

Orienteering Junior Training Camp – April 2022

Bulletin 1



Camp Segments:

Part A

Weekend participation in State League events and overnight accommodation at NEGS on Saturday and Sunday night. Cost \$200pp.

Part B

Midweek participation in Training Camp events and overnight accommodation at NEGS on Monday, Tuesday and Wednesday nights. Cost \$300pp.

Transport Segments:

Part I

Transport via minibus to Armidale. Departs McDonalds Thornleigh 6.30am Saturday. Pick up any additional passengers in Armidale and continue to Event. Cost \$40pp.

Part II

Transport via minibus to State League events on Saturday and Sunday as part of camp segment A (ie. no additional cost).

Part III

Transport via minibus to Training Camp events on Monday, Tuesday and Wednesday as part of camp segment B (ie. no additional cost).

Part IV

Transport via minibus to Nanango Showground on Thursday. Cost \$40pp.

Part V

Transport via minibus to and from Easter events on Friday, Saturday, Sunday and Monday. Cost \$20pp/day.

Part VI

Transport via minibus to Gold Coast on Monday. Cost \$30pp

Part VII

Transport via minibus to McDonalds Thornleigh on Tuesday. Cost \$40pp.

Who can come?

Juniors (eligible to compete in M/W20 and below) from all states are welcome to join us on our camp. Some coaches and parent helpers will be needed – it would be great to have one from each state that has juniors attending. We may be constrained by accommodation and transport capacity limits, so enter early!

Program:

DAY	MORNING	AFTERNOON	EVENING
PART A – WEEKEND			
Saturday 9 th April	-	State League Race	Presentation
Sunday 10 th April	State League Race	Social	Presentation
PART B – MIDWEEK			
Monday 11 th April	Training	Training	Presentation
Tuesday 12 th April	Training	Social	Presentation
Wednesday 13 th April	Training	Training	Night Relay

Training: there will be training on granite terrain so that you can prepare your “granite brain” for Easter. We will look at: how mappers map the rock, reading the contours under the rock, simplifying, navigating in fine detail, how to approach the transition from easy to moderate, how to approach the transition from moderate to hard, and more...

Presentations: there will be coaches on hand for race debriefs over the weekend, presentations on strength and conditioning training, an explanation of all the sprint orienteering sub-disciplines, MTBO, and more...

Social: there will be some fun social activities as well as a night relay in and around our Boarding House, so bring your headtorch!

Accommodation: we will be staying at NEGS, a boarding school in Armidale. Accommodation is in dorm rooms – you will need to bring your own linen (sheets, sleeping bag, towels). Attendees will be allocated rooms keeping ages (over/under 18) and genders separate.

Food: all meals and snacks will be provided. NEGS is providing dinner and breakfast every day and we will be providing ingredients for “make your own lunch” as well as fruit and snacks throughout the day.

Transport: during the camp, transport will be a combination of a 12-seater minibus, parents and coaches. If you do not have a parent on hand to drive you, then please indicate that you need transport Part II and/or Part III.

Additional Transport: before and after the camp, some transport will be offered in our 12-seater minibus at an additional cost. When entering, please indicate your need for additional transport (Parts I, IV, V, VI, VII). Priority for additional transport will be given to camp attendees, before spare seats are offered to other orienteers. Once we have the numbers, we will open up a booking and payment option for the additional transport.

Over 18: all juniors aged over 18, as well as parent-helpers and coaches will need to provide an up-to-date Working With Children Check (or state-based equivalent).

Paperwork: all attendees will be required to fill out basic paperwork with emergency contact, dietary requirements, medications, Medicare number, etc. Non-QLD residents may have to pay for Ambulance services if they are required (it's up to you to check the rules of your ambulance cover or health insurance policy.)