

Orford Mid-Season Training Camp

Description

Orienteering Tasmania is conducting a mid-season training camp where you can develop navigational skills, have fun and socialise.

It is based in Orford and runs from the night of Friday July 20th to Sunday July 22nd.

The camp will cater to all orienteers, from novice to experienced. It will feature a range of activities aimed at developing skills that are adaptable to different terrain types and race formats.

*** There will be eleven coaches on hand to assist you before, during, or after each activity. Feel free to ask them any questions and be prepared for them to ask you a question or two about when and how you might use these skills.

By the end of the training camp you will be equipped with navigational skills that will help you to successfully complete courses, making fewer mistakes and having more fun.

*** This will lead into training activities later in the season, where we will look at combining skills, evaluating what skills to use and when and ultimately putting them into practise under pressure.

Programme

*** This is a training camp with lots of activities. Each activity has a briefing to outline the goals of the activity, describe what to do, answer questions and provide safety information.

*** Ideally everyone will arrive at least fifteen minutes before the start time for each activity and be more or less ready to go immediately after the briefing. We have nearly fifty people coming, so on some activities we will split up into different exercises, or different courses, or both. An activity may run over time (or under time), so it's best to be part of the gang and arrive early for the first activity of the day and stick with everyone else.

*** Friday night is a bit different. It is just one activity (Night O) and we would like to get everyone out between 7:30 – 7:45 to make it busy, social and fun. And then get home early.

Friday

- 7:30pm - 8:30pm Orford Night O (starts from 7:30pm – 7:45pm)
Park in Orford Primary School car park or Walpole St next to the primary school.

Saturday

- 9am- 10:30am Spiky Beach (Kelvedon) – Daylight Flashlight
Directions (45mins from Orford): Park at Spiky Beach. Limited parking available.
If coming from Orford be very careful turning right across traffic into Spiky Beach 150 metres after Spiky Bridge.
- 11:30am – 12noon Kelvedon – Triangle of Truth + Contours of Curiosity
From Spiky Beach, take extreme care turning right onto the Tasman Hwy, then travel north four kilometres.
Turn left into Mt Pleasant Rd. Continue one kilometre and turn left to enter the Kelvedon property. Parking will be approximately one kilometre ahead.
- Lunch BYO
- 1pm – 2pm Kelvedon – Technical Trio (orientation, distance, contours)
- 6pm – 9pm Eventful Enkelaar's Evening - Dinner and Games. BYO dinner, either BBQ and salad to share or pot luck to share. Games may include follow the video orienteer, where do they go next?, clue bingo, folding elimination)
Enkelaar's Address:
9 Nautilus Dr, Orford there is no letter box, but there is a "9" on the front door.



Sunday

- 10am-11:30am Nugent (Curryjong Rivulet) Tunnel Vision
Directions (30mins from Orford):
From Orford travel almost to Buckland, turning left on to Nugent Rd (C335).
Travel approximately 10km towards Nugent, then turn right at the orienteering sign.
Parking will be approximately 1km along this road. Please note, this is **not** Redbanks.
- Lunch BYO
- Sunday 12:30pm – 1:30pm Nugent (Curryjong Rivulet) Baffling Gaffling

Volunteers

Camp Organiser: Jon McComb

Session Organisers: John and Will Whittington, Cathy McComb, Jon McComb

Coaches (use them and thank them): Jon McComb, Cathy McComb, John Whittington, Miriam Whittington, Will Whittington, Meisha Austin, Mick Cooper, Mikayla Cooper, Kim Enkelaar, Paul Enkelaar, Anthony Stoner

Required Equipment

- Compass
- SportIdent card or stick – these can be loaned on request with notice

Contact Information

Jon McComb

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