



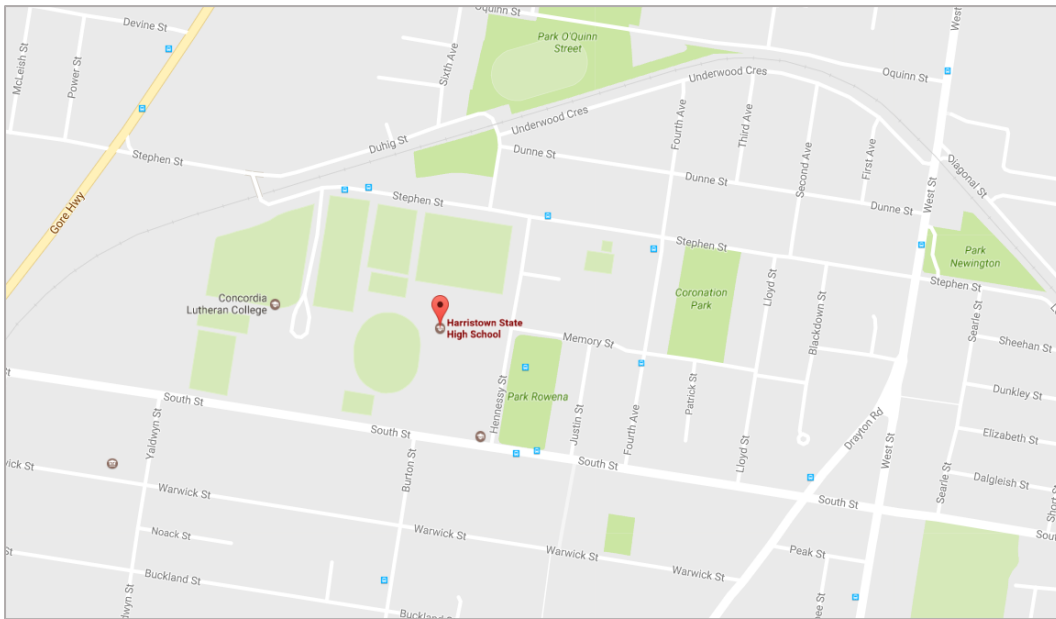
Orienteering Queensland Sprint Camp

Toowoomba

January 2017

Anna – 0407 574 878 sheldonanna@hotmail.com

Saturday – 1300 to 1700 Harristown High School, South Street Harristown. Allow 1 hr 40 mins from Brisbane. Park along South St. Assembly area will be on the South Street side of the high school.



Sunday – 0800 to 1200 USQ. Assembly area will be near the intersection of Baker Street and the Uni ring road, south side of the campus.



Bring – Sprint O gear, including SI sticks (I'll have a few spare). Map bag if you need one. Hat and sunscreen. Plenty of water. Food for the day's training.

Program –

Saturday	Easy	Moderate	Hard
	Warm up	Warm up	Warm up
1	Map walk Review sprint mapping symbols	Map simplification Crossable vs uncrossable symbols	Map simplification Crossable vs uncrossable symbols
2	Route choice and leg planning – how to do harder legs	Map memory	Maze O
3	Maze O	Maze O	Map memory
4	Next level – introduction to complex legs	Star Relay	Star Relay
		Collect controls	Collect controls
Sunday			
	Warm up	Warm up	Warm up
1	Long legs – how to plan a route	Long legs – route choice under pressure	Long legs – route choice under pressure
2	Punching race	Punching race	Punching race
3	Sprint Relay Pairs – 1 leg each	Sprint Relay Pairs – 2 legs each	Sprint Relay Pairs – 2 legs each
		Collect controls	Collect controls

Notes – We aim to have a mix of technique and racing exercises that we'll cover over the weekend. We recognise that there will be a big range of ability and experience, and there are plenty of coaches to help you. If you feel you need to move up or down between groups, or would like more help – talk to one of the coaches. Younger orienteers can work in pairs or with a parent if they want to.