



JUNIOR INVITATIONAL TOUR

28 SEPT - 6 OCT 2019

ALL JUNIORS AND FAMILIES ARE INVITED

JOIN ORIENTEERS FROM ACROSS AUSTRALIA, NZ AND BEYOND.

REGISTRATIONS

1. Enter **Carnival events via Eventor**
2. Register for the **Junior Invitational Tour via Eventor:**
 - activities only \$10pp (family max \$30)
 - activities + 3 nights catered accommodation \$250pp (prices inc gst)

SOCIAL ACTIVITIES

- After orienteering, relax and play with friends
- Optional social activities
- Meet new orienteering buddies over shared meals

TALKS AND WORKSHOPS

Leading coaches, athletes and professionals will help you take your orienteering to the next level:

Asha Steer (*Victorian Nugget and multi JWOC representative*):

Girls run wild - women in orienteering

Belinda Lawford (*Canberra Cockatoo, multi JWOC & WOC representative*):

Your coach & You: Dare to be the best

Cathy Hogg (*Sports Physio, JWOC rep*):

Running technique to minimise injury in adolescent orienteers

Greg Barbour (*President ONSW, multi WOC foot, ski and mtbo rep*): Navigating Big Rock

Marina Iskhakova (*Multi JWOC, WOC foot and MTBO rep*):

MTBO to improve your Orienteering Skills

Steve Craig (*Director High Performance OA, multi WOC rep*):

Direction and structure: You do have time!

ACCOMMODATION & TRANSPORT

- Participants should make their own accommodation and transport arrangements.
- All juniors MUST be accompanied by a supervising adult.
- We recommend
 - 28 Sept – 3 Oct** (5 nights) Camp Hub: Wagga Wagga Beach Caravan Park. Book directly.
 - 3 - 5 Oct** (3 nights) Camp Hub: Albury accommodation. Book via Eventor.

CONTACTS

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