

Family Training Camp - 2nd - 11th April, 2021.

Canobolas Scout Camp, Orange

A warm welcome to all orienteers heading to Orange for the Australian Easter 3 Days, followed by the midweek events and the NSW "2020" State Championships. An especially warm welcome to everybody who has signed up to participate in our camp training activities. We are pleased to present this fabulous program to you and would like to thank all of our coaches and helpers who have volunteered their time and experience to contribute to this program.

Who are we? "We" are Helen O'Callaghan from Bush 'n' Beach Orienteering Club in Coffs Harbour (mother of Woolford boys - currently juniors) and Toni Brown from Bushflyers Orienteering Club in Canberra (mother of Poland boys - all adults now). We both came to orienteering as adults, love the sport and love learning more about it, for the benefit of our own enjoyment and to help our kids increase their skills and enjoyment too.

There is no designated fee for the camp and the training sessions. However, a gold coin donation will be encouraged for all attendees at each session. This will assist to offset the costs associated with the camp.



Toni Brown



Helen O'Callaghan

Not Registered Yet?

Hurry! Entries are still open. Attendees must register online using Eventor. If a child is registered, an accompanying adult must also be registered.

SESSIONS & STREAMS:

All registered participants will be sent an email asking them to register for the sessions that they wish to attend. Within each session, there are "streams" that we would like you to select, so that we have enough maps and other materials prepared for you. We also need this as part of our COVID management process.

WHAT YOU NEED:

- Orienteering clothing - including shirt, shorts, long pants/long socks, and/or gaiters.
- Orienteering equipment - compass, SI stick, **whistle - essential!**
- Running shoes (for campus AND for the bush) plus spares just in case
- All usual warm layers of clothing, raincoat, sunhat, sunscreen for bush activities
- Mountain bike, helmet, map board (if you can)
- Head torch (essential) - a strong one is best for night orienteering
- Pen, pencil, map bag, notebook, folder for storing maps
- Personal training plan - if you have one - for a discussion with available coaches in attendance
- Willingness to learn, socialise, have fun!

PRESENTATIONS & PRESENTERS

Friday 2nd April, 7pm “The View from a Swiss Coach” by Renate Leuenberger

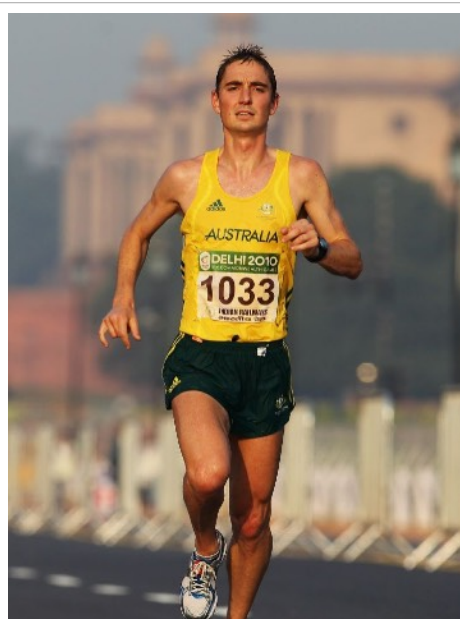
Reni is a Swiss orienteer with over 20 years of competition experiences in Europe. Performance wise, she was able to run for the regional squad in the junior categories (NWK BE/SO). She started coaching in her club at the age of 19. After studying human movement and sports, she coached regional squads for 5 years, 3 years as a EYOC delegation leader for Switzerland and 2 years as junior national coach. She guided the team to JWOC in Switzerland and Finland and secured 10 gold medals over this 2-year period.



Saturday 3rd April, 5pm “Improving Running Performance” by Martin Dent

Martin has travelled the path from junior to elite sports in a range of running pursuits, most recently to Orienteering. He has competed in 3 Commonwealth Games and the Olympics and in World Championships in cross-country, athletics, and road running at distances from 3000m steeplechase to the marathon. He can now add orienteering feather to his cap, competing at the Orienteering World Cup in 2019 In China.




Marty runs for the Canberra Cockatoos and is a strong advocate for family involvement in the sport of orienteering. All 4 of his children have been part of ACTs very popular SC-ORE School Orienteering challenge targeting upper end primary aged kids. Martin will discuss his experience training to get the best out of yourself, from a junior through to a senior athlete. This will include training ideas and concepts he gained from over a 20 year career



Sunday 4th April, 5pm





“Debrief techniques - what works for you” by Toni Brown, Tara Melhuish, Patrick Miller

Toni started orienteering about 18 years ago as a mature age! Her learnings have come from parenting three keen boys through the sport of orienteering, with each of them gaining the distinction of achieving selection to represent Australia at JWOC and JWOC MTBO. Toni’s first experience of European orienteering was in 2010 in Denmark, when she was there as a support parent. On getting a taste for the thought sport, she then took every opportunity to navigate around the world. Toni has been selected several times as an Australian Rep in the Australian Team to challenge NZ. Toni’s major achievement in the sport has been to coach a young squad of fresh bloods through the ACT Blue Lightning Squad with the resultant ACT selected team being victorious at the National competition level in 2017 and 2018.

		
Toni Brown	Tara Melhuish	Patrick Miller

Tara has been a dominant force in the ACT since her early high school days. She has represented the ACT at Nationals consistently throughout her school years. Tara has also represented Australia at a number of JWOCs and Oceania championships. Tara is successfully combining her full-time study of Physiotherapy with her high performance sporting pursuits.

Patrick has represented the ACT at Nationals consistently throughout his school years. He has also represented Australia at JWOC and Oceania championships. Patrick has been an active junior mapper for OACT contributing a significant number of school maps to the OACT map library. Though busy studying full-time, Patrick is also part of the coaching workforce delivering to schools around the ACT.

			
Rebecca George	Mark Freeman	Emily Sorensen	Alastair George

Monday 5th April, 5pm “MTBO and Foot-O, The Transferability of Skills” by Marina Iskhakova

Marina started orienteering in 1986 at the age of 8, a member of Russian Orienteering team from 1997-2001, competed at JWOC (best place 14), and WOC (best place 28) for Russia. Marina started MTBO in 2010 in Australia. She has taken 2 Gold and 2 Bronze Medals at the World Masters MTBOC 2018 in Hungary, W40 Class. Marina is a ACT MTBO Coordinator and in a day time is a Senior Lecturer at ANU in International Business & Economics. One of Marina's dreams is to win Gold Medals in Foot-O in WMOC and in MTBO at WMMTBOC in 2070 in W90 category.

Tuesday 6th April, 2pm - 4pm “MTBO in practice” with Marina Iskhakova

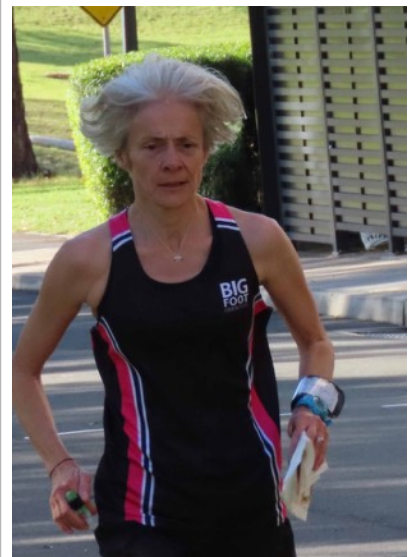
This activity will focus on practical Mountain Bike Orienteering skills, so bring your bike, helmet, map holder (if you have one) and bike shoes.



Tuesday 6th April, 2pm - 4pm “Tackling Terrains” with Paula Shingler

This activity will focus on running techniques for different terrain types, including up and down hill. It's a practical activity so wear suitable running clothes and footwear.

Paula is a practicing Physiotherapist and a Level 2 Orienteering coach. Her background is in cross-country and mountain running where she got to 3 World Cross Country Championships and placed 12 in the World Mountain Running Championships. She has been orienteering since 1996 when she emigrated to Australia from the UK. She now coaches orienteers to prepare them mentally and physically for competition, and has successfully coached several athletes to high representative level, including JWOC and WUOC.



Tuesday 6th April, 5pm “Sprint Orienteering - an Urban Myth? Tips to improve” By David Poland

David Poland has coached orienteering for several years including being the coach for OACT Schools Team in 2018 when they achieved victory for the second year in a row at Nationals. He enjoys bringing an outsiders view to the sport and looks for ways to make it more inclusive.



Wednesday 7th April, 5pm “Fine Orienteering: Attack point to the flag” by Jock Davis

Jock started orienteering as a teenager at school. He represented Australia at some World Championships in a previous century. He is the former NSW Junior Squad Coach, attending several Schools Champs. Jock has spent COVID 2020 revisiting all the burnt out terrain in NSW.



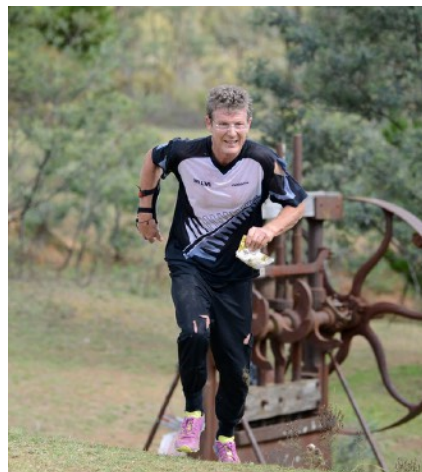
Friday 9th April, 2pm - 4pm "The brown stuff: A walk with the contours" with Bjorn Mella

Bjorn started orienteering in Norway as a 9 year old competing in national and international events. His orienteering in Norway culminated in selection for Norway's national team. His main strength as an orienteer was the technical aspects of orienteering which he is still enjoying as he is moving up through the age categories of Australian orienteering. It takes a lot of training to gain 5 minutes in running speed. It takes very little time to avoid a 5 minute mistake.



Friday 9th April, 5pm "Big Rock" by Greg Barbour

Greg has been orienteering for 47 years this year. He has run lots of WOCs for NZ(9?), also several MTBO WOC and also Ski WOC. Greg is still competing in classes from M55 to M21 although much more slowly! He has also won the World Rogaining Champs in elite several times.



FULL PROGRAM DETAILS

Friday 2nd April

Daily Coordinator: Helen O'Callaghan

Family relays and Elite Prologue (Elites from 12pm, Public from 2pm)

Check-in to Canobolas Scout Camp - from 4pm. Please do not arrive earlier!

Those with a camper trailer or caravan will be able to drop their vehicle at designated place in the morning, but will have to reconnect to move to final camping location (sorry!). Upon entry, check in with the QR code, then find your way to the area that we have asked you to camp in and get set up.

6.45pm Welcome Address by Natasha Key - newly appointed Head Coach for Orienteering Australia and Brodie Nankervis - newly appointed Manager, Coaching Development for Orienteering Australia

7.00pm Talk “The View from a Swiss Coach” by Renate Leuenberger

Stream A: Talk (aimed at high school age juniors and their parents as well as coaches, present and future)

Stream B: Getting to know you Games (aimed at primary school age juniors)

Stream C: Adult helper for kids games (aimed at parents of primary school age juniors)

Stream X: Not attending this session

Saturday 3rd April

Daily Coordinator: Toni Brown

Aust Easter Orienteering Day 1 Noah's Ark Ridge

5pm “Improving Running Performance” by Martin Dent

Stream A: Talk (aimed at all juniors and their parents)

AND

Stream B: 6.30pm Social dinner in Orange

Stream C: 6.30pm Social “pot luck” dinner at Scout Camp

Stream X: 6.30pm Not joining group dinner arrangements

Sunday 4th April

Daily Coordinator: Helen O'Callaghan

Aust Easter Orienteering Day 2 Gumble Pinnacles

5.00pm Talk “Debrief techniques - what works for you” presented by Toni Brown, Patrick Miller, Tara Melhuish

Stream A: Talk (aimed at all juniors and their parents)

AND

Stream B: Evening debrief - self guided in small groups

Stream C: Evening debrief - coaches on hand to guide Hard and Moderate navigators.

Stream D: Evening debrief - coaches on hand to guide Easy and Very Easy navigators

Stream X: Not attending this session

Coaches for debrief sessions include: Rebecca George, Emily Sorensen, Mark Freeman, David Poland, Alastair George, Toni Brown, Patrick Miller, Tara Melhuish

Monday 5th April

Daily Coordinator: Toni Brown

Aust Easter Orienteering Day 3 Gumble Pinnacles

5.00pm Talk “MTBO and Foot-O, The Transferability of Skills” presented by Marina Iskhakova

Stream A: Talk (aimed at anybody interested in trying out MTBO)

AND

Stream B: Introduction to Colouring comp/drawing/acrostics/make a map from photo (for all juniors)

Stream X: Not attending this session

Tuesday 6th April

Daily Coordinator: Helen O’Callaghan

Morning Activity - Ten pin Bowling

Stream A: playing Adult (17yo and over)

Stream B: playing Child (6 - 16yo)

Stream C: spectator/supervising

Stream X: Not attending this session

2pm - 4pm Afternoon Activity: MTBO in practice with Marina Iskhakova

2pm - 4pm Afternoon Activity: Tackling Terrains with Paula Shingler

Both of these activities will be in the Mountain Bike Park adjacent to the Scout Camp. Depending on numbers, it may be possible to do both of these activities half-and-half

Stream A: MTBO

Stream B: Running in terrain

Stream C: Half-and-half MTBO and Running in Terrain

Stream X: Not attending this session

5.00pm Talk “Sprint Orienteering - an Urban Myth? Tips to improve” By David Poland

Stream A: Talk (aimed at all juniors and their parents)

Stream X: Not attending this session

Wednesday 7th April

Daily Coordinator: Toni Brown

Orange City Sprint

We will stay on at the event (bring lunch)

Activity: 1pm Sprint Course Debrief plus Terrain Activity with David Poland

Stream A: Hard and Moderate

Stream B: Easy and Very Easy

Stream X: Not attending this session

5.00pm Talk - “Fine Orienteering: Attack point to the flag” by Jock Davis

Stream A: Talk (aimed at all orienteers tackling Moderate and Hard navigation)

Stream B: orienteering skills with the kids (Vanessa Freeman)

Stream X: not attending this session

Thursday 8th April

Daily Coordinator: Helen O'Callaghan

Ophir Reserve event. We will stay on at the event (bring lunch) for our training activity.

1.00pm: Debrief plus Terrain Activity with Jock Davis

Stream A: Hard

Stream B: Moderate

Stream C: Easy/Very Easy

Stream X: Not attending this session

6pm Night O Relay bring head torches

Course Setter: Oscar Woolford

Extra Volunteers needed on the night: Team Co-ordinator, Starts, Finishes, Results processing

Stream A: Participant

Stream B: Volunteer helper

Stream X: Not attending this session

Friday 9th April

Daily Coordinator: Toni Brown

2pm - 4pm Afternoon Activity - "The brown stuff: A walk with the contours" with Bjorn Mella

This will be a practical exercise where the participants get to experience orienteering relying only on the contours.

Stream A: Activity (aimed at orienteers navigating Easy, Moderate and Hard)

Stream X: Not attending this session

5pm Talk "Big Rock" presented by Greg Barbour

Stream A: Talk (aimed at all Moderate and Hard navigators)

Stream X: Not attending this session

Saturday 10th April

Daily Coordinator: Helen O'Callaghan

Orienteering Event at Eugowra

5pm Talk: The Final Wrap. (Helen, Toni, Bjorn)

Feedback, games, winners, hat relay, etc Future camps/training/coaches, etc

Stream A: Talk (aimed at all camp participants)

AND

Stream B: 6.30pm Social dinner in Orange

Stream C: 6.30pm Social "pot luck" dinner at Scout Camp

Stream X: 6.30pm Not joining group dinner arrangements

Sunday 11th April

Daily Coordinator: Toni Brown

Orienteering Event at Eugowra