

## Camp Timetable:

**Coordinator (while on camp): Saffron Sweeney 0414575334**

**Organiser: Helen O'Callaghan 0478226601**

**Note:** there will be limited phone coverage at some of the training venues

**Coaches:** Lee Coady, Jock Davis, Mark Freeman, Anthony Nolan, Rebecca George, Seth Sweeney, Jamie Woolford, Martina Craig (Sun/Mon)

**Training Assistants (when needed):** Anna Dowling, Tim Slater, Steph Nicholls, Charlotte Palmer, Geoff Peel, Margaret Peel, Naomi Scouller, Vanessa Freeman

**Parent Helpers:** Matthew Palmer, Louise Waland

**Supervising younger children:** Greg Newton, Lee Coady, Miles Ellis, Rachel Povah, Ori Gudes

TIME	WHAT & WHERE	WHO
	<b>SUNDAY</b>	
1.30pm	Hang flags for training #1	Jamie & <b>Tony</b>
2.30pm	Arrive at Welby for Training #1, snack	Everybody, <b>Helen</b> (snack)
3.00pm	Briefing, then training #1 (assisting coaches: Mark & Martina)	Everybody (Jamie)
3.00pm	Organise food at the hut, prepare for all arrivals	<b>Saffron</b>
3.00pm	Hang flags for training #2 (Hut and Piggery)	<b>Lee &amp; Seth</b>
4.30pm	Return to Assembly, snack Collecting Controls	Everybody <b>Mark, Martina</b>
4.45pm	Dinner prep	<b>Saffron, Lee</b>
5.00pm	Drive to Belanglo (16 min)	Everybody
5.20pm	Arrive and settle into rooms.	Everybody
5.30pm	Dinner prep	<b>Vanessa, Mark, Saffron, Naomi</b>
6.00pm	Dinner (Mexican), then wash your own dishes	Everybody
6.30pm	Dishes and clean up	Lachlan, Alton, Callum ( <b>Tim</b> to supervise)
6.45pm	Briefing for training #2	Everybody ( <b>Lee</b> and Seth)
7.00pm	Training #2 – night navigation (assisting coaches at Hut: Mark & Martina; assisting coaches at Piggery: Anthony & Jock)	Everybody ( <b>Lee</b> and Seth)
8.00pm	Return to Hut, showers, snack	Everybody
8.30pm	Check that all showers have been had, juniors to bed	<b>Anna</b>
9.00pm	Seniors to Bed	Everybody
9.00pm	Lights out - juniors	<b>Anna</b>
9.00pm	Lay out Breakfast Ingredients	<b>Vanessa</b>
9.00pm	Prepare Lunch Ingredients into individual containers	<b>Steph, Louise, Margaret</b>
9.30pm	Lights out - seniors	Everybody ( <b>Saffron</b> )

TIME	WHAT & WHERE	WHO
	<b>MONDAY</b>	
7.00am	Prepare dishwashing area	<b>Louise &amp; Charlotte</b>
7.00am	Breakfast, then wash your own dishes	Everybody
7.15am	Set out lunch ingredients	<b>Margaret, Naomi</b>
7.30am	Jock, Mark and helper/s depart for Snows Hill	<b>Jock, Mark</b>
7.30am	Pack your own lunch, pack your daypack*	Everybody
8.00am	Clear and pack away lunch ingredients, dishes, tidy up	Nick, Jonathan, Alex ( <b>Jane</b> to supervise)
8.00am	Saffron to prepare a shopping list for Ruth note we need extra sliced bread for sausages for dinner	<b>Saffron</b>
8.15am	Assemble in front of hut, ready to depart	Everybody
8.30am	Drive to Snows Hill (1 hr 16min)	Everybody
8.50am	Hang controls for training #3 and training #4	<b>Jock, Mark</b>
10.00am	Prepare to train, Briefing for training #3	Everybody ( <b>Jock</b> )
10.30am	Training #3 - contours	Everybody ( <b>Jock</b> )
12.00pm	Return to Assembly + Debrief	Everybody ( <b>Jock</b> )
12.30pm	Lunch	Everybody
1.00pm	Briefing for training #3	Everybody ( <b>Mark</b> )
1.15pm	Training #3 – relocating	Everybody ( <b>Mark</b> )
2.30pm	Prepare for control collection	<b>Anthony, Rebecca</b> , Nick, Alex, Alton, Jamie, Seth
2.45pm	Return to Assembly + Control collection	Everybody
3.00pm	Debrief	Everybody ( <b>Mark</b> )
3.30pm	Drive to Belanglo (1hr, 16min)	Everybody
5.00pm	Showers, snack	Everybody, <b>Charlotte &amp; Matthew P</b> (snack)
5.00pm	Dinner preparation	Maggie, Matilda, Savanna, Stephanie ( <b>Tim</b> to supervise)
6.30pm	Dinner (BBQ), then wash your own dishes	Everybody
7.00pm	Dishes	Tiffany, Alexandra, Isobel ( <b>Geoff</b> to supervise)
7.30pm	Presentation	Everybody ( <b>Angus &amp; Ruth Shedden</b> )
8.30pm	Free time, Showers for those who haven't had one yet	Seniors
8.30pm	Bed time juniors	Juniors ( <b>Saffron</b> )
9.00pm	Lights out juniors, Bed time seniors	Juniors & Seniors ( <b>Saffron</b> )
9.00pm	Prepare breakfast area	<b>Steph</b>
9.00pm	Recharge Lunch Ingredients	<b>Margaret, Anna, Naomi</b>
9.30pm	Bed and Lights out	Everybody ( <b>Saffron</b> )

**\*Day Packs:** orienteering shoes, orienteering equipment, packed lunch, fruit, full water bottle, warm clothing, raincoat (if weather bad), sunhat, A4 plastic bag for maps

**Extra Notes:** bring extra water, extra fruit, muesli bars for everybody to access if needed

TIME	WHAT	WHO
	<b>TUESDAY</b>	
7.00am	Prepare dishwashing area	<b>Matthew P</b>
7.00am	Breakfast, then wash your own dishes	Everybody
7.15am	Set out lunch ingredients	<b>Jane</b>
7.30am	Early helpers drive to Tree Cave Track (15min) and hang controls	<b>Rebecca, Anthony, Jock</b>
8.00am	Pack your own lunch, pack your daypack*	Everybody
8.30am	Clear and Pack away lunch ingredients, dishes, tidy up	Euan, Rory, Shay, Levi ( <b>Lee</b> to supervise)
8.30am	Saffron to prepare shopping list for Ruth	<b>Saffron</b>
8.45am	Drive to Tree Cave Track (15min)	Everybody
9.00am	Presentation on Using Handrails and Attack Points when navigating. Briefing for training #5	Everybody ( <b>Rebecca</b> )
9.45am	Prepare for training	Everybody
10.00am	Training #5 – Using Handrails and Attack Points	Everybody ( <b>Rebecca</b> )
11.30am	Return to Assembly	Everybody
11.30am	Collecting controls	<b>Anthony, Jock, Jamie, Nick, Lachlan</b>
11.45pm	Lunch	Everybody
12.15	Anthony drive to Arthursleigh to tape/put out controls	<b>Anthony</b>
12.15pm	Drive to Highlands Entertainment Centre Tenpin Bowling (30 min)	Everybody ( <b>Saffron</b> )
12.45pm	Tenpin Bowling	Everybody
2.30pm	Prepare for Terrain time trials	<b>Lee</b>
3.00pm	Drive to The Hut (20 min)	Everybody
3.30pm	Assemble at Hut for Terrain Time Trials	All Juniors ( <b>Lee</b> )
3.45pm	Walk to Terrain Time Trials	All Juniors ( <b>Lee</b> )
4.00pm	Training #6 – Terrain Time Trials	All juniors ( <b>Lee</b> )
5.00pm	Showers if needed (there is still a night relay to go)	Everybody
5.00pm	Tidy rooms, partial packing	ALL juniors in bunkhouse
5.00pm	Dinner preparation	Tahlia, Jessica, ( <b>Louise</b> to supervise)
6.30pm	Dinner (Pasta), then wash your own dishes, NO ROAMING	Everybody
6.30pm	Controls for night relay	Seth
6.45pm	Dishes	Presley, Matthew S, Baxter ( <b>Matthew P</b> to supervise)
7.00pm	Prepare for Relays. Teams, Briefing, Head torches, etc	Everybody
7.30pm	Training #7 – Night Relay	Everybody (+ helpers)
8.30pm	Showers, Bed time Juniors	Juniors & Seniors
9.00pm	Prepare breakfast area	<b>Steph</b>
9.00pm	Recharge Lunch Ingredients	<b>Geoff, Charlotte, Greg</b>
9.30pm	Lights out Juniors, Bed time Seniors	Juniors & Seniors
10.00pm	Lights Out Seniors	Seniors

**\*Day Packs:** orienteering shoes, orienteering equipment, packed lunch, fruit, full water bottle, warm clothing, raincoat (if weather bad), sunhat, A4 plastic bag for maps, suitable clothing and footwear for Tenpin Bowling – we will go straight there without stopping at the hut.

**Extra Notes:** Everybody gets 2 games of tenpin bowls. Change groups after first game. We have 5 lanes booked for 25 players. This should take 100min. If we want to speed things up, we can ask for more lanes to have smaller groups. Saffron to pay \$22 per person (+/- \$550 depending on final numbers). Adults welcome to play at same cost.

<b>TIME</b>	<b>WHAT</b>	<b>WHO</b>
	<b>WEDNESDAY</b>	
7.00am	Prepare dishwashing area	<b>Tim</b>
7.00am	Breakfast, then wash your own dishes	Everybody
7.15am	Set out lunch ingredients	<b>Lee, Jane, Geoff</b>
7.30am	Early helpers drive to Arthursleigh (40 min)	<b>Anthony, Jock</b>
8.00am	Pack your own lunch, pack your daypack*	Everybody
8.15am	Hanging controls for training #8	<b>Anthony, Jock</b>
8.30am	Breakfast & lunch clean up - Extra clean up team:	Callum, Nick, Stephanie, Maggie ( <b>Saffron</b> to supervise)
8.30am	Packing bags and taking to cars	Everybody
9.00am	Sweep, vacuum, clean up	Matilda, Savanna, Jonathan, Alex ( <b>Anna</b> to supervise)
9.20am	Drive to Arthursleigh (40 min)	Everybody
10.00am	Prepare to train, Briefing	Everybody
10.30pm	Training #8 – Putting it all together	Everybody ( <b>Anthony</b> )
12.00pm	Return to Assembly	Everybody
12.00pm	Debrief	Everybody ( <b>Coaches</b> )
12.30pm	Lunch, Camp finishes – parents pick up / drivers head home	Everybody
1.00pm	Depart Arthursleigh, drive to the Hut	Everybody
1.45pm	Pack cars, head towards home	Everybody

**\*Day Packs:** orienteering shoes, orienteering equipment, packed lunch, fruit, full water bottle, warm clothing, raincoat (if weather bad), sunhat, A4 plastic bag for maps

#### **THE HUT:**

Driving: the road in is corrugated, please drive at 20km/h

Keys: are on a hook/nail on the old tank stand (towards the bunk house). Please replace at end of camp.

Night: consider leaving verandah lights and toilet lights on

Fire: please replace all firewood, use the block splitter in the storeroom

Fridge: the volunteers have food in the fridge – please do NOT use or remove, it's for working bees

BBQ: gas – the gas bottle is in the store room, please return it. Wood fired – please replace the cover with the log on top to stop it blowing off. Please don't scour clean as it will rust, please leave oiled.

Bunks: there are ladders to bunk beds in the storeroom, if needed