

## Australian Junior Orienteering Camp - Bulletin 2

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

### Proposed program:

The specific details of each training (e.g. assembly area, course distances etc.) are being finalised and will be provided in Bulletin 3.

Below is the final proposed program, however it is subject to changes.

Day	Am	Pm	Night
<b>Saturday 15th</b>	<b>Map:</b> Petticoat gully <b>Terrain:</b> Gold mining, spur/gully <b>Session:</b> Follow me <b>Coach:</b> Brodie Nankervis	<b>Map:</b> Petticoat gully <b>Terrain:</b> Gold mining, spur/gully <b>Session:</b> Multi technique <b>Coach:</b> Patrick Jaffe feat. Time Pressed Traveller	<b>Social Activity:</b> Orienteering Bingo with Simon and Bridget
<b>Sunday 16th</b>	<b>Map:</b> Borhoney Ghurk <b>Terrain:</b> Spur/gully, low visibility <b>Session:</b> TBA <b>Coach:</b> Warren Key	<b>Map:</b> Ballarat Grammar <b>Terrain:</b> School campus <b>Session:</b> Sprint relay <b>Coach:</b> Belinda Lawford	<b>Presentation:</b> Injury prevention in orienteers with expert Physiotherapist Paula Shingler (and less expert Brodie Nankervis)
<b>Monday 17th</b>	<b>Map:</b> Mt Beckworth <b>Terrain:</b> Granite, steep hillside <b>Session:</b> TBA <b>Coach:</b> Christoph Prunsche	<b>Map:</b> Mt Beckworth <b>Terrain:</b> Granite, steep hillside <b>Session:</b> Simon + Bridget <b>Coach:</b> Prologue + chasing start	<b>Social Activity:</b> Up for grabs! See below.
<b>Tuesday 18th</b>	<b>Map:</b> Chinaman Flat <b>Terrain:</b> Spur/gully, gold mining <b>Session:</b> Long Distance <b>Coach:</b> Joe Woodley	<b>Map:</b> Fed Uni Mt Helen <b>Terrain:</b> Uni Campus + bush <b>Session:</b> <b>Coach:</b> Roch Prendergast	<b>Presentation:</b> Sleep/lifestyle and tapering by GB elite Nathan Lawson
<b>Wednesday 19th</b>	<b>Map:</b> Nerrina <b>Terrain:</b> Spur/gully, gold mining <b>Session:</b> Forest Camp Champs <b>Coach:</b> Nathan Lawson	Free time or optional Strength and Conditioning presentation at Pax Hill: Brodie Nankervis + Mary Fleming (PT)	<b>Social activity:</b> BYO BBQ and Australia "Jukola"
<b>Thursday 20th</b>	<b>Map:</b> Fed Uni SMB <b>Terrain:</b> New uni campus map <b>Session:</b> Sprint Camp Champs <b>Coach:</b> Fredric Tranchard		

### Accommodation at Pax Hill:

Participants from six different states will be housed at Pax Hill. Draft room allocations have been forwarded to state co-ordinators. Final room allocations will be provided to state co-ordinators and displayed at Pax Hill.

**Food:** All groups staying at Pax Hill have opted to self-cater. The group will have access to the main commercial kitchen all camp and a smaller kitchen from Sunday onwards. Saturday night will be used as a trial to determine if a roster is required for cooking times during the camp. Regardless of whether this occurs it is important that each group clean up properly after use the facilities.

**Bedding** Is not supplied at Pax Hill. All participants will need to bring their own pillow + sleeping bag/sheets/sheet and sleeping bag and a towel.

**Social activities** will be occurring each night at the Lodge, including a group BBQ (BYO) on the last night of the camp. All participants not staying at Pax Hill are welcome to attend these sessions

### Contact during the camp:

Any change to Bulletin 3 or other updates will communicated in three ways:

- Emailed to all participants through eventor
- Posted in the Facebook event
- Sent directly to the state coordinators (or relevant contact person on the ground) via mobile.

Please refer to the below list. If your states contact person is not aware that you are attending please let them know ASAP so they can communicate with you during the camp.

State	Name	Contact Details
Tasmania	Christoph Prunsche	E: <a href="mailto:christoph-prunsche@web.de">christoph-prunsche@web.de</a> P: 0474 224 329
Victoria	Brodie Nankervis	E: <a href="mailto:brodie_nank@live.com.au">brodie_nank@live.com.au</a> P: 0429 433 323
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: 0432 511 836
ACT	TBA in Bulletin 3	E: P:

### First aid:

First aid supplies will be available at each training. David George (SA) will be our first aider and will be at every training.

State co-ordinators may have asked you to fill out a medical form. It is important that you inform your state co-ordinator of any medical conditions/required medications.

### **Equipment:**

State co-ordinators may have sent out a suggested equipment list but it is the responsibility of the participant to bring everything they will need. Please remember that it is summer and is likely to be hot!

Summer also means an increased risk of snake sightings. It is highly recommended that all competitors carry both a snake bandage and a whistle.

### **Behaviour:**

Although Orienteering Australia is not providing supervision for participants at the camp it is important to note that this is a national camp endorsed by OA. Therefore, it is important to consider your professionalism as an athlete throughout the camp. Alcohol consumption and other unsportsmanlike behaviour is unacceptable.

This is especially important for those aiming for national representation in the future. Remember that commitment to training and the sport have been a part of the selection criteria in the past.

### **Contact:**

If you have any queries about accommodation, food or transport, please contact your state co-ordinator. 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 until night of 14/12/18).