

Orienteering Junior Training Camp – July 2022

Bulletin 1



When:

Wed 6th July to Sun 10th July – for juniors running Hard and Moderate
Fri 8th July – for juniors (with parents) running Easy and Very Easy

Where:

We will stay in cabins (or camping) at Bonny Hills Big 4 caravan park. Please book ASAP! See information below about the range of cabins. Bookings are filling up, so please book straight away. If you are unable to stay at the Big 4, then try to stay in Bonny Hills so you can be a part of our extra activities.

Who can come?

Juniors (eligible to compete in M/W20 and below) are welcome to join us. They will mostly be expected to come with their families, or to organise themselves into family groups. Juniors running Hard and Moderate navigation are welcome to attend without parents, providing they find an adult prepared to take responsibility for them, including accommodation and transport. Juniors running Easy and Very Easy (aged 7 and over) will join the camp on Friday, and are welcome to stay through till Sunday, and must be accompanied by a parent. Older juniors will be expected to assist young juniors with Friday's training exercises.

Program:

DAY	MORNING	AFTERNOON	EVENING
Wednesday 6 th July	Drive to Port Macquarie	Training - sprint	Presentation
Thursday 7 th July	Training - bush	Training – how to train from home	Night navigation
Friday 8 th July	Training - bush	Social activity	Presentation
Saturday 9 th July	Beach walk Preparing to race	State League event	Social BBQ
Sunday 10 th July	State League event	Travel home	

Training: We will do training for bush orienteering. There will be a focus on reading contours, using a compass, using handrails, using attack points. We will also do some sprint training with a focus on decision making, map reading on the run. We will also practise some sprint varieties like choosing map segments, sprint relays, mixed relays, knockout sprints.

Presentations: We will have a couple of evening presentations, and there will be coaches on hand for race debriefs over the weekend. We will do a practical activity to illustrate how you can go about setting up your training from home and we will also discuss race preparation routines.

Social: there will be some fun social activities as well as night navigation, so bring your headtorch!

Accommodation: we will be staying at Bonny Hills Big 4. You need to BOOK YOUR OWN ACCOMMODATION. See information below on the options. When you book, tell them you are part of the orienteering group and ask them to flag your booking “do not move”. Accommodation costs are not included in the camp cost.

Food: no meals and snacks will be provided. You will be expected to provide all of your own food for the whole camp. You will be expected to bring a packed lunch, snacks and water to training sessions. Please plan to join us for a social BBQ on Saturday night from 5.00pm. Food costs are not included in the camp cost.

Transport: no transport will be provided. You will be expected to organise your own transport. Transport costs are not included in the camp cost.

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

Paperwork: all attendees will be required to fill out basic paperwork with emergency contact, allergies, medications, Medicare number, etc. This will be stored in a folder and only used if there is a medical emergency.

Accommodation Options at Bonny Hills Big 4

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/cabins/studio-cabin/>



Studio cabin at Bonny Hills - Ingenia Holidays

Overview For the family or couple on a budget, our studio cabins are compact and functional for an affordable holiday. Featuring an open plan studio layout with a queen sized bed and bunk bed, it is the perfect configuration for two adults and two children.

www.ingeniaholidays.com.au

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/cabins/deluxe-cabin-1br/>



Deluxe 1br cabin at Bonny Hills - Ingenia Holidays

Overview This luxury accommodation boasts separate bedroom and living areas. Enter the cabin into the well appointed living and kitchen areas with flat screen TV and seating for a couple on the comfortable reclining chairs, dining table for two, cozy kitchenette with fridge, microwave, gas cooktop and a coffee machine.

www.ingeniaholidays.com.au

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/cabins/garden-villa/>



[Garden villa at Bonny Hills - Ingenia Holidays](#)

Overview If you are looking for a place for the whole family to stay or maybe somewhere to accommodate a group of friends, the Garden Villa is the place for you.

www.ingeniaholidays.com.au

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/cabins/bamboo-bungalow/>



[Bamboo bungalow at Bonny Hills - Ingenia Holidays](#)

Overview If you are looking for a place for the whole family to stay or maybe somewhere to accommodate a group of friends, the Bamboo Bungalow is the place for you.

www.ingeniaholidays.com.au

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/cabins/beach-cottage/>



[Beach cottage at Bonny Hills - Ingenia Holidays](#)

Overview Whether you are traveling with family or friends, the Beach cottage is an ideal choice to accommodate five people. The main bedroom has a queen sized bed while the second bedroom has a single and bunk bed.

www.ingeniaholidays.com.au

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/cabins/family-suite-3-bedroom/>



[Family suite 3 br at Bonny Hills - Ingenia Holidays](#)

Overview Equipped with three bedrooms and right by the beach, the Family Suite has everything you'll need for a great stay! Sleeping six guests, this cabin has a queen sized bed in the main bedroom, a

king or two singles in the second bedroom and either a bunk bed or two singles in the third bedroom, so make sure you get in touch with reception with your bedding configuration requests.

www.ingeniaholidays.com.au

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/sites/powered-site/>



Powered site at Bonny Hills - Ingenia Holidays

Overview Get back to nature and pitch your tent or bring your caravan, camping and motorhome to our powered sites. Our sites suit all needs with the selection of grassed, slab and drive through options.

www.ingeniaholidays.com.au

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/accommodation/drive-through-powered-site-2/>



Drive Through Powered Site - BIG4 Ingenia Holidays Bonny Hills

Overview Drive Through Powered Site (not suitable for Tent & Camper trailer)

www.ingeniaholidays.com.au