

**Juniors Orienteering School Holiday Training Camp: 26<sup>th</sup> - 29<sup>th</sup> January 2017.**  
**St Helens District High School – St Helens Area**

- A summer training camp will be held in St Helens from Thursday 26<sup>th</sup> - Sunday 29<sup>th</sup> January.
- The camp is open to all juniors that attend grade 7 and onwards.
- Newcomers and beginners are more than welcome to attend, the major aim of the camp will be to **build up your confidence** in the real bush. And for the more experienced orienteers, we are aiming to extend your skill levels and fitness.

**Accommodation:**

- At St Helens District High School.
- Sleeping arrangements will be floor-space in several classrooms.

**Cost:**

- A camp fee of **\$120** is to be paid in cash upon arrival at the school to the Camp Manager.
- The camp fee covers the cost of meals, accommodation and transport during the camp.

**Transport**

- There will be two mini buses (12 seaters) hired from Hobart that will be used for the duration of the camp.
- During the camp, transport will be provided (minibus). No junior will be allowed to leave the camp under their own means without explicit written approval from their parents and the camp manager

**Northern Athletes**

**Thursday**

- You may meet the group at the Campbelltown Park at 10:50 am, or
- 10:00am - Catch the Redline Coach that Departs Launceston (Cost \$1.60 - Present Student Card) and arrive in Campbelltown at 10:50am.

**Sunday**

- 2:00pm - You will need to have someone pick you up from the Campbelltown Park.

**Southern Athletes**

**Thursday**

- You may meet the group in Campbelltown at 10:50, or
- 09:00am - Meet at Bargain Bus Rentals (173 Harrington St, Hobart)

**Sunday**

- 4:00pm - You will need to have someone pick you up at Bargain Bus Rentals (173 Harrington St, Hobart)

**Meals:**

- All meals will be provided from Thursday Night until Sunday Lunch.
- However, for the first two evening meal we ask you to **bring a casserole to share**.
- Please make sure you let us know of any special dietary requirements before the camp.
- If you are fussy, bring your own favourite cereal for breakfast!
- You will also need to provide or buy your own lunch for the Thursday.

**What to bring:**

- Suitable clothing for training exercises.
- Orienteering equipment. (Compass and whistle)  
(Beginners let us know if you need a compass)
- Casual clothes, bathroom gear, towel, bathers, hat, sunscreen, rain gear, spare shoes
- All your own bedding, including a sleeping mat or mattress; sheets & blankets or sleeping bag; pillow.
- Casserole or a suitable dish that can be shared and be heated up.
- Some pocket money.
- Head torch
- Thursday Lunch
- Your own favourite breakfast if you're fussy.

**Confirmation - IMPORTANT:**

- JUNIORS, to confirm your attendance ASAP, and then please return the signed (parental) consent, medical information and code of conduct form to the Gayle West (12 Amethyst Drive, Blackmans Bay, 7052 or email [westysclan@gmail.com](mailto:westysclan@gmail.com) by Friday 20<sup>th</sup> January.
- You will not be allowed to attend the camp if you have not returned the attached forms!

**For more information, contact Gayle West- Camp Manager on 6229 7305 or [westysclan@gmail.com](mailto:westysclan@gmail.com).**