



Junior Arrows & Southern  
Darts Training Camp  
**EXERCISE BOOKLET**



Name



July 2021  
Orienteering South Australia  
Angus Haines & Evalin Brautigam

# Camp Program – 14<sup>th</sup> – 18<sup>th</sup> July 2021

WED	THU	FRI	SAT	SUN
14	15	16	17	18
Pickup Bus, 08:00, Budget Car & Trip Pickup Kids, 08:30, North Adelaide	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
Driving 08:45 – 09:45	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	Keynes Gap - Long Legs & Star Relay 10:00 – 12:00	Pymton - Relay training 10:00 – 11:45	Race Prep, 09:30
Lunch (BYO), 12:00	Quarter Final 11:00 – 12:00	Lunch, 12:00	Driving 11:45 – 12:30	Rock Oyster OY & SST 10:00 – 11:45
Moon Rocks - Contouring & Hillside controls 12:30 – 15:00	Semi Final 12:30 – 13:30	Keynes Gap - Long legs & Detail Reading 12:30 – 15:00	Lunch, 12:30	Driving 11:45 – 13:00
Final 13:30 – 14:30	Final 13:30 – 14:30	Driving 15:00 – 16:00	Team Activity 1 13:00 – 14:30	Drop off Kids, 13:00, Adelaide Univer
Driving 15:00 – 16:00	Driving 14:30 – 15:45	Afternoon Tea & Showers 15:45 – 18:00	Team Activity 2 14:30 – 16:00	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	Afternoon Tea 16:00 – 18:00	
Dinner 18:00 – 19:00	Dinner 18:00 – 19:00	Dinner 18:00 – 19:00	Night-O Rock Oyster 18:00 – 19:30	
Goal Setting & National Prep 19:00 – 20:15	Trivia 19:00 – 20:00	Review Goals, Senior Q&A 19:00 – 20:00	Dinner & Showers 19:30 – 20:15	
Get to bed 20:15 – 21:00	Get to bed 20:00 – 21:00	Get to bed 20:00 – 21:00	Get to Bed 20:15 – 21:00	

## 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 F
Ben M	Marcus	Max F	Achilles/Austin

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Nationals Preparation & Goal Setting

Wednesday 14<sup>th</sup> July 2021

## Nationals (Australian Orienteering Carnival)

Friday 24<sup>th</sup> September – Sunday 3<sup>rd</sup> October

Fri 24/09	Teams arrive	Launceston
Sat 25/09	Australian Sprint	University of Tasi - Launceston
Sun 26/09	Australian Middle	New Area: Hunt Tin Mine
Mon 27/09	Australian Relay	The Argonaut
Tue 28/09	Schools Sprint	Waubadebar - Bicheno
Wed 29/09	Schools Long	Mt Pearson
Thu 30/09	Schools Relay	Mt Pearson
Fri 1/10	Rest / Model	Bosses Rock (small section of Littlechilds Creek)
Sat 2/10	Australian Long	New Area: Bells Marsh
Sun 3/10	Tasi Middle & Teams depart	The Rajah's Rock

### Terrain Characteristics:

- Steep
- Spur Gully
- Rock & boulder clusters
- Thicket and marsh clusters

### Key Skills

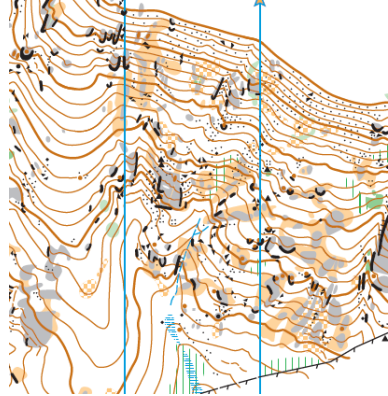
- Contouring
- Route choice (hills and vegetation)
- Map contact (thumbing the map)
- Control picking
- Exit direction



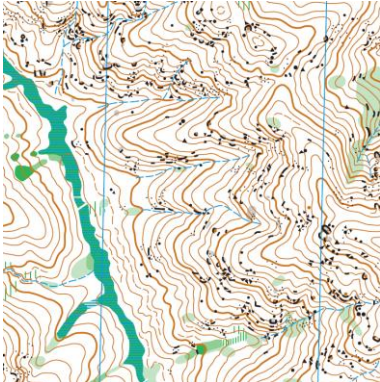
Australian Sprint



Tasmanian Middle



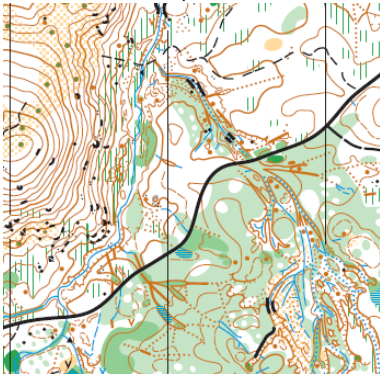
Schools Long and Relay



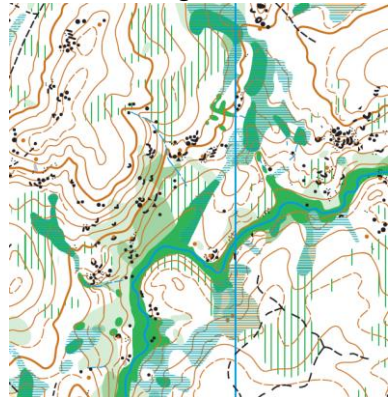
Schools Sprint



Australian Relay



Australian Long



*Note: The Aus Long is on a new area and is only similar to Little Child Creek and the Aus Middle is on a new map.*

# Orienteering Skills and Development

- |  |                                   |
|--|-----------------------------------|
| – <b>Contouring</b> (staying at the same height) | – <b>Thumbing the map</b>         |
| – Exit direction                                 | – Climbing hills                  |
| – <b>Taking a bearing</b>                        | – <b>Concentration</b>            |
| – <b>Following a bearing</b>                     | – <b>Detail reading</b>           |
| – <b>Physical speed</b>                          | – <b>Navigating in the circle</b> |
| – Relaxation                                     | – <b>Looking up</b>               |
| – Terrain running                                | – Distance estimation             |
| – Long leg route choice                          | – Positive thinking               |
| – Folding the map                                | – Using attack points             |
|  | – <b>Big race preparation</b>     |

## Strong Skills

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## Moderate Skills

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## Weak Skills

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## Goal Setting

Specific	Measurable	Attainable	Relevant	Timebound
Make sure it is a single goal and not vague	Measure progress throughout completion	Challenging but realistic, something new to do	Is the goal worthwhile, do you want to achieve it	When is it due, is there enough time

*I will [goal] by/in [timeframe] by/through [methods].*

### Long term goal (Dream goal)

*Achieve over the next few years, e.g. I will make the JWOC team in 2023.*

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### Medium term goal (Main goal)

*Achieve over the next 6 to 12 months e.g. I will decrease my 5km time from X to Y by January 2021 / Top 10 at 2021 Australian Schools Champs*

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### Short term goal (Camp goal)

*e.g. During the camp I will improve my concentration while Orienteering by the end of the Junior Camp.*

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# Breaking down and achieving your goals

## Medium term goal (Main goal)

What is the hardest part of achieving your goal?

*e.g. Getting faster and fitter.*

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What is the biggest barrier?

*e.g. Sticking to a weekly training program / attend all Jnr Arrow trainings*

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How can you help overcome this?

*e.g. organising transport with other people, managing my time*

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## Short term goal (Camp goal)

What is the hardest part of achieving your goal?

*e.g. actually concentrating during orienteering*

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What is the biggest barrier?

*e.g. remembering to practise the skill during orienteering*

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How can you help overcome this?

*e.g. writing on my hand, reminding myself what skills I'm going to practise*

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# Training Review – Knockout Sprint

Thursday 15<sup>th</sup> July 2021

## Strengths

Things you did well during the training.

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## Weaknesses

Things you did not do so well, mistakes during the training.

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## Progress towards short term goal

What did you do to help achieve your short-term goal you set?

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## What can you do tomorrow to improve?

Strategies to help improve your weaknesses and further your goal

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# Training Review – Keynes Gap

Friday 16<sup>th</sup> July 2021

## Strengths

Things you did well during the training.

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## Weaknesses

Things you did not do so well, mistakes during the training.

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## Progress towards short term goal

What did you do to help achieve your short-term goal you set?

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## What can you do tomorrow to improve?

Strategies to help improve your weaknesses and further your goal

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# Reviewing Goals and Senior Q&A

Friday 16<sup>th</sup> July 2021

Long term goal (Dream goal)

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Medium term goal (Main goal)

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## Weekly Training Plan

	Recommended	Physical	School / Other
Mon	<i>Rest / Easy</i>		
Tue	<i>North Adelaide</i>		
Wed	<i>Rest / Easy</i>		
Thu	<i>Trail Running / Belair Training</i>		
Fri	<i>Rest / Easy</i>		
Sat	<i>Parkrun / O- Training</i>		
Sun	<i>O-Event / Long Run</i>		

I, \_\_\_\_\_ will commit to this training plan for the next 70 days and ensure that they are aligned with achieving the goals I have set enabling me to perform my best at Nationals.

Signed \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

# Training Review – Pymton

Saturday 17<sup>th</sup> July 2021

## Strengths

Things you did well during the training.

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## Weaknesses

Things you did not do so well, mistakes during the training.

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## Progress towards short term goal

What did you do to help achieve your short-term goal you set?

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## What can you do tomorrow to improve?

Strategies to help improve your weaknesses and further your goal

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# Race Review – Night-O Rock Oyster

Saturday 17<sup>th</sup> July 2021

## Strengths

Things you did well during the training.

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## Weaknesses

Things you did not do so well, mistakes during the training.

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## Progress towards short term goal

What did you do to help achieve your short-term goal you set?

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## What can you do tomorrow to improve?

Strategies to help improve your weaknesses and further your goal

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# Race Review – Rock Oyster

Sunday 18<sup>th</sup> July 2021

## Strengths

Things you did well during the training.

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## Weaknesses

Things you did not do so well, mistakes during the training.

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## Progress towards short term goal

What did you do to help achieve your short-term goal you set?

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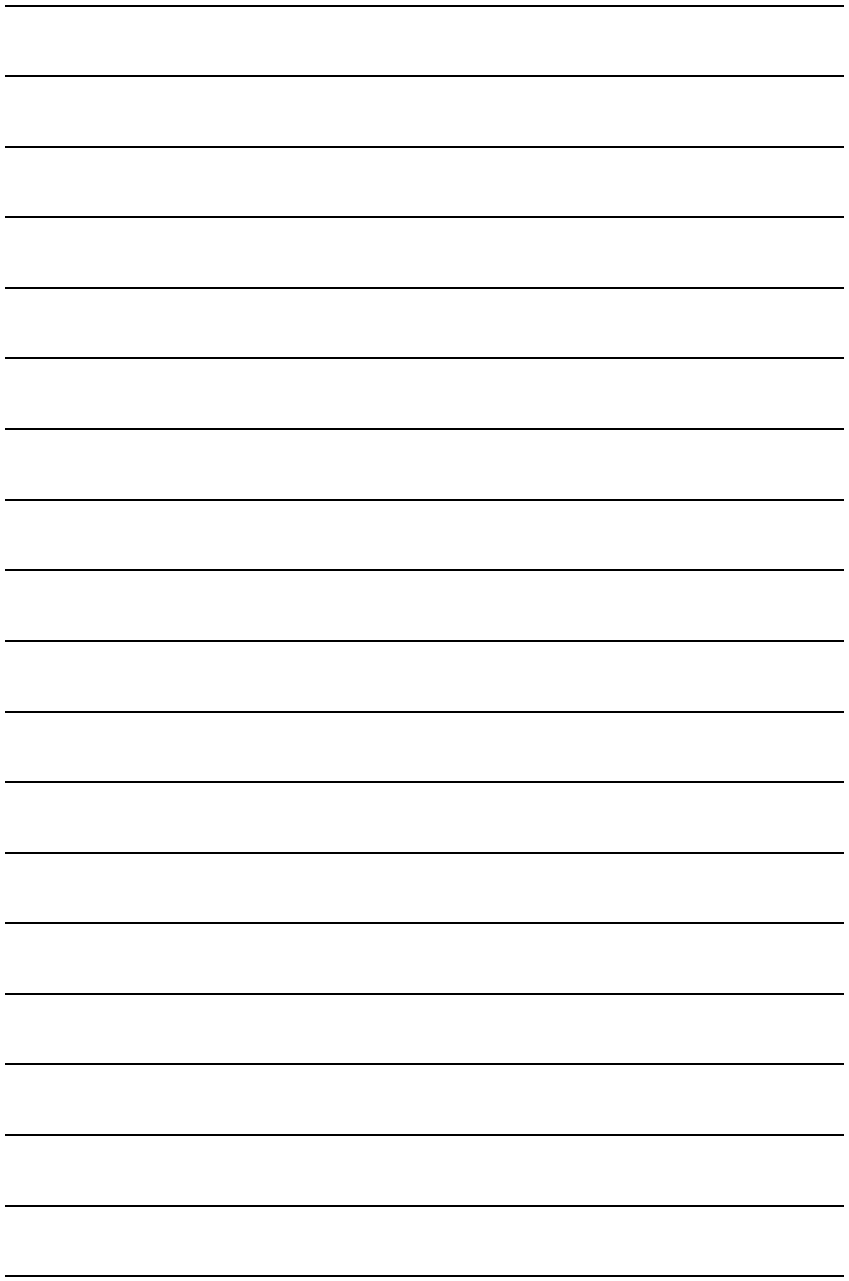
## What can you do next race / at training to improve?

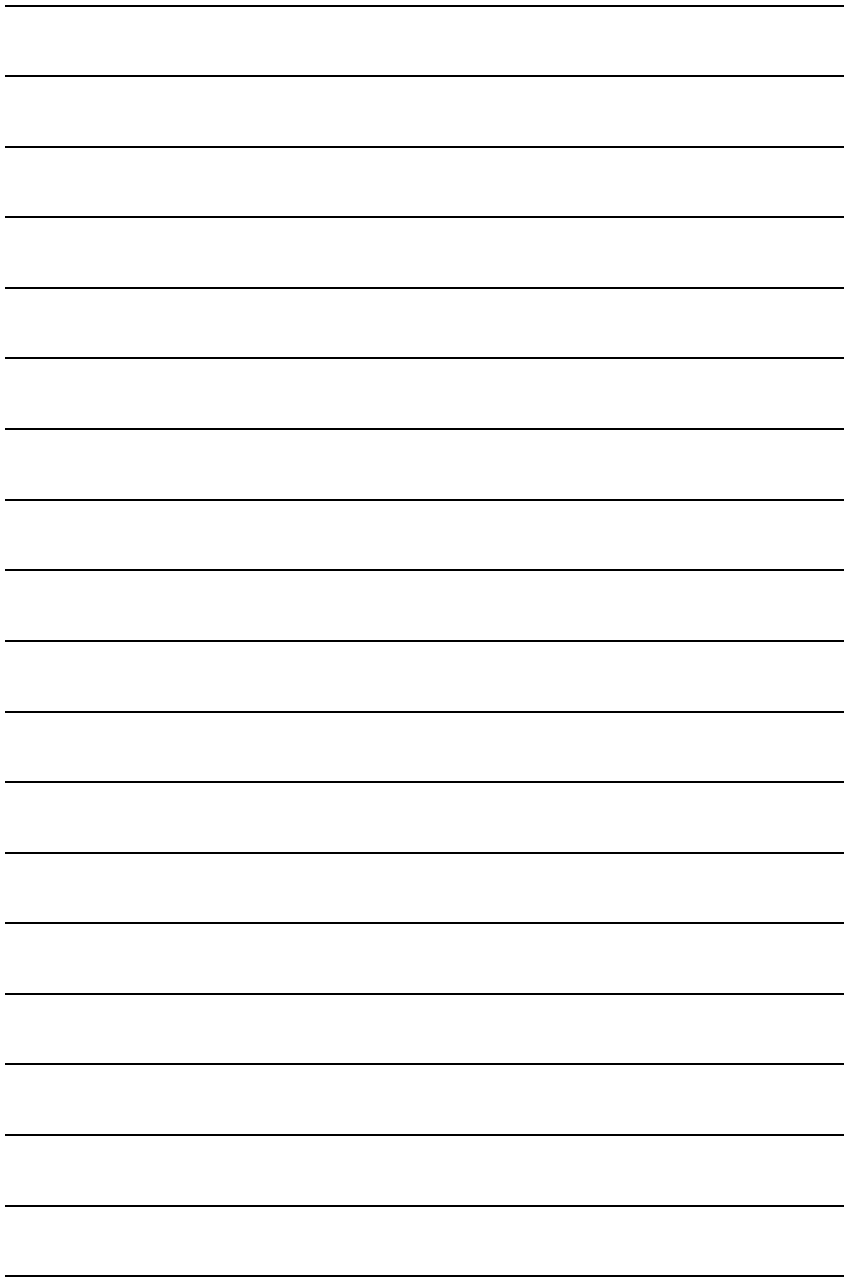
Strategies to help improve your weaknesses and further your goal

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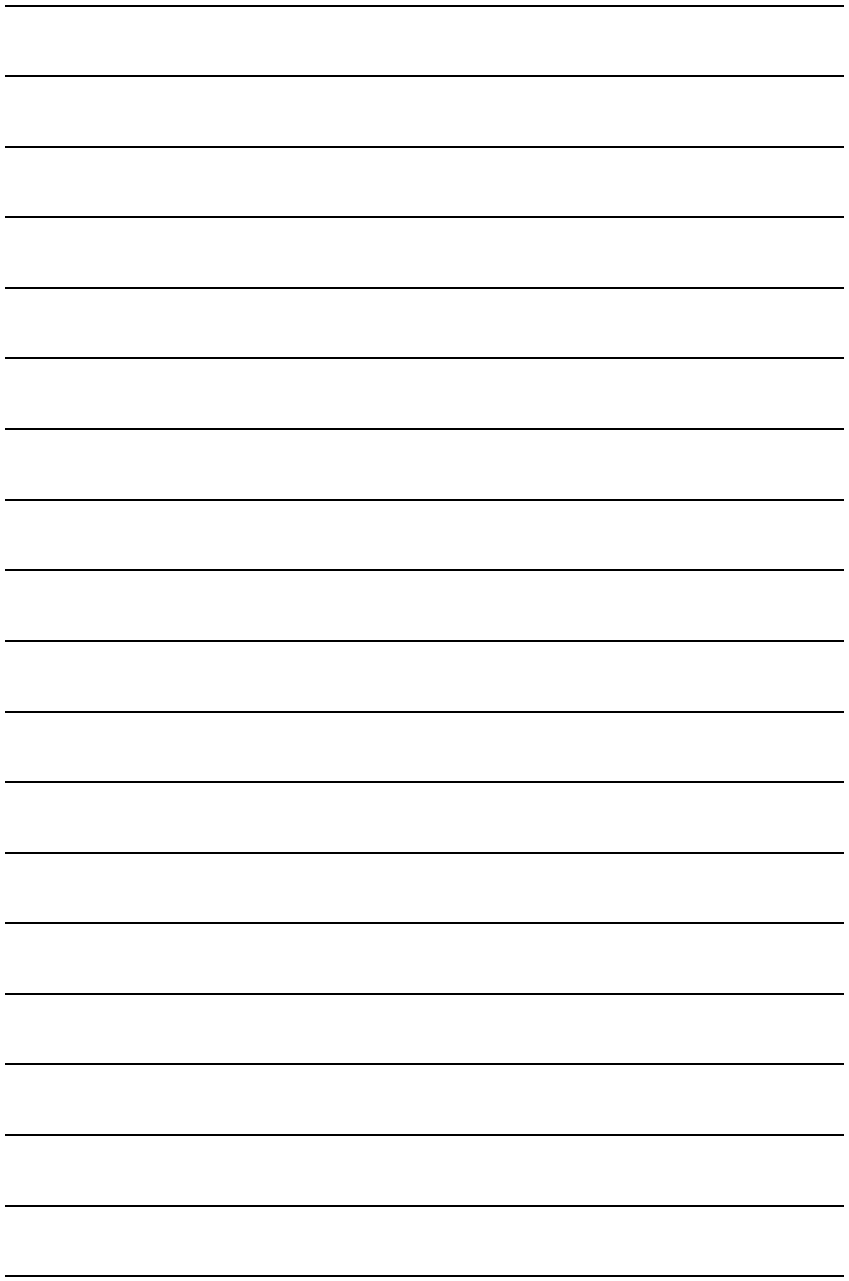
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IOF Control Descriptions 2018
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This is a summary of the IOF pictorial control descriptions. Full details can be obtained from the IOF web site at

<http://www.orienteering.org>

A	B	C	D	E	F	G	H
1	123	↓	⊖		15 x 5	⊙	

- A Control number
- B Control code
- C Which of any similar feature
- D Control feature
- E Appearance
- F Dimensions/combinations/bend
- G Location of control flag
- H Other information

## C - Which Feature

↑

Northern  
Upper  
Lower  
Middle













## D - Control Feature

**See below.**

## E - Appearance

(	)	U	■	⋮	⋈	≡	⦿	A	⊕	↻
Low	Shallow	Deep	Overgrown	Open	Rocky, Stony	Marshy	Sandy	Needle leaved	Broad leaved	Ruined

## G - Location of Flag












	West Side
	South East Edge
	East Part
	South West Corner (inside)
	North Corner (outside)
	North West Tip
	South East End
	Upper Part
	Lower Part
	Top
	Foot
	North East Foot
	Beneath
	Between

## F - Dimensions

1.5	Height or Depth
5 x 3	Size
1.0 / 2.5	Height on slope
1.5	Heights of two features
2.5	Crossing
X	Junction
Y	Bend
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## H - Other Information

	First aid post
	Refreshment point
	Manned control

Distance to Start Triangle from point of timed start	200 m	
Follow Taped Route away from control	70 m	
Follow Taped Route between controls	90 m	
Mandatory crossing point or points		
Mandatory passage through out of bounds area		
Follow Taped Route to Map Exchange	20 m	
Follow Taped Route to Finish	80 m	
Navigate to Finish Funnel, then follow tapes	50 m	
Navigate to Finish, no tapes	90 m	

## Land forms

	Trench		Bare rock
	Narrow passage		Stony ground
	Boulder cluster		Boulder field
	Cave		Rock pillar
	Cliff, Crag		Broken ground
	Ant hill, Termite mound		Pit
	Small depression		Depression
	Saddle		Knoll
	Hill		Small erosion gully
	Erosion gully		Earth wall
	Quarry		Earth bank
	Re-entrant		Spur
	Terrace		

## Rock and boulders

	Trench
	Narrow passage
	Bare rock
	Stony ground
	Boulder cluster
	Boulder field
	Cave
	Rock pillar
	Cliff, Crag

## Water and marsh

	Water tank
	Spring
	Well
	Firm ground in marsh
	Marsh
	Narrow marsh
	Minor water channel, Ditch
	River, Stream, Watercourse
	Waterhole
	Pond
	Lake

## Vegetation

	Open land
	Semi-open land
	Forest corner
	Clearing
	Thicket
	Linear thicket
	Vegetation boundary
	Copse
	Prominent tree
	Root stock, Tree stump

## Man-made features

	Out of bounds area
	Stairway
	Canopy
	Monument, Statue
	Platform
	Fodder rack
	Boundary stone, Cairn
	Shooting platform
	Tower, Pylon
	Pipeline, Bobsleigh track
	Ruin
	Paved area
	Building
	Crossing point
	Fence
	Wall
	Tunnel
	Power line pylon
	Power line
	Bridge
	Ride
	Track, Path
	Road

## Special features

	Special item
	Special item



