

## NZ TRAINING CAMP – WAITARERE BEACH 10-17 DEC 2016 – PROGRAM

Welcome to the Training Camp – thanks so much for joining in and making the week’s orienteering so worthwhile. Below is a fairly detailed plan of the week’s activities, but we will confirm prior to each day, the exact plans. It would be great if everyone could meet up at the house the SA group are staying at on Saturday night for a quick get together.

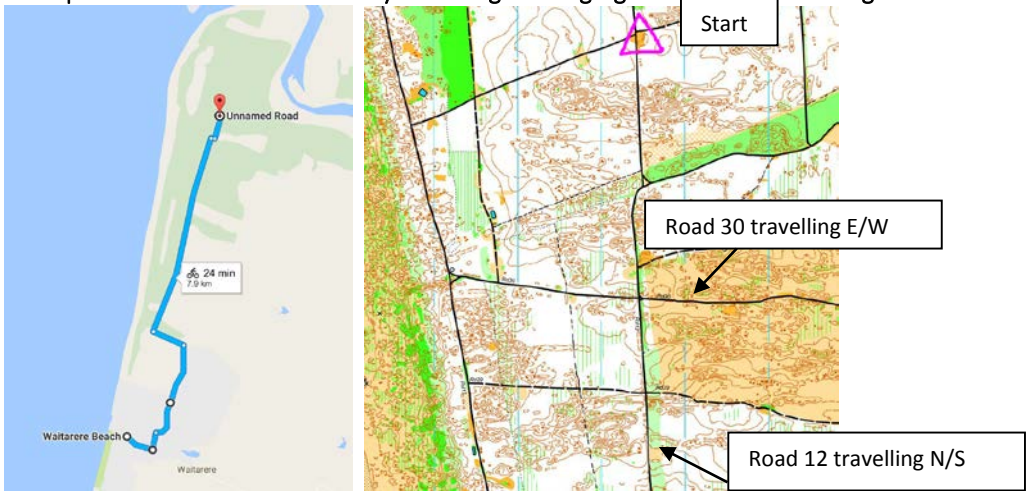
There are also some forms we’d like you to fill in – just some participant details, but more importantly a medical form. Please complete and email back me [wread23@gmail.com](mailto:wread23@gmail.com) or print and bring with you.

Remember, the weather in NZ can be very changeable. Bring warm clothes and wet weather gear, then hopefully we’ll have swimming weather! ☺

Don’t forget SI stick, compass, control description holder, GPS watch, strapping tape, magnifier if needed, map bags etc.

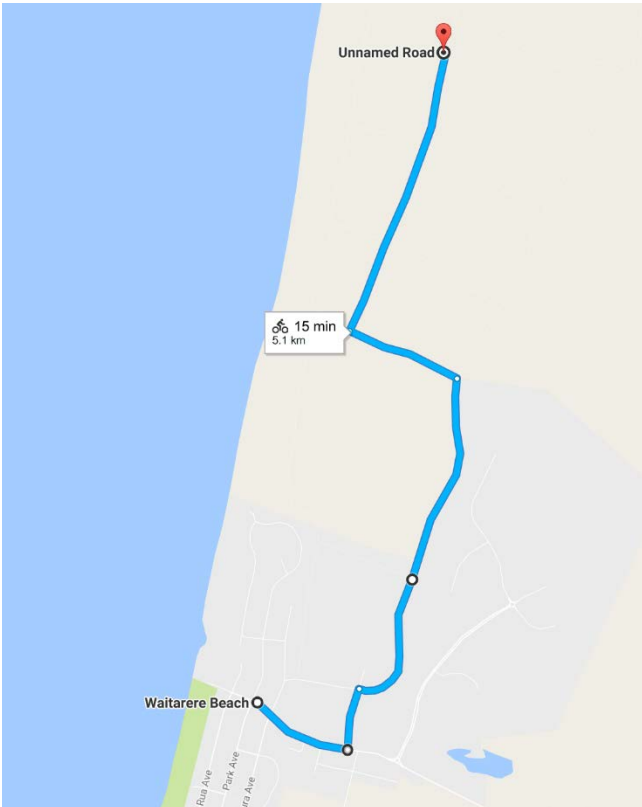
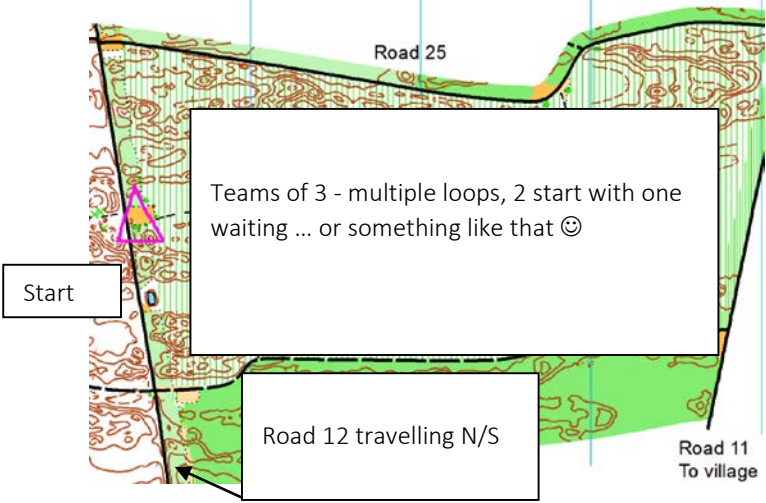
The local bowls club at Waitarere Beach has simple pub meals on Friday nights, so perhaps we can have a final social evening there on 16<sup>th</sup> Dec? Just need to know numbers.

**Safe travels, see you NZ. Any questions please just ask either of the coaches: Wendy, Su Yan or Jim.**

Sat 10 <sup>th</sup>	Travel to NZ Arriving in Wellington 3pm	3.00-6.00pm Travel from Wellington to Waitarere Beach. Suggest shopping for food on the way. Small super market at Waitarere Beach, big super markets in Levin, as well as restaurants & takeaway.	6:00-8:00pm Arrive Waitarere Beach Dinner <b>8.30 pm Intro to camp - Meet at SA group HQ 619 Waitarere Beach Road</b>			
<b>Date</b>	<b>Session 1 9:30 - 10.30</b>	<b>M T</b>	<b>Session 2 11.00-12.00</b>	<b>Lunch</b>	<b>Session 3 1.00 - 2.30</b>	
Sun 11 <sup>th</sup>	<b>Osgiliath (WR)</b> Intro to dunes for less experienced Intervals for more experienced – getting back into the forest.		<b>Osgiliath (WR)</b> Middle distance course, identifying strengths and areas for improvement		<b>Osgiliath (WR)</b> Based on the morning’s exercises, what needs work? Choice of ... Attack points / Line course / Corridor Control Picking / Contour only	5.00 – 6.00 group chat – SA HQ
<p><b>Location</b> - Osgiliath is just to north of Waitarere Beach and is accessed via the forestry road on the edge of town. To avoid having to put out lots of signs, please meet at the forest entrance at 9.00am so we can drive in together to the start location. The first exercises will start at the clearing two intersections north of Rd 12 / Rd 30 junction (possibly Rd 33)</p> <p><b>It is a production forest. Please obey all driving warning signs and speed limits. Lights on in all times in the forest. Please close the gate.</b></p>						
						



Date	Session 1 9:30 - 10.30	M T	Session 2 11.00-12.00	Lunch	Session 3 1.00 - 2.30
Wed 14 <sup>th</sup>	<b>Prickly Sands (WR)</b> A light day of training – exercises based on a map on the edge of town.		<b>Rest</b>		<b>Waitare Beach (optional)</b> A street and park map of the township. Could be better to rest though.
<div style="display: flex; justify-content: space-between;"> <div data-bbox="199 212 604 683" style="width: 30%;"> </div> <div data-bbox="625 212 1824 305" style="width: 65%;"> <p><b>Location</b> - Just stroll down to Forest Rd at Waitare Beach. Meet where the bitumen road ends. There's a mix of rough open dunes with tricky vegetation and some pine. You might want to wear leg covering ☺</p> </div> </div>					
Thu 15 <sup>th</sup>	<b>Scotts Ferry (WR)</b> Back into the fast flat stuff using the forest to the north of Parewanui road		<b>Scotts Ferry (WR)</b> Making your skills race ready.		<b>Mt Lees - Bush Sprint (Graham Tehan)</b> Adapting your technique. Mt Lees is not your typical Sprint map as its mostly bush with a path network. How well can you apply your disciplined nav processes?  <b>Location</b> - 199 Ngaio Road, Halcombe 4412. Travel 3km south of Bulls, turn left into Wilson Rd South. After 4km turn right into Ngaio Rd. Go 2km to Mt Lees Reserve. Allow 20 min drive from Scotts Ferry map.
<div style="display: flex; justify-content: space-between;"> <div data-bbox="199 803 693 1500" style="width: 30%;"> </div> <div data-bbox="709 803 1346 966" style="width: 65%;"> <p><b>Location</b> - Scotts Ferry is accessed via Parewanui Rd. From Bulls turn left in High St, which becomes Parewanui Rd. Travel about 20km until just before the road end. Meet at the turn north into Forestry Road. Allow 1 hour from Waitare Beach.</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div data-bbox="1066 971 1990 1500" style="width: 30%;"> </div> </div>					

Date	Session 1 8:30 - 9.30	MT	Session 2 10.00-12.30	Lunch	Session 3 2.00 - 3.00	
Fri 16 <sup>th</sup>	Drive to Scotts Ferry – see above. Southern part of Scotts Ferry south of Parewanui Road is being used.		Scotts Ferry – Camp Champs (GT) Bring SI		Scotts Ferry – (SYT) Party Hat Relay  Collect Controls for Graham	Bowls Club – optional dinner
Sat 17 <sup>th</sup>	<b>Walda (WR) 8.30 -10.00</b> Short Relay to finish off. Teams of 3 - multiple loops, 2 start with one waiting ... or something like that 😊		<b>10.00 Pack Up and head home</b>			
		<p><b>Location</b> - Walda has similar access to Osgiliath, just to north of Waitarere Beach, but not as far north into the forest (5km). Access is via the forestry road, so again, to avoid having to put out lots of signs, please meet at the forest entrance on the edge of town at 8.00am so we can drive in together to the start location. The relay will start at the clearing along Rd 12, just south of Rd 25. Exit – go north and turn right into Rd 25 then right and south along Rd 11 to Waitarere Beach.</p> <p><b>It is a production forest. Please obey all driving warning signs and speed limits. Lights on in all times in the forest. Please close the gate.</b></p> 				

NOTES.

- Session times indicate when the training starts – plan to arrive 15 mins before if you need to change, tape etc. Allow travel time. Check meeting points.
- Please sign in and sign out to all training sessions so we don't leave anyone behind 😊...on purpose!
- Approx. Sunrise 6am & Sunset 8pm