

Orienteering Australia Junior Development Camp

Canberra ACT | 14-19 December 2024

Bulletin 1 | September 2024



Invitation

We are excited to invite junior orienteers aged 14-19 to attend Orienteering Australia's Junior Development Camp 2024!

The five-day camp offers a fully immersed orienteering experience. You will improve your skills and learn new techniques, with a range of focussed and challenging training sessions on some of the most iconic maps and terrain the ACT has to offer.

You will run on fast spur-gully terrain, technical granite in Namadgi National Park, as well as some frantic sprint sessions, relays and night-O. Activities each day will be led by some of Australia's best coaches and elite orienteers.

As always, the camp is full of energy, and it is a great way to socialise, share experiences, and forge lifelong friendships. We hope to see you there!

Eligibility for participants

The camp is open to juniors up to the age of 20 born before or in 2010 (14 years of age or older at end of 2024)

Orienteering experience:

You must be competing on hard-level courses or competently running moderate-level courses and transitioning to hard courses.

Younger orienteers:

Training sessions will be located on challenging maps where State league and National events are typically held. The five-day program requires a good level of physical fitness.

Safety is our primary concern. Younger orienteers (12 or 13 years of age) who are transitioning to hard courses, may attend if accompanied by a parent / guardian who is responsible for them for the entire duration of the camp. This is important for the safety of less experienced orienteers. Younger orienteers and parents/ guardians will need to arrange their own accommodation offsite, and transport. A small number of younger orienteers, with parents who are undertaking a major coordination role, may be able stay at the camp accommodation.

Please see eligibility decision tool on the eventor page or contact the camp coordinator if you are unsure of eligibility.

Program

The draft program is outlined below. An updated program will be made available ahead of the camp once we have finalised permissions and training options.

Training sessions will offer two difficulties:

1. Hard navigation
2. Beginner hard – for those transitioning from moderate to hard.

In addition to the training sessions, there will be plenty of time for relaxing activities in the surrounding areas, including swimming.

Table 1: Program of events

Date	Time	Event
Saturday 14 December	Early Afternoon	Arrive Parliamentary triangle (MapRun)
	Evening	
Sunday 15 December	Morning	Isaacs Ridge
	Afternoon	Cooleman Ridge
	Evening	Presentation (tbc)
Monday 16 December	Morning	Repechage sprint series (School campuses) Amaroo / Gold Ck / Harrison
	Afternoon	
	Evening	Bruce Ridge (Night-O)
Tuesday 17 December	Morning	Honeysuckle ck
	Afternoon	Spare time (Social / swimming etc)
	Evening	Livelox analysis (all-in or split into groups)
Wednesday 18 December	Morning	Boboyan Divide (Part 1)
	Afternoon	Boboyan Divide (Part 2)
	Evening	Presentation (tbc)
Thursday 19 December	Morning	Camp champs (Sprint relay) Canberra Girls Grammar (CGGS)
	Early afternoon	Depart

Travel and transport

Travel to Canberra is the responsibility of individual athletes. However, some states may opt to travel as a group – this can be coordinated at the state level. Local transport during the camp, to and from each event, will also be the responsibility of states but there are plenty of opportunities for car-pooling. If you do not have any means of transport, please contact your state coordinator or the central camp coordinator.

Accommodation

The camp accommodation will be at Alivio Tourist Park: 20 Kunzea Street, O'Connor ACT: <https://aliviogroup.com.au/>

Alivio Tourist Park has provided a group discount for Orienteering Australia. They offer cabin-style accommodation, with each cabin sleeping around 4 to 6 people. You can also take advantage of the swimming pool, which can be a welcome relief in hot weather, and games area for some relaxing downtime.

A small number of twin / double room cabins will be available for coaches and state coordinators. State coordinators will manage individual accommodation needs in their states. The main dining / common area has been made available to us for evening presentations.

Meals

Dinner at Alivio Tourist Park is included in the eventor entry price. Prior to the camp there will be an opportunity to specify any special dietary requirements and/or food allergies.

Breakfast and Lunch is not provided by Alivio, and will likely be organised in state groups, managed by the state coordinators. On some days we will return to our accommodation for lunch, but on other days we will be based remotely.



Coaches and parent involvement

Coaches and state coordinators:

Experienced coaches will be on-hand for the duration of the camp. Coaches can act as mentors, help with shadowing and de-briefing, and provide invaluable feedback. You will develop your map technique and compass work, and improve your route analysis and course strategy. For this to be effective, we will nominate individual coaches to team-up with a group of juniors. You will have a designated coach for the duration of the camp. We encourage younger, high-performance orienteers with an interest in junior development to get involved in the coaching.

Adult volunteers may also choose to act as state coordinators or helpers at the camp. The role of state coordinators is to share information, manage groups at the accommodation where needed and ensure transport to and from events/activities. There are limited spaces at the accommodation for coaches/volunteers undertaking significant roles, however adult helpers/coaches not staying at the accommodation are still encouraged to attend.

Please fill in the following google form [here](#) if you are interested in attending as a state coordinator, coach or adult helper. In the form, please indicate if you would like to stay at the accommodation if space is available.

Parent involvement:

We appreciate the support of parents, including state coordinators and coaches to ensure safety and effective supervision of junior orienteers. At the same time the focus of the training, and the purpose of the camp more generally, is to develop our junior athletes. With this in mind, any parents who wish to attend must be undertaking a volunteering role, either as state coordinator, coach or assisting with event organisation (for example by collecting or putting out controls each day) and therefore, please fill in the form [here](#).

Costs and inclusions

The cost and inclusions of the camp is outlined in the table below. We are endeavouring to keep costs as low as possible. You are encouraged to approach your clubs or state organisations for financial assistance in this regard.

We are able to offer a small discount for coaches, state coordinators, and adult helpers who offer essential assistance at the camp, by charging you for accommodation costs only (if applicable).



Table 2: Costs and inclusions

Category	Price	Included
- Juniors (born before or in 2010)	\$550	- Accommodation (5 nights) - Dinner (5 nights)
- Adult helpers, coaches and state coordinators	\$390	- Maps - Training, coaching and other activities - Daily fruit supplies
- Juniors (offsite accommodation)	\$80	- Maps - Training, coaching and other activities
- Adult helpers and coaches (offsite accommodation)	\$0	- Daily fruit supplies

Safety and well-being

Anyone adults attending the camp (not as participants) must hold a current Working with Children Check, have completed Sport Integrity Australia’s Safeguarding Children and Young People in Sport Induction and abide by the relevant child safe regulations and policies. Additionally State coordinators and other adult helpers directly supervising children at the camp must be vetted by their state body and/or Orienteering Australia.



Qualified first aiders will be present for all events. Gaiters/full leg cover is strongly recommended and carrying a whistle is mandatory for all bush events.

Code of Conduct

All attendees must abide by [Orienteering Australia’s Code of Conduct](#).

Weather

December in Canberra can be quite hot. Remember to bring plenty of water, stay hydrated and protect yourself from the sun.

- Average December temperatures in Canberra range from lows of 11°C to highs of 28°C.
- Average rainfall for the month of December is around 50mm.

Contact

For questions relating to eligibility, state coordinator, adult helper or coaching roles, or other queries, please contact the Camp Coordinator (Mike) at:

BlueLightning.ACT@gmail.com

We are still confirming several state coordinator positions. An updated contact list will be provided in the next Bulletin.