

Australian Junior Orienteering Camp – Bulletin 3

Detailed information for each training

Saturday 15th December am – Petticoat Gully

Timetable:

Assemble from 10:30 onwards

Briefing at 10:50

Start warm up exercise (follow me) at 11:00

Start main exercise approx. 11:30-11:45

Course closure 13:00

Jog/walk back to car or shuttle 13:00

Assembly area:

37°28'05.1"S 143°53'18.1"E (<https://goo.gl/maps/fr2QqGxbaJ92>)

From the intersection of Moores and Standard Rd (GPS coordinates) please park on ONE side of Moores road.

Course planner: Patrick Jaffe

Training description:

Warm up - "Follow me". Participants will complete a course in small groups with 1-2 coaches. Everyone will take in turn leading the group while describing their orienteering process. This challenges participants to verbalise what they usually do when orienteering while also giving them the chance to see how others do it.

Main session - Multi-technique training to challenge all aspects of your orienteering, including compassing, simplification, short direction changing controls and maintaining contact.

Class	Distance
Follow me warm up	1.6km
Hard long/short	10km total (4 parts)
Hard beginner	5.4km total (3 parts)

Saturday 15th December pm – Federation University, Mt Helen Campus

Timetable:

Assemble from 15:30 with briefing at 15:50

Training starts 16:00

Course Closure 17:00

Assembly area: 37°37'29.5"S 143°53'24.4"E (<https://goo.gl/maps/kz9Y3nwEqV92>)

Course planner: Roch Prendergast

Training description: Sprint intervals. You will be split into groups at a similar level (e.g. boys hard long) and practice racing sprint under the added pressure of having others around you. A good chance to get practice for two of the other big sessions this week – Aussie Jukola and the unofficial Australian Junior Sprint Relay Championships!

Class	Distance
One course with 3-5 intervals	3-4.5km

Saturday 15th December Night Activity – Injury Prevention Talk

Start time: 20:00

Location: The Lodge @ Pax Hill Activity Centre

Description: Presented by experienced Physiotherapist Paula Shingler (and Brodie throwing in his inexperienced two cents worth) learn about injury prevention in general and specific to our unique sport.

Sunday 16th December am – Borhoney Ghurk

Timetable:

Assemble from 09:30 with briefing at 09:50

Starts from 10:00-10:30

Course Closure 12:00

Assembly area:

37°45'08.6"S 144°05'38.2"E (<https://goo.gl/maps/ZvxBQtFMGy>)

Please park off to the side of the forest track, not on the main road (Forest Road)

Course planner: Warren Key

Training description: The man, the myth, the legend of Australian Orienteering. Warren Key takes the reins to get up close and personal with your orienteering technique.

Class	Distance
Hard long, short, beginner	TBC

Sunday 16th December – Sprint Camp Champs @ Federation University SMB campus

Timetable:

Starts from 15:30-16:45

Course closure 17:30

Assembly area: 37°33'56.9"S 143°51'20.7"E (<https://goo.gl/maps/Hhsub1QkDdp>)

Please park in the spaces on the side of Armstrong street.

Course planner: Frédéric Tranchand

Training description: Put that sprint practice from yesterday to use today in the Sprint Camp Champs set by sprint distance WOC medallist Frederic Tranchand. On what was advertised as one of the most complex sprint maps in Australia, prepare yourself for a real challenge.

Start times to be released by Sunday 12:00 on Eventor.

*Note: Prizes up for grabs so don't hold back (but by prizes I mean old orienteering gear...)

Class	Distance
Men/Women	1.5km straight line distance

Sunday 16th December Night Activity – Orienteering Bingo

Start time: 20:00

Location: The Lodge @ Pax Hill Activity Centre

Description: I actually have no idea how this works.... Luck Simon and Bridget will be on hand to take us through what I am sure will be a fun night.

Monday 17th December am – Mt Beckworth

Timetable:

Assemble from 09:30 with briefing at 09:50

Starts from 10:00-10:30

Course Closure 12:00

Assembly area: 37°19'32.0"S 143°42'37.7"E (<https://goo.gl/maps/256nQN2ViHL2>)

Please only park on one side of the road and pull well over to the side.

Course planner: Christoph Prunsche

Training description: Downhill orienteering intervals. It's a tricky skill so its good to practice downhill orienteering, especially legs that are diagonal downhill. For the hard long and short athletes we suggest you run the uphill components hard so you have to complete the downhill parts in oxygen debt – something that is very common in racing.

Class	Distance
One course but do as many intervals as you want	4 intervals – 3.8km

Monday 17th December pm – Mt Beckworth

Timetable:

Briefing 13:50

Starts for Prologue 14:00-14:15

Start for Chasing Start 15:30

Course Closure 16:30

Assembly area: 37°19'32.0"S 143°42'37.7"E (<https://goo.gl/maps/256nQN2ViHL2>)

Course planner: Bridget Anderson and Simon Uppill

Training description: Possibly the most exciting session from last year's camp returns for round 2. Participate in group mass starts in the prologue based on levels and then go all out in the chasing start final to take all the glory.

Class	Distance
Hard Long Prologue	4.0km
Hard Long Chasing Start	3.0km
Hard Short Prologue	3.4km
Hard Short Chasing Start	2.3km

Monday 17th December Night Activity – My orienteering career with Frédéric Tranchand

Start time: 20:00

Location: The Lodge @ Pax Hill Activity Centre

Description: Your chance to hear from WOC medallist Frédéric Tranchand on his career, sport development philosophy and training, including the importance of goal setting for success.

Tuesday 18th December am – Chinaman Flat

Timetable:

Assemble from 09:30 with briefing at 09:50

Starts from 10:00-10:30

Course Closure 12:30

Assembly area: 37°39'02.8"S 143°34'12.1"E (<https://goo.gl/maps/vmBV1mWkTg72>)

Course planner: Joe Woodley

Training description: There are three course each with the same focus on long distance race technique. Each course contains technical loops with short legs and some longer legs involving route choice. No course begins with a long leg and as such everyone should have an opportunity to assess

the terrain before they are faced with a route choice. It is important to use what you have learnt at the beginning of your course to inform your long leg choices (is the terrain slow going, what is the vegetation like, should I consider taking a path option etc.) Finally, consider the pace transitions from a hard-running long leg into a technical loop with many changes of direction. Long races are not often won in these sections, but they can easily be lost if you are unable to control your pace leading to big mistakes!

Class	Distance
Hard long	8.1 km
Hard short	7.6 km
Hard beginner	6.3 km

Tuesday 18th December Night Activity – Aussie Jukola

Timetable:

Assemble from 19:45 with briefing at 20:00

1st leg Mass start: 20:15

Mass start for all other legs: 21:30

Course closure: 22:15

Assembly area: The Lodge @ Pax Hill

Course planner: Patrick Jaffe

Training description: The European Night relays are some of the most important and exciting races on the international calendar. Get a taste for both night orienteering and the excitement of running a forest relay.

Teams: will consist of 4 runners: 2 x hard long, 1 x hard short, 1 x hard beginner (some hard short runners may wish/need to run hard long).

State teams will be organised by state co-ordinators. Brodie and Patrick will help the state co-ordinators form composite teams where required. Final teams and individuals for composite teams are required by Monday night at 20:00.

Class	Distance
Hard long – entire course	4km
Hard short – skip control N° 36	3.2km
Hard beginner – skip controls 34 and 37	3.4km

Wednesday 19th December am – Forest Camps Champs @ Nerrina

Timetable:

Assemble from 09:30 with briefing at 09:50

Starts from 10:00-10:30

Course Closure 12:00

Assembly area: Little Bendigo Primary School (<https://goo.gl/maps/Thmws7siR852>)

Course planner: Nathan Lawson

Training description: Hard long and short: Technical course focusing on a range of skills and different terrains from longer slope legs to intricate contour detail. Should be treated as a race session.

Hard Beginner: 4.8km. Designed to be more approachable for those with less orienteering experience. Similar focuses but a greater emphasis on picking correct and efficient route choices, as well as keeping contact on the approach to a control. Treated as a race if desired but also suitable for those focusing on developing skills at a slower pace.

Start lists will be published by Tuesday 1800 on eventor

Class	Distance
Hard long	6.3km
Hard short	5.1km
Hard beginner	4.8km

Wednesday 19th December pm – Strength and Conditioning Demo

Start time: 15:30

Location: Pax Hill Activity Centre. Exact location TBC

Presenter/s: Mary Fleming and Brodie Nankervis

Description: Learn how to utilise strength and condition to both improve performance and prevent injury.

Wednesday 19th December Night Activity – BBQ

Start time: From 17:00 onwards

Location: Pax Hill Activity Centre. Exact location TBC

Description: Join us for a BBQ at Pax Hill. BYO food and drinks.

Thursday 20th December am – Ballarat Grammar

Timetable:

Assembly at 9:00, Briefing at 09:15

First leg starts at 09:30

Mass start of all remaining runners 10:20
Course closure 11:00

Assembly area: 37°32'10.2"S 143°49'52.9"E (<https://goo.gl/maps/e2ey4Ks4gky>)

Please park on the side of Forest Street and then assemble at the pavilion next to the oval.

Course planner: 2018 Australian Sprint Champion Dr. Belinda Lawford (PhD)

Training description: *Unofficial* Junior Australian Sprint Relay Championship 2018. With the sprint relay featuring more and more on the international and national racing scene it's time to get a taste of what all the fuss is about. For some added excitement, get ready to take on some of the best of international orienteering. Can you beat the senior elites and put them in their place?

Teams: Standard sprint relay format will be used: female, male, male, female.

State teams will be organised by state co-ordinators. Brodie and Belinda will help the state co-ordinators form composite teams where required. Final teams and individuals for composite teams are required by Wednesday midday.

Class	Distance
Men/Women	3.2km

Additions to information from Bulletin 2:

ACT contact person in camp:

Sabrina Lang will be the ACT contact person re: last minute changes. She will disperse this information to the ACT participants. Remember any last-minute changes will also be posted on the Facebook event (<https://www.facebook.com/events/2223144197968143/>) and emailed to participants via eventor.

Equipment:

If you receive this before leaving to attend the camp please bring both a **headtorch** and your **SI stick**.

Toilets:

A toilet will be available at each assembly area, except for Creswick.

Coaches:

Coaches please see your assigned tasks to help with throughout the camp in separate document uploaded to Eventor. If you have any issues with the tasks you have been assigned please contact Brodie Nankervis **ASAP!**