

ONSW Junior Camp Event Information

The following document gives details to parents and kids with regards to the ONSW Junior Camp from 1st to 3rd of December 2017. Please give it a read before attending the camp so you know what's going to be happening. Special note is the beach relaxation activity, which is now longer happening at Nobbies Beach due to parking concerns, and is now happening at Merewether Beach, a few KMs south of the initial location. Please make sure your child has a Secret Santa present if they're attending the BBQ on Saturday night at the Marsh household and also make sure they've got an OPAL card with some money on it so they can take public transport on Sunday. Those parents who's kids aren't staying overnight in Sydney if you could please prepare some lunches and a few snacks for them each day that would be fantastic as it eases the pressure on me to cater for everyone. Looking forward to seeing you all there!

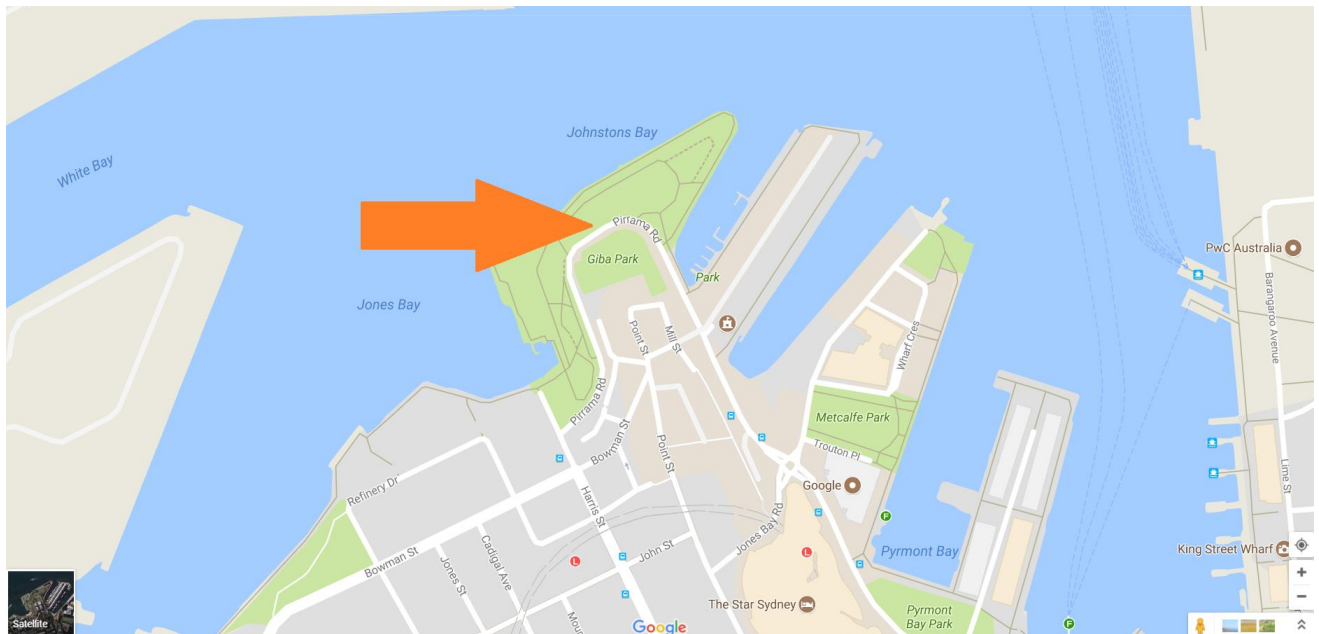
Pymont Sprint Training

Description:

A slow speed sprint technique training at Pymont. This will take between 60-90 minutes to complete and is aimed at giving you a lot of time in a sprint setting while not stressing participants overly physically. Short-cuts are available for younger juniors.

Location:

Park at the car park just adjacent Giba Park on Pirrama Road.



Time:

1/12/17 at 6pm. Arrive 15 minutes before to make sure you get a park and get organised so we can get going before we lose too much light. If you're staying overnight in Sydney take your overnight bag. This activity could take up to 90 minutes for the older juniors so be prepared for that.

What to bring:

- Sprint orienteering gear (including compass, no SI needed)
- Water bottle
- Hat
- Overnight bag if staying overnight

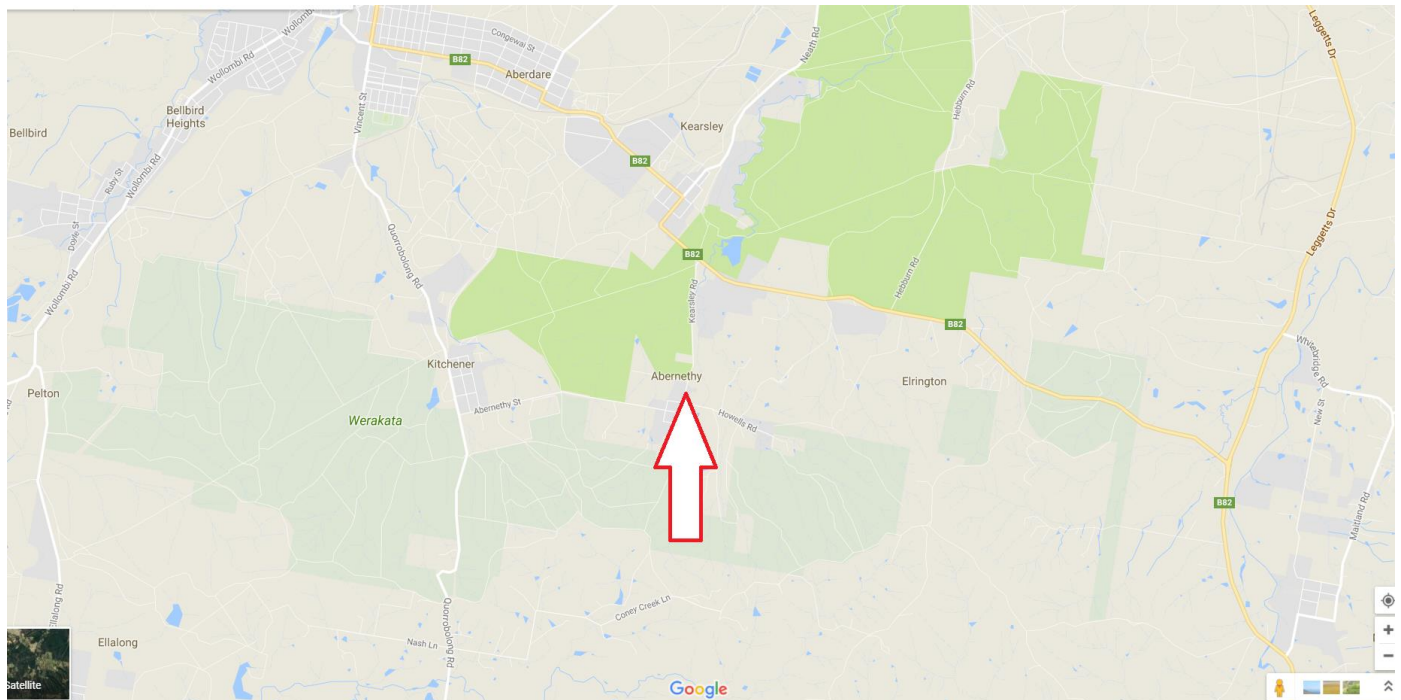
Bush Orienteering Technique Exercises at the Chimney

Description:

A few technique exercises for moderate and hard level orienteers taking place on “The Chimney”. These will be moderate physical intensity owing to the high intensity 3km time trial taking place later this day. There will be a selection of exercises which each squad member will complete.

Location:

Navigate to **Abernethy** south east of Cessnock. Parking is on **Ferguson Street** towards the southern end of the street.



Time:

2/12/17 at 8am. Arrive a little bit early so we can get started before the heat arrives and to allow for getting lost on the way to Abernethy. (Suggest 7:45am)

What to bring to this activity:

- O gear (shoes, full body cover, compass (no SI needed)
- Water bottle
- Food
- Hat
- If you're staying overnight in Sydney you need to bring your bag with your gear for Sunday and your Secret Santa gift to training here.

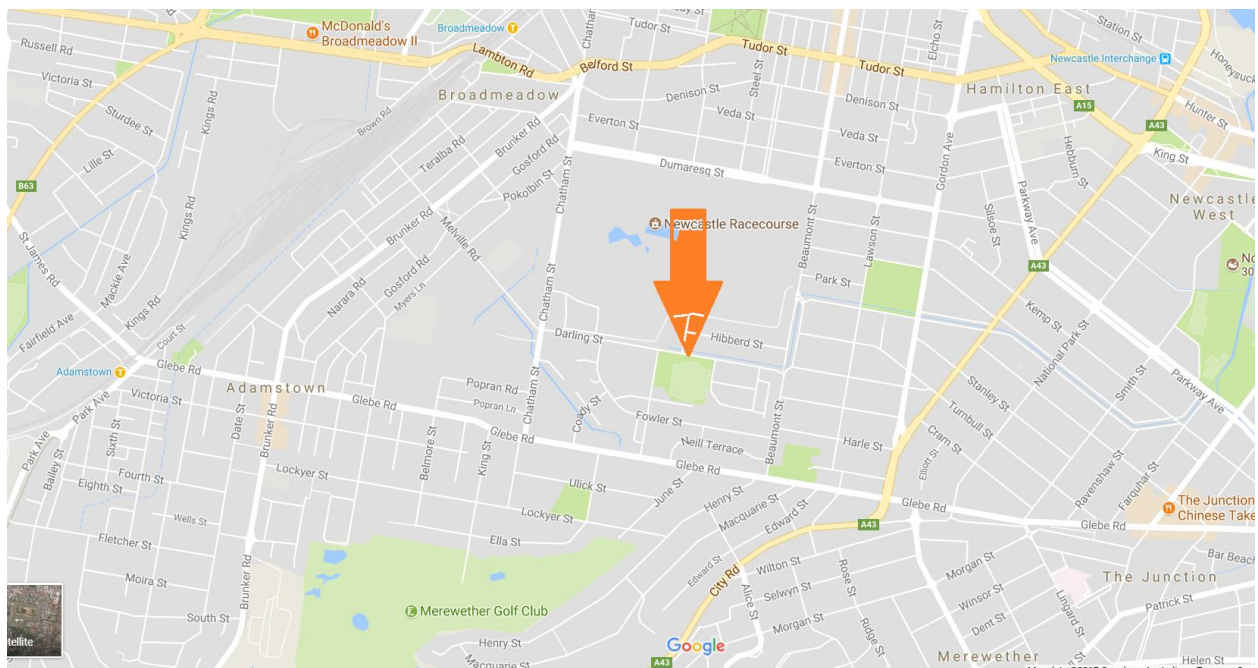
3km Time Trial

Description:

Squad members will run a 3000m time trial around the Broadmeadow Race Course. The aim is to measure the current fitness of the squad members and encourage them to better this time through future training. The course is a rough 3000m lap around the Broadmeadow race course counter clockwise turning left at every major intersection. Groups will be made according to age and gender and started separately to limit too many people running at once. We will be doing a warm-up prior to the time trial and a warm-down afterwards. It is expected that squad members give a very solid effort in this activity. I will be providing lunch after this activity before heading to the beach.

Location:

Park on **Darling Street** opposite the Darling Street Oval in the suburb of Broadmeadow. See map below.



Time:

2/12/17 At 12pm. Arrive a little bit early to get your running gear sorted.

What to bring for this activity:

- Racing flats suitable for grass or concrete surfaces
- Water bottle
- Hat
- Running clothes (shorts and singlet/shirt)

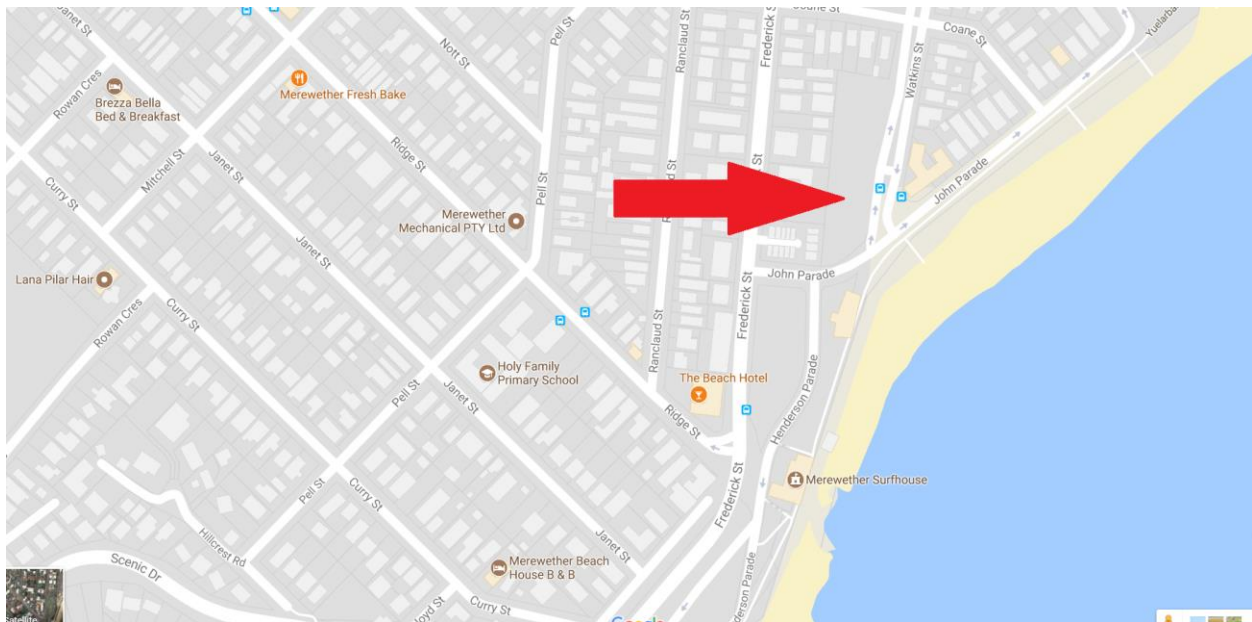
Beach Relaxation

Description:

Time for a little relaxation by the sea side. We'll head to **Merewether Beach not Nobbies as previously advertised**. The plan is the kids can have a swim and relax before heading back down to Sydney for the BBQ at the Marsh household.

Location:

Merewether Beach. Parking is on the southern end of Watkins Street, near the junction with John Parade. Best approach is to take John Parade from Frederick Street and then turn north onto Watkins Street and into the carpark.



Time:

2/12/17 at 2pm. Time for this will probably be determined by when the 3km time-trial finishes up.

What to bring:

- Beach Stuff
- Money for ice-cream
- Change of clothes for the ride home

Saturday Night BBQ, Night-O and Talk

Description:

After relaxing at the beach we're heading to the Marsh household for a short Night-O, a barbeque, an exchange of gifts, and a presentation by Konsta Vanhanen.

Location:

3 Ult Street, Lane Cove North

Time:

2/12/17 at 6pm.

What to bring:

- Orienteering gear and head torch
- Your \$5-\$10 secret santa gift
- Change of clothes for after night-O

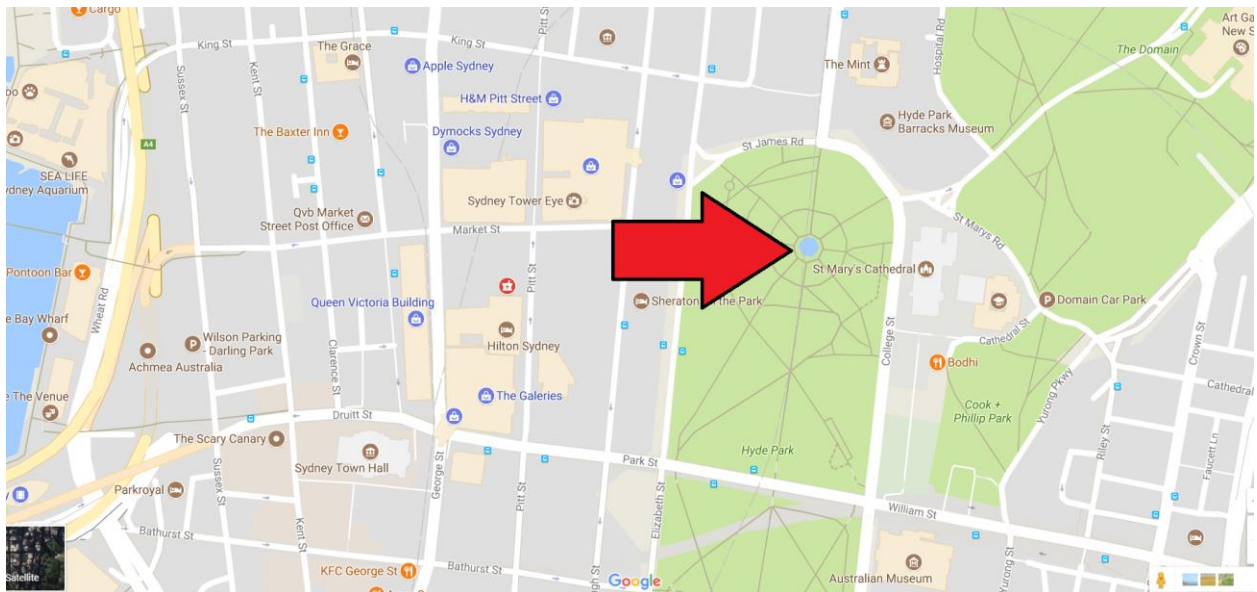
Hyde Park Sunday Activity

Description:

This is a short exercises taking place at Hyde Park. We recommend that squad members use public transport to get to this exercise as parking is difficult in this area. We will be taking public transport to the next exercise so the only time we'll need a car on Sunday is the trip home which may also be done on public transport for most. I recommend parking your car at a train station and taking the train back from University of Sydney after the conclusion of Sunday's activities, so you don't have to worry about having a car parked in the inner city. You will need an OPAL card for today so that we can quickly and easily take public transport without waiting for individual members.

Location:

We're meeting at the Archibald Fountain which is the fountain at the northern end of the park.



Time: 3/12/17 at 8am. Arrive a bit earlier to allow for issues with timetables on the public transport.

What to bring:

You'll need to bring everything you'll need for Sunday. I recommend a daypack to carry it all in.

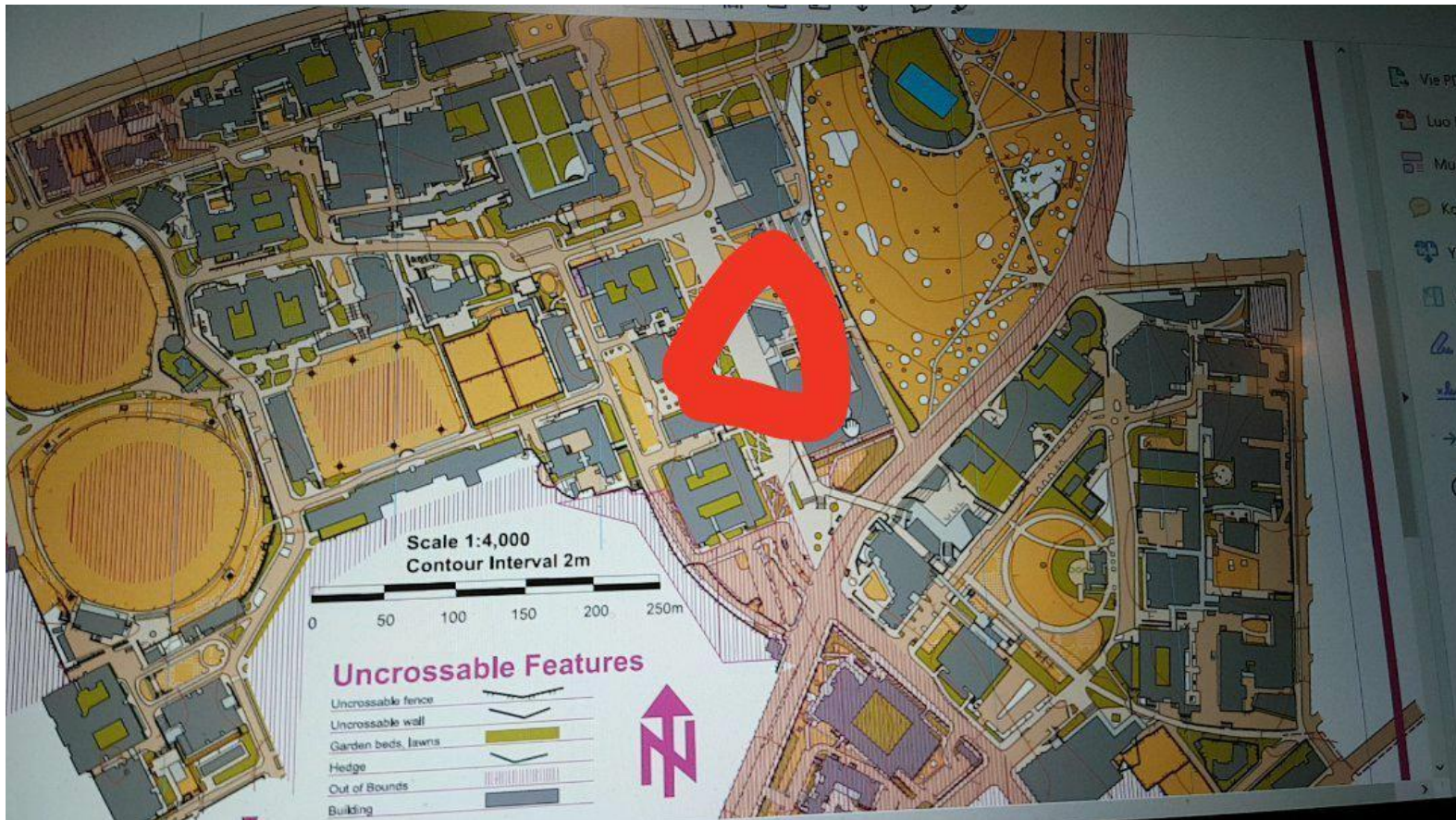
- Sprint orienteering gear
- Food (lunch and snacks)
- Hat
- Water

Sydney Uni Training Exercises

Description:

These activities are the last activities of the camp. There will be an individual sprint race followed by a sprint relay at the end. We'll be catching the train from Hyde Park to Redfern and walking to Sydney Uni (unless someone knows a better way to get between the two). These activities will be high effort and fast. These activities will finish some time around 3pm. The end of these activities marks the completion of the camp!

Location:



The meeting point at Sydney Uni is where the triangle is marked on this sprint map of University of Sydney. It's on the main walkway on campus, north of City Road.

Time:

3/12/17 at 10am. This will depend on when the Hyde Park activity finishes. We'll be having lunch after the individual activity. Please bring some food. I'll provide food for those who have stayed overnight but I'd prefer not to provide food for the whole group if I can help it!

What to bring:

You should have your bag from Hyde Park packed with the following:

- Sprint gear
- Hat
- Water
- Food

Pickup Location on Sunday Afternoon

Once we've finished the Sprint Relay (At around 2pm), you can pick your child up from the location marked on this map (Roughly the corner of Shepherd Street and Lander Street).

