

QLD WINTER O TOUR

SAT 3 - SUN 11 JULY



Australian Senior Winter O Training Tour – Bulletin 1

OA is putting on a senior training tour preceding and including the Australian Junior Development Camp in July 2021.

Who for?

All senior elites and junior elites over the age of 18 are invited to join the tour which will focus on fun training and socialisation/team building activities. This camp is not just targeted at those athletes aiming for WOC, rather for all those who enjoy competing, or are aspiring to compete, at the national level.

What?

The tour is designed to be a social, team building trip, whilst giving all athletes a chance to improve their physical, mental and technical skills. Night orienteering, peg relays and mass start trainings are just a few of the activities in the works. There will also be some non-orienteering training sessions (i.e. gym session), aiming to give athletes the tools they can take away to improve their orienteering.

When?

The tour will run from Friday 2nd of July to Sunday 11th of July. Athletes are welcome for all or part of the tour, which will be comprised of three parts:

1. Friday 2nd of July – Monday 5th of July: Gold Coast, QLD. This part of the tour will incorporate Australian University distance champs (half marathon) on Saturday 3rd of July for those who would like to compete.
2. Monday 5th – Thursday 8th of July: Brisbane, QLD. This part of the tour will incorporate the unofficial Under 25 champs, set by genuine old people Brodie Nankervis and Krystal Neumann.
3. Thursday 8th – Sunday 11th of July: Stanthorpe, QLD. This part of the tour will be attending the National Junior Development Champ to train and support coaching.

Keen?

Head to [eventor page](#) to register your interest. There is no payment through event page, costs will be shared amongst attendees and paid to OA at the end of the trip.

Financial Support:

At this stage OA will not be providing financial support to attendees. Instead, attendees are encouraged to seek support from their state/territory organisations and local club.

If racing in Australian University distance champs it would be encouraged to reach out to your university for support.

Contact

Contact Brodie at coaching@orienteering.asn.au if you have any questions