

# 2019 January Orienteering Training Camp

## Bulletin 2

This bulletin is intended mostly for the participants staying at the St Helens District High School. If you are staying on your own and traveling by yourself much of the information won't be relevant.

Please note the schedule of training sessions is available as a separate download from the event information page online <https://eventor.orienteeing.asn.au/Events/Show/7572>

Over the January long weekend, Orienteering Tasmania (OT) will be holding a training camp in and around St Helens.

Juniors and accompanying adults will be accommodated at St Helens District High School. Other interested OT members are welcome to attend the training sessions but need to confirm their attendance beforehand with the camp organisers.

Everyone will have the opportunity to improve their orienteering skills through technical sessions on campus and forest maps, indoor exercises and talks.

Where: St Helens and Fingal Valley, Tasmania

When: Friday 25<sup>th</sup> January – Monday 28<sup>th</sup> January

Accommodation: St Helens District High School. Bedding will be required- sleeping mat, sleeping bag and pillow.

Transport: Private cars only. There was not enough interest to support hiring minibuses. Northerners will be transported by Donelda Niles. She will contact you directly to confirm the meeting time and location. Southerners will be transported by a combination of people.

Contact Jon McComb for details if you need a lift and haven't been contacted yet.

Cost: \$75 per person staying at the school. \$20 per person attending the training sessions only. Full payment must be made before commencing training, or preferably before the weekend to:

Account Name: Catherine McComb

BSB: 083-064

Account No: 87-466-4107

### More Information

As well as orienteering technical training, we will have plenty of time to socialise, hang out, play games or chill – at the beach, in the forest or the school.

We will have several coaches with international experience taking part in the camp, so feel free to ask as many questions as possible. If you want to be shadowed during any training session, ask the coaches, they will be happy to do it.

## Schedule

| When     | What   |
|----------|--|
| Friday   |  |
| 3:00pm   | Hobart –Departure  |
| 4:00pm   | Launceston - Departure!  |
| 6:00pm   | St Marys High School training session  |
| 7:00pm   | Arrive St Helens.<br>Dinner.   |
| 8:00pm   | Meeting: Camp objectives   |
| Saturday |  |
| 8:00am   | Rise and shine<br>Breakfast  |
| 9:00am   | Leave for map  |
| 10:00am  | First exercise – Littlechilds Creek<br>Snacks/Lunch<br>Second exercise   |
| 3:00pm   | Beach, or Games or both  |
| 5:00pm   | Strength training introduction   |
| 6:30pm   | Dinner   |
| 8:00pm   | Group activity: Fun things   |
| Sunday   |  |
| 8:00am   | Rise and shine<br>Breakfast  |
| 9:00am   | Leave for map  |
| 10:00am  | First exercise – Golden Fleece<br>Snacks<br>Travel to second map<br>Lunch<br>Second exercise – Constable Creek (Transit Track) |
| 3:00pm   | Beach, or Games or both  |
| 5:00pm   | Strength training follow up  |
| 6:30pm   | Dinner   |
| 8:00pm   | Group Session: This year   |
| Monday   |  |
| 7:30am   | Rise and shine<br>Breakfast<br>Clean up  |
| 8:30am   | Leave St Helens District High School for Rajah Rock, Avoca   |
| 10:00am  | Training exercise – Rajah Rock<br>Snacks   |
| 12:30pm  | Leave map  |
| 1:00pm   | Arrive Campbell Town<br>Lunch  |
| 1:30pm   | Arrive Launceston  |
| 2:30pm   | Arrive Hobart  |

## Meals

Donelda Niles has very kindly volunteered to coordinate the food and feed us all.

As requested, could you all bring a prepared meal to share. These will be feeding everyone over Saturday and Sunday nights. Donelda will make salads and sides to have with these meals. If anyone would like to make a slice or biscuits to send along too these would be very gratefully received.

The only meals not catered for are Friday night dinner and Monday lunch so don't forget to bring some money to buy something to eat.

Please be sure to notify us of any food allergies/preferences on the consent, health information and code of conduct form. If you do have an allergy/preference could you also email Donelda direct at [kamdon@bigpond.com](mailto:kamdon@bigpond.com). We will be unable to cater for vegans on this camp so if you are vegan, you will need to bring your food with you.

## Friday

Bring your own or buy your own in St Helens on arrival – take-way options include fish 'n chips, pizza, fast-food joint.

A light supper will be provided.

## Saturday and Sunday

All meals will be provided. Remember to bring meal to share.

## Monday

Breakfast, snacks and lunch will be provided.

## Consent Forms

All consent forms must be returned to Jon McComb ([jmccomb@infoasis.com.au](mailto:jmccomb@infoasis.com.au)) by Tuesday 22<sup>nd</sup> January.

## Gear

You will need to bring:

- sleeping gear (including **sleeping mat**, pillow and sleeping bag),
- orienteering clothes and equipment (compass and gps watch if you have one),
- clothes for relaxing, playing at the beach in the forest, around the school in hot, cool and wet weather (including towel, hat, sunscreen, sunglasses),
- toiletries
- paper and pen/pencil for analysing training and taking notes,

## Contact Details

For more information contact:

Jon McComb

Orienteering Tasmania Coaching Coordinator

M: 0402 819 727

E: [jmccomb@infoasis.com.au](mailto:jmccomb@infoasis.com.au)

Christoph Prunsche

Hobart Coach in Residence

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