

## **February Junior Camp (Draft Schedule)**

The following is a first draft schedule of the upcoming NSW Junior Camp on the 1<sup>st</sup> to 3<sup>rd</sup> of February in the Newcastle Area. Currently the dates are confirmed, but times and activities may change slightly. If you have complaints or suggestions please don't hesitate to make them known. The camp is quite short, but I am conscious that we don't want to over-work the kids, especially during the middle of the day in the heat.

You may need to take your children out of school for a half day on Friday to get to the camp on time.

### **What You'll Need**

- Sleeping Bag and Pillow
- Compass
- O shoes
- Normal running shoes
- A few sets of O clothes and some normal running clothes
- Headlamp if you have one
- Water bottle
- Hat
- Towel
- Casual Clothes

### **Friday 1<sup>st</sup> Feb**

5:00pm - Arrive at Accom (Tocal Agricultural College, 15 mins north of Maitland, on Tocal Road)

5:30pm – Settle in Accom and free time

6:00pm – Dinner and free time

7:00-7:30pm – Orienteering related presentation

8:15-8:30pm – Night relay at Tocal

9:30pm – Showers

10:00 – In Rooms ready for sleep

### **Saturday 2<sup>nd</sup> Feb**

7:00am - Wake-up, breakfast

8:00am - Ready for travel to training

8:30-9:00am - Briefing for training

9:00-9:30am - Training begins

11:00-11:30am - Training finishes

11:30am-12:00pm – Travel back to Tocal

12:30-1:00pm – Lunch

1:30pm – Leave for Bonus Activity!

3:30pm – Arrive back at Tocal

4:00pm – Leave for 2<sup>nd</sup> Training Activity

4:30pm – Briefing for 2<sup>nd</sup> Training Activity

6:30pm – Finish 2<sup>nd</sup> Training Activity and travel home to Tocal

7:00pm – Dinner and showers

8:00pm – Orienteering related presentation by special guest presenter

9:00 - 9:30pm – In rooms ready for sleep

### **Sunday 3<sup>rd</sup> Feb**

7:00am - Wake-up, breakfast

8:00am - Ready for travel to training (camp champs)

8:30-9:00am - Briefing for training

9:00-9:30am - Training begins

11:00-11:30am - Training finishes

12:00pm – Travel back to Tocal

12:30 – 1:00pm Lunch

1:30 – Pool and free time

3:00pm – Beep test

4:30pm – Sprint training @ Tocal

5:30pm – Pack up and go home! Parents can pick up from Tocal or we can drop off at the train station.