



Junior Arrows & Southern Darts Training Camp 2021

Schedule 14th - 18th July 2021

WED 14	THU 15	FRI 16	SAT 17	SUN 18
Pickup Bus, 08:00, Budget Car & Truck	Breakfast & Make Lunch 07:30 – 08:15	Breakfast & Make Lunch 08:00 – 08:45	Breakfast & Make Lunch 08:00 – 08:45	Breakfast, Make Lunch & Pickup 07:45 – 09:00
Pickup Kids, 08:30, North Adelaide	Driving 08:45 – 10:00	Driving 09:00 – 10:00	Driving 09:00 – 10:00	Driving, 09:00
Wirra Wirra - Detail reading & parallel errors 09:45 – 12:00	Qualifier 10:00 – 11:00 Quarter Final 11:00 – 12:00	Keynes Gap - Control picking / detail reading 10:00 – 12:00	Pympton - Relay training 10:00 – 11:45	Race Prep, 09:30
Lunch (BYO), 12:00	Lunch, 12:00	Lunch, 12:00	Driving 11:45 – 12:30	Driving 11:45 – 13:00
Moon Rocks - Contouring & Hillside controls 12:30 – 15:00	Semi Final 12:30 – 13:30 Final 13:30 – 14:30	Keynes Gap - Long legs 12:30 – 15:00	Lunch, 12:30	Drop off Kids, 13:00, Adelaide University
Driving 15:00 – 16:00	Driving 14:30 – 15:45	Driving 15:00 – 16:00	Team Activity 1 13:00 – 14:30	Drop off Bus, 13:30
Afternoon Tea & Showers 16:00 – 18:00	Afternoon Tea & Showers 15:45 – 18:00	Afternoon Tea & Showers 16:00 – 18:00	Team Activity 2 14:30 – 16:00	
Dinner 18:00 – 19:00	Dinner 18:00 – 19:00	Dinner 18:00 – 19:00	Afternoon Tea 16:00 – 18:00	
Goal Setting & National Prep 19:00 – 20:15	Trivia 19:00 – 20:00	Mental Activity 3 19:00 – 20:00	Night-O Rock Oyster 18:00 – 19:30	
Get to bed 20:15 – 21:00	Get to bed 20:00 – 21:00	Get to bed 20:00 – 21:00	Dinner & Showers 19:30 – 20:15	
			Get to Bed 20:15 – 21:00	

Wear your O-Kit to Wednesday pickup

- Either meet at [North Adelaide](#) at 8:15

or at [Wirra Wirra](#) at 9:40

- Other training start locations: [Moon Rocks](#) [Keynes Gap](#) [Nuriootpa](#) [Pympton](#)

Participants must also enter the Rock Oyster events separately. I would like all Senior Boys/Girls to enter the M/W20 categories, considering the 16's courses are quite short.



Packing List

General

- ☐ Lunch for day 1
- ☐ Casual shirts
- ☐ Shorts
- ☐ Track pants/warm pants
- ☐ Warm Jacket/sweater
- ☐ Rain Jacket
- ☐ Underwear (for 5 days)
- ☐ Minimum of 6 pairs of socks
- ☐ Pyjamas
- ☐ Sunglasses & hat
- ☐ Bathers & swimming towel
- ☐ Casual shoes
- ☐ Phone & charger
- ☐ 2 Drink bottles
- ☐ Backpack
- ☐ Pen / pencil
- ☐ Own snacks and money (optional)

Orienteering

**O = Orienteering, most of the terrain is open (Moon Rocks, Pymton Minor & Keynes Gap) so pack a mix of shorts and bush Orienteering clothes. If you do not own long socks, regular socks will be fine.*

- ☐ Compass
- ☐ SportIdent
- ☐ Description holder
- ☐ Bright head torch
- ☐ *O-Tops (for 4 bush events)
- ☐ O-Pants
- ☐ O-Socks
- ☐ Sprint top/singlet (for 1 day of sprint training)
- ☐ Running shorts
- ☐ Running shoes
- ☐ Orienteering shoes

Toiletries

- ☐ Toothbrush & toothpaste
- ☐ Shampoo, conditioner, body wash
- ☐ Deodorant (preferably NOT aerosol)
- ☐ Medicine/asthma puffer
- ☐ Sunscreen



Training Groups (can be adjusted)

Moderate	Hard Short-Medium	Hard Long	Coaches/Helpers
Bella	Gemma	Max G	Ben
Annabel		Jack	Abigail
Angus	Lucy	Toby	Ethan
Max F	Ana	Mitch S	Angus
Achilles	Jemima	Oscar	Evalin
	Mitch M	Remi	Joanna
	Ben	Leith	Zara (no fri)
	Duncan	Daniel	Dante (wed, thurs)
	Sienna		
	Jessica	Emily (Sat only)	
	Zoe	Ali	
	Marcus	Ethan	
	Austin	Abigail	
		Joanna	

Coach per group

Abigail/Ben/Joanna	Evalin/Ethan/Zara	Angus/Dante	
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Coach control placement

Collection: All + older juniors

Dante	Abigail	Ethan	Ethan
	Joanna	Angus/Ev	Abi/Jo?



Vehicle allocation:

If you are not transporting others outside your family, then you can meet us directly at Wirra Wirra on Wednesday. Everyone else meets at North Adelaide McKinnon Parade.
This may change for other days.

Bus	Jack's car	Ben's car	Alex's car	Evalin's car	Ethan's car	Zara's car (no F)
Evalin	Jack	Ben C	Alex	Angus H	Ethan	Zara
Sienna	Max G	Toby	Angus F	Mitch S	Lucy	Leith
Bella	Ben M	Marcus		Ali	Ana	
Zoe		Achilles			Gemma	
Jemima				Oscar	Remi	
Annabel						
Jessica						
Daniel						
Mitch M						
Austin						
Duncan						
Max F						

Room allocation:

Aruma 10 (12)

Room 1 - Double	Room 2 - Double	Room 3 - 8 singles
Ben C	Alex	Marcus
Lan	Angus F	Max F
		Ben M
		Mitch M



		Duncan
		Daniel
		Oscar (W/T) / Achilles (F/S)
		Austin

Aruma 3 (11)

Bedroom 1 - Queen	Bedroom 2 - 2 singles	Bedroom 3 - 2 singles	Bedroom 4 - 4 singles	Additional sofa bed
Evalin	Jack	Zoe	Toby	Ethan
Angus H	Max	Ana	Mitch S	
			Remi	
			Leith	

Aruma 8 (11)

Room 1 - Double	Room 2 - Double	Room 3 - 4 singles	Room 4 - Double + single
Zara	Ali	Lucy	Jemima
	Emily	Gemma	Annabel
		Sienna	Jessica
		Bella	

Dinner plan

Dinner will be eaten at Aruma 3 each night

Wednesday	Thursday	Friday	Saturday
Rice + butter chicken + naan	Burrito bowl (rice, corn, veg, beans etc)	Salad + Chicken Tenders + Hot Chips	Pasta Bake
Sweet potato		Falafel (store bought)	Veg pasta bake



Cooking roster

If anyone has a rice cooker that they can bring please bring it so we can cook rice quickly/easily minimum of 3 preferred

E- Butter chicken	E- Cut veggies	E- salad	E+A- Salad?
A- Chop chicken	A- Rice	A- chicken tenders	
EP- Rice	EP- cook beans		
J- Cut/cook veggies	J- cook veggies	J- pick up chips	J- pasta bake
Z- heat up naan	B+Ali- cook mince		

If needed to swap or assist: Zara, Ali, Alex, Ben

Clean-up roster

Wednesday	Thursday	Friday	Saturday
Toby	Remi	Jack	Leith
Oscar	Daniel	Mitch S	Max
Zoe	Ana	Jemima	Annabel
Lucy	Gemma	Sienna	Duncan
Mitch M	Jessica	Bella	Angus
Ben M	Marcus	Max F	Achilles/Austin