

## July Junior Development Training Camp- Coffs Harbour

|                |              |
|----------------|--------------|
| Sally Devenish | 0418 829 116 |
| Rob Bennett    | 0407 622 157 |
| Jock Davis     | 0406 957 097 |
| Helen Woolford | 0478 226 601 |

### Tuesday 11<sup>th</sup> July 2017

*CHEC: Coffs Harbour Education Campus, Hogbin Drive*

12noon arrive at CHEC, we plan to start our training exercises at 12.20pm so please eat an early lunch, so we can commence training and maximise time before losing daylight.

12.20- 2pm- Sprint Orienteering  
(Spintervals) moderate/hard  
2:00 short break.  
2:15 full length sprint courses.

12.20- 2.30pm- Sprint Orienteering  
(Spintervals) easy/very easy  
2:30 short break.  
2:45 run full length courses with a shadow.

4:00 Finish exercises and drive to accommodation

4:20 Arrive Accommodation – Check in and Free Time

*Coffs Harbour YHA 51 Collingwood Street Coffs Harbour, NSW 2450*  
*Phone 02 6652 6462*

6.30pm Dinner

7.30pm Presentation TBA

### Wednesday 12<sup>th</sup> July 2017

*Bom Bom: Old Lilypool Road (turn left off Pacific Hwy 2km after Four Mile Lane turnoff). Travel 2km along Old Lilypool Rd to entrance.*

7 to 8am Continental breakfast & pack own lunches. Clean up kitchen.

8.30am depart for Bom Bom

9.30am arrive Bom Bom, warm up exercises with Paula Shingler

10am-12pm Compass practice exercises

12-1.30pm Lunch

1.30pm Relocation exercise / short course

4pm Depart Bom Bom

5pm Arrive Coffs YH. Free time

6.30pm Dinner

7.30pm Presentation TBA

## **Thursday 13<sup>th</sup> July 2017**

### *Boambee Dunes: Jordan Esplanade (end) Coffs Harbour*

7 to 8am Continental breakfast & pack own lunches. Clean up kitchen.  
8:30 Depart for Boambee Dunes in orienteering gear with spare gear packed for other activities  
8:45 Arrive at Boambee Dunes. Separate into 2 groups again. Pre-training pep talk  
9:00 Control picking/control flow exercise  
10:00 Map memory pairs exercise  
11:00 Short break  
11:15  
Hard group - fast intervals at race speed  
Easy group - middle distance easy/orange level course  
  
12:30 Lunch/Beach  
1:45 Star relay  
3pm Drive to ice skating  
3.30 to 5pm Ice Skating @ The Big Banana 531 Pacific Highway Coffs Harbour  
5pm Drive to accommodation and free time  
6.30pm Dinner

## **Friday 14<sup>th</sup> July 2017**

### *Boambee Dunes: Jordan Esplanade (end) Coffs Harbour*

7:00 breakfast and pack up bags and clean kitchen and rooms.  
8am room checks  
8:30 depart for Boambee Dunes in orienteering gear  
8:45 Arrive at Boambee Dunes  
9:00 Hard group - intervals  
Easy group - easy/moderate course  
10:30 Hard group - full length  
Easy group - control picking/tba  
course  
  
12:00 Finish training/lunch  
12.30-1pm Camp concludes

A roster will be located in the kitchen, please check roster so that you know when you are required to do meal preparation or cleaning.