

Juniors Orienteering Training Camp: 2nd - 4th September 2016.
Hobart Bush Cabins – The Lea - Hobart Area

In preparation for the 2016 Australian Championships the State Schools Orienteering team will be having a training camp from the Friday 2nd Sept to Sunday 4th Sept. It is compulsory for all members of the State Schools Team to attend. Other juniors, not selected as part of the team are also welcome to participate.

Over the weekend there will be technical training (Pittwater sand dunes), a Night 'O', and finishing up with a local event at Redbanks. During our time off the map there will be time for social activities, organisation for the carnival and a general briefing on what to expect during the upcoming carnival.

Location

Accommodation will be in self-contained cabins at The Lea.

Training will primarily take place on the Pittwater Map – Seven Mile Beach and local maps in the Hobart Area.

Program

Friday

- 16:30 Pick up Mini Buses from Bargain Car Rentals (Harrington Street)
- 17:30 Northern Athletes – Catch the Redline Coach to Hobart
- 20:00 Northern Athletes – Arrive Hobart (Mini Bus to pick Athletes up from Bus Depot)
- Southern Athletes – Meet at the Bush Cabins at The Lea (Near Scout Centre)
- 20:30 Supper and quick team meeting about plans for the training camp
- 22:30 Lights out

Saturday

- 08:00 Wakey Wakey
- Breakfast in Own Cabins
- 09:00 Leave Cabins for map
- 10:00 First Exercise
- Snacks/Lunch
- Second Exercise
- 14:15 Leave Map to return to cabins
- 15:00 Arrive Bush Cabins – Afternoon tea
- Team Meeting to select Team Captains
- Pizza Orders Finalised & placed
- Depart for Night 'O'
- Run at Night 'O'
- Leave event for Bush Cabins
- Pick up Pizza on the way (Gayle)
- Arrive Bush Cabins
- Dinner in own cabins
- Showers
- Relax/Study time
- 22:30 Lights Out

Sunday

- 06:45 Wakey Wakey
- Breakfast in Own Cabins
- Clean Up cabins
- 08:00 Leave Cabins for map
- 09:30 Arrive Redbanks
- 10:00 Compete in Event
- 13:00 Leave Map to return to Redline Coaches
- 15:00 Northern Athletes – Catch the Redline Coach to Hobart
- 15:15 Southern Athletes – Pick up from Bargain Car Rentals (Harrington Street)
- Return Buses to Bargain Car Rentals
- 17:30 Northern Athletes – Arrive Launceston Depot

Accommodation

Accommodation will be in self-contained cabins with up to 6 people per cabin (4 single bunks and 1 queen size bed). Linen is provided.

Transport

There will be two mini buses (12 seaters) hired from Hobart that will be used for the duration of the camp.

Northern Athletes

You can make your own arrangements or:

- Friday - 17:30 Catch the Redline Coach that Departs Launceston. The mini bus will meet you at the bus depot and transport you to the accommodation.
- Sunday – 15:00 The Bus will leave from Hobart, and arrives in Launceston at 17:30
- Cost \$1.40 Each Way - Present Student Card ----- Please remember to book

Southern Athletes

- Friday- Please meet at the Hobart Bush cabins at 8pm.
- Sunday – 15:15 Pick up from Bargain Car Rentals (Harrington Street)

Meals

Friday – Please organise to have your own dinner before you arrive. We will provide a light supper.

Saturday – Please bring your own cereal. All other meals on this day will be provided.

Sunday – Please bring your own cereal. Morning tea and lunch will be provided.

Consent forms and Money;

All consent forms must be returned to Gayle West (12 Amethyst Drive, Blackmans Bay, 7052) by the Friday 19th August 2016.

Payment can be made at the camp (Approximate costs: \$100-\$120)

Gear/Equipment

Linen is provided but you may like to bring your own towel. You will need your compass and training gear for Saturday, Saturday night and Sunday. **Don't forget to bring a head torch and e-stick.**

CONTACT DETAILS

For any further information please contact:

Gayle West

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