteer Project with Rivers and Lands Conservancy (Optional) Ryan Bonaminio Park

KEY

- Games & Initiatives
- ▲ Risk Management & Wilderness Medicine
- * Wellness & Mindfulness
- ◆ Leadership & Career Development
- 🌐 Nature & the Environment
- Diversity, Equity, & Inclusion
- ◎ Technical Skills

WROL C Website

