

# Australian Junior Orienteering Camp - Bulletin 1

**Ballarat, Victoria: 15<sup>th</sup> - 20<sup>th</sup> December, 2018**

## Who is the camp for?

All juniors 14 years or older in 2018 (i.e. born in 03 or earlier). The camp will have courses of three different difficulties:

- Beginner Hard: For those athletes new to hard navigation (i.e. M/W16 in 2019).
- Hard Short: For a middle distance session 3-4km
- Hard Long: For a middle distance session 5-6km

Athletes 20 years or older are welcome to attend the camp but will be encouraged to participate in some coaching of the younger athletes.

## Draft Program:

<b>Saturday 15th</b>	Arrival 2 x trainings on granite terrain Night: Introduction talk
<b>Sunday 16th</b>	Am: 1 x training in spur gully terrain Pm: 1 x sprint training Night: Social event
<b>Monday 17th</b>	2 x training in gold mining terrain Night: Talk from senior elite orienteer
<b>Tuesday 18th</b>	Am: 1 x long distance training Pm: 1 x sprint training Night: Talk from senior elite orienteer
<b>Wednesday 19th</b>	Am: Forest camp champs Pm: Strength and conditioning demonstration +/- sprint training Night: Social event
<b>Thursday 20th</b>	Am: Sprint camp champs Camp finishes midday

## Supervision:

There will be no official supervision from the camp organisers. All children under 18 must be accompanied by a responsible parent or guardian.

There will be a key contact person for each state who will organise accommodation, food and transport for athletes and will act as their supervisor. Athletes are welcome to stay with a parent/other guardian but are encouraged to attend with their states group/co-ordinator to enjoy the social aspect of the camp.

The state co-ordinators are as follows:

State	Name	Contact Details
Tasmania	Christoph Prunsche	E: <a href="mailto:christoph-prunsche@web.de">christoph-prunsche@web.de</a> P:
Victoria	Brodie Nankervis	E: <a href="mailto:brodie_nank@live.com.au">brodie_nank@live.com.au</a> P: 0429433323
NSW	Rob Bennett	E: <a href="mailto:bennett.robert06@gmail.com">bennett.robert06@gmail.com</a> P: 0407 622 157
Queensland	Krystal Neumann	E: <a href="mailto:kj_neumann@hotmail.com">kj_neumann@hotmail.com</a> P: 0435 463 736
South Australia	Bridget Anderson	E: <a href="mailto:bigalo_101@hotmail.com">bigalo_101@hotmail.com</a> P:
Western Australia	Lois and Rob West	E: <a href="mailto:robgwest@bigpond.net.au">robgwest@bigpond.net.au</a> P: 0400 001 622
ACT	TBC	E: <a href="mailto:office@act.orienteing.asn.au">office@act.orienteing.asn.au</a> P:

### Accommodation, Food, Transport:

As with supervision, these aspects of the camp will not be organised by Orienteering Australia. However, OA have organised a recommended accommodation - Pax Hill Activity Camp.

This camp has self catering facilities and offers both cabins (\$26pp per night) and camping (\$12 pp per night). The state co-ordinators will make a booking for each state once numbers are confirmed so please liase with them.

If you are not staying with your state co-ordinator (i.e. travelling with parents) please liase with either them or the head coach (Brodie Nankervis) if you are wanting to stay at this accommodation.

**Location:** 450 Spencer Street, Ballarat VIC 3350

**Website:** <http://paxhillactivitycentre.com.au/>

### Coaching:

The head coach of the camp will be Brodie Nankervis (current Australian Junior Squad Coach). Coaching will be provided by Australian elite orienteers, international scholars and state level coaches from across Australia.

If you are interested in coaching please register on eventor as a coach (see below) and contact Brodie stating which course/difficulty you would be comfortable coaching.

### Entry:

Entries are now open on Eventor. Please register before November 11<sup>th</sup> and notify your state co-ordinator once entered.

Cost of \$20 covers maps, other organisational costs and hire of the hall for social events/evening talks. Discount of \$10 for those entering as coaches (expect to coach more than train if choosing this option).

**Contact:**

If you have any queries about accommodation, food or transport, please contact your state coordinator. Any queries about other details of the camp can be sent to the camps head coach, Brodie Nankervis.

Email: [brodie\\_nank@live.com.au](mailto:brodie_nank@live.com.au)

Phone: 0429433323 (not contactable via mobile between 20-29/10 and 1-14/12).