

08:00 - 09:30	Registration and session sign-up			
09:30 - 09:45	Welcome to the 2013 Women's Climbing Symposium (WCS13)			
09:45 - 10:45	Headline Speaker: Angela Soper			
10:45 - 11:00	Break			
11:00 - 12:00	Coaching Workshop 1	Managing Expectations with Fran Brown	Key Performance Indicators with Eva Lopez	Yoga for Climbers with Charlie Speller
12:00 - 12:15	Break			
12:15 - 13:15	Coaching Workshop 2	Amateur Adventures with Emma Flaherty Common injuries and how to avoid them with Anna Rigge	Nutrition to optimise body composition with Rebecca Dent	
13:15 - 14:15	Lunch			
14:15 - 15:00	Screening of Jen Randall's 'Project Mina' with Mina Leslie-Wujastyk			
15:00 - 15:15	Break			
15:15 - 16:15	Coaching Workshop 3	Managing Expectations with Fran Brown	Amateur Adventures with Emma Flaherty Common injuries and how to avoid them with Anna Rigge	
16:15 - 16:30	Break			
16:30 - 17:30	Coaching Workshop 4	Key Performance Indicators with Eva Lopez	Meal and snack suggestions for climbing with Rebecca Dent	Yoga for Climbers with Charlie Speller
17:30 - 17:40	Break			
17:40 - 18:30	Headline Speaker: Ella Kirkpatrick			
18:30 - 18:45	Thanks, farewells and goody bags!			