

2018 Armidale Combined Training Camp

Welcome! Thank you for registering to attend our Combined Junior Development Training Camp in Armidale. We hope to bring to you a camp that is inclusive, interesting, informative, well organised, friendly and lots of fun. While the main focus is on improving your Moderate and/or Hard level navigation, we will also run training designed for those learning Easy level navigation or transitioning to Moderate.

ACCOMMODATION

The 'food and board' attendees will be accommodated and fed at one of the Boarding Houses at NEGS, a boarding school in Armidale. We are grateful to have access to the "home-away-from-home" of many students and trust you will treat their boarding house with great respect. We will group you with other orienteers of same gender and similar age. One of the aims is to meet people and make friends, so come with an open mind and a ready smile. Those still in primary school will be in a room with their own parent. ALL adults sleeping at NEGS need to have WWCC (NSW) or WWVP (ACT).

Address: 13-83 Uralla Road, Armidale. (-30.520359, 151.640934)

Boarding House: Dickens House

Bring: sleeping bag, pillow, towel

FOOD

The 'food and board' attendees will be having breakfast and dinner in the dining hall at NEGS. Breakfast will be served at 7 - 8am every day, except Sunday, when it will be earlier – from 6 - 7am. Dinner will be served at different times, depending on the day, so check the camp schedule. Camp organisers will coordinate the lunches and parents attending the camp will be expected to assist with the stocking up of lunch ingredients each day. Please email Helen with special dietary requirements/limitations.

DAY ONLY

All of the "day only" participants will organise their own food and accommodation. *Lunch will be provided on the days you attend.* You will be most welcome to "hang out" with the campers at NEGS when we have activities there (see program below).

WHAT TO BRING

For each orienteering session, whether "live-in" or "day only", please bring:

- Water bottle (filled)
- Orienteering shoes
- Compass
- Sunhat and sunscreen
- Warm clothes and raincoat
- Light long trousers and/or gaiters
- A copy of this program so you know what is happening next
- For night activities you will need a strong torch – head torch is best.

COACHES

We have collected a great team of coaches to help organise a range of orienteering learning experiences for you all. They are:

Rob Bennett: Elite orienteer from Newcastle, Assistant coach of NSW Schools Team for 1 year, Coach of NSW Schools Team for 1 year.

Andrew Cumming Thom: Has been coaching orienteering for over 20 years contributing to in-school programs, using orienteering as components of gifted junior class activities and co-curricular sports programs. Andrew has extensive experience in overseas terrains and travels annually to soak up the exotic orienteering opportunities on offer around the globe. Andrew was the travelling coach with the ACT representative team in 2017.

Toni Brown: Started orienteering mature age. Supportive parent of JWOC reps (foot and MTBO) from 2010 to 2015. Attended Oringen Academy in 2014 as part of ASC Women in Sports Leadership Program. Orienteered in over a dozen countries. Upon retirement a couple of years ago started coaching with a focus on girls. Second year coaching ACT Blue Lightning Squad.

Tuve Möller: Orienteering Scholar for NSW, from Sweden. Tuve is passionate about orienteering and is excited to coach juniors at the Armidale Camp.

Greg Barbour: Has been orienteering since 1974, starting at St Ives High School Sydney. He has run 9 times in World Foot Orienteering Championships, 4 times at World MTB Orienteering Championships and 2 times at World Ski O championships representing NZ. He has also won National elite titles in NZ, Australia, Holland, Belgium and won gold and silver medals in World Masters Orienteering Championships and 4 gold medals at World Rogaining Championships. He has coached the Belgium elite team to WOC and now lives in Sydney. Much of his interest in orienteering is now about helping some of our juniors, including his own kids, to deepen their enjoyment of orienteering through development.

Barbara Hill: Has extensive experience in conducting orienteering events and coaching and is accredited as both orienteering event controller and coach. She consults to Orienteering NSW and Orienteering Australia on navigation coaching through her consultancy Bold Horizons. She is also an active volunteer and parent, with a passion for the outdoors and a desire to help others get out and enjoy it too.

PROGRAM

TIME	ACTIVITY	NOTES
Wednesday		
12pm – 1pm	Check into NEGS	Only if you get to Armidale early enough
1:10pm	Drive to Kooringle	Allow 20 minutes from Armidale
1:30pm	Sign-on and Briefing	We will start sorting participants into coaching groups.
2pm – 3.30pm	Coaching Session #1	
3.30pm	Drive to Oakview	Allow 5 minutes from Kooringle, plus time for Sign-on and Briefing
4pm – 5.30pm	Coaching Session #2	
5.30pm	Drive to NEGS	Time for shower, change, etc
7.00pm	Dinner	
8.00pm	Coaches Meeting	All coaches needed. Parents to assist in supervising camp participants.
Thursday		
7am – 8am	Breakfast	
8.40am	Drive to Blue Hole	Allow 20 minutes from Armidale
9.00am	Sign-on and Briefing	Coaching groups will be finalised
9.30 – 11.30am	Coaching Session #3	
11.30 – 12.30pm	Lunch	
12.30pm	Drive to Dumaresq Dam	Allow 35 minutes from Blue Hole.
1.15pm	Sign-on and Briefing	
1.30pm	Coaching Session #4	
3.30pm	Drive to Armidale	Allow 10-15 minutes
5.00pm	Dinner	
6.15pm	Drive to Pine Forest	Allow 15 minutes from Armidale
6.30pm	Sign-on and Briefing	Don't forget your bright head torch
7.00pm	Coaching Session #5	
8.30pm	Drive to Armidale	
9.00pm	Coaches Meeting	All coaches needed. Parents to assist in supervising camp participants.
Friday		
7am – 8am	Breakfast	
8.30am	Drive to Mount Brown	Allow 45 minutes from Armidale
9.15am	Sign-on and Briefing	
9.30am	Coaching Session #6	
11.30am	Lunch	

Friday continued...		
12.30pm	Drive to Armidale	
1.30 - 5.00pm	Free Time	
5.00pm	Dinner	
6.30pm	Sign-on and Briefing	Teams will be formed. Assembly area (on NEGS campus) to be announced.
7.00pm	Fun Night-O Activity	Don't forget your head torch. All day-only campers and parents welcome!
Saturday		
7am - 8am	Breakfast	
8am - 11.30am	Free Time	Volunteers needed to prepare for and/or set up junior catering tent at Arena for NSW Champs
11.30am	Lunch	Eat at NEGS or pack to take to Event
12.00pm +	Drive to NSW Middle Distance Champs	Allow 45 minutes from Armidale
1.30pm	NSW Middle Starts	
4.45pm	NSW Middle Closes	Drive to Armidale
6.00pm	Dinner	
7.00pm	Course Review	Go over your event with coaches. Mental Preparation for NSW Long Distance Championships
8.00pm	Pack up and Clean	If you have an early start in the morning, make sure you are packed and everything is clean and tidy.
Sunday		
6am - 7am	Breakfast	NOTE: Early Time!!
7am	Pack up and Clean	Please leave everything clean and tidy.
7.15am +	Drive to NSW Long Distance Champs	Allow 45 minutes from Armidale
8.30am	NSW Long Starts	
12pm	Presentations	
1pm	NSW Long Closes	Take care driving home. Hope you had a wonderful camp!

COACHING SESSIONS

Session	Skill	Map/Location	Start Time
Wed afternoon Coaching #1	Attack point	Kooringle	Wed 2pm
Wed later afternoon Coaching #2	Traffic light orienteering	Oakview	Wed 4pm
Thu morning Coaching #3	Map memory and simplification	Blue Hole	Thu 9.30am
Thu afternoon Coaching #4	Corridor	Dumaresq Dam	Thu 3:30pm
Thu evening Coaching #5	Night-0	Pine Forest	Thu 7pm
Fri morning Coaching #6	Orienteering intervals	Mt Brown	Fri 9.30am
Fri afternoon	Free Time	-	-
Fri evening BONUS FUN!	NEGS Fun Activity – All invited.	NEGS	Fri 7pm
Sat morning	Free Time *	-	-
Sat afternoon	NSW Middle	Pine Tree	Sat 1.30pm +
Sat evening	Race Review	NEGS	Sat 7pm
Sun morning	NSW Long	Saddleback	Sun 8.30am +

Please arrive at each training session 15-30 minutes before start time for sign-on and briefing.

*NSW Orienteers needed to help set up junior catering equipment at event site and/or prepare food for sale

MEAL TIME SUMMARY

Day	Meal	Time
Wed	Lunch	BYO
Wed	Dinner	7pm
Thu	Breakfast	7am – 8am
Thu	Lunch	11.30am
Thu	Dinner	5pm
Fri	Breakfast	7am – 8am
Fri	Lunch	11.30am
Fri	Dinner	5pm
Sat	Breakfast	7am – 8am
Sat	Lunch	11.30am
Sat	Dinner	6pm
Sun	Breakfast	6am – 7am
Sun	Lunch	11.30am

We will have extra snacks and fruit available between meals and at the training sessions. There will be a few supper treats too.

DRIVING INSTRUCTIONS TO TRAINING VENUES

All instructions start from the Barney St/Marsh St intersection in Armidale

NEGS: Drive west along Barney Street for 2 blocks then turn left into Dangar Street. Cross the railway line, then turn right at the roundabout onto Uralla Road. NEGS is on your right after the Miller Street intersection.

Kooringle: Drive west along Barney Street for 2 blocks then turn left into Dangar Street. Cross the railway line, then turn right at the roundabout onto Uralla Road. Turn right at Miller Street, then first left onto Bundarra Road. (From NEGS, turn left onto Uralla Road – towards town – then turn left onto Miller Street and left onto Bundarra Road.) Follow Bundarra Road for approx. 23.5km and look for O-sign on the right. Take care turning right into the property as the speed limit is 100km/h

Oakview: From Kooringle, turn left onto Bundarra Road (towards Armidale) and drive approx. 3 – 4km and look for O-sign on the right. The entrance we are using is about 1km past the farmhouse entrance. Take care turning into the property as the speed limit is 100km/h. There are some sheep and the gate needs to be kept closed. There is a key in the top of the left gatepost.

From Armidale, drive west along Barney Street for 2 blocks then turn left into Dangar Street. Cross the railway line, then turn right at the roundabout onto Uralla Road. Turn right at Miller Street, then first left onto Bundarra Road. Follow Bundarra Road for approx. 20km and look for O-sign on the left. The entrance is immediately after the descent from the Pinnacle.

Blue Hole: Drive east along Barney Street to the edge of Armidale, then turn right onto Castledoyle Road. Follow for 12.5km to the junction with Blue Hole Road. Travel straight ahead along Blue Hole Road for approximately 2km to the National Park entrance. We will use the second car park as our Assembly Area. There are composting toilets and picnic tables.

Dumaresq Dam: Drive north along Marsh Street. Turn left at Donnelly Street. This becomes Queen Elizabeth Drive, then Handel Street, then Boorolong Road. Follow for about 5km then turn right onto Dumaresq Dam Road. Follow a further 5km to the picnic area. There are toilets and picnic tables.

Pine Forest: Drive north along Marsh Street. This becomes Rockvale Road. Continue about 5-6km beyond the edge of town and look for O-sign on the right.

Mount Brown: Follow instructions for Kooringle (above) Follow Bundarra Road for approx. 28km to a T-junction with the Uralla-Bundarra Road (Thunderbolts Way). Turn right and travel a further 2.6km then turn left into Torryburn Road. Proceed 4.5km before turning right into the property Spring Creek, then travel a further 1.9km before parking.

NSW CHAMPS: Follow instructions for Mount Brown (above). Travel approx. 7km north on Thunderbolts Way and watch for orienteering signs.