

Juniors Orienteering Training Camp: 17-19th January 2020
St Helens School

In preparation for the 2020 orienteering season we will be having a training camp in St Helens from Friday 17th to Sunday 19th January.

Over the weekend there will be technical training and a Night 'O'. During our time off the map there will be time for socialising, swimming and many other exciting activities

The Junior Development camp is open to anyone aged 12 years to 20. Athletes older than 20 are encouraged to come along and help coach the Juniors.

The camp is designed to expose participants to a variety of skills and activities that will enhance and encourage their development within our organisation.

This camp provides an opportunity for members to participate in a range of physical and social activities that will develop personal leadership skills.

Location

Training will primarily take place around the St Helens area

Camp Leaders

Jon McComb	0402819727	Meisha Austin	0419561746
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Accommodation

Accommodation will be in class rooms at the St Helens District High School

Transport

To be advised

Meals

To be advised

Registration, forms and Money;

Please register your interest as soon as possible as either a helper/coach or a participant, participants a \$20 deposit is payable through Eventor at the time of registering.

All consent forms must be returned by email to meishaaustin@gmail.com by 13 January 2020.

Payment for the camp will be due the week before – we aim to keep the expense to a minimum (est. cost \$100).

Program

Friday 19th

AM - Arrive in St Helens

PM - Activity 1

Saturday 20th

AM – Activity 2

AM – Activity 3

Lunch

PM – Activity 4

PM – Activity 5

Dinner

PM – Night O

Sunday 21st

AM – Activity 6

AM – Activity 7

Lunch

PM – Activity 8

PM – Home

We will require camp helpers, coaches (especially those who have just done their level one course), people to shadow and helpers to set and collect controls.

If you can assist with any of the above please let Jon McComb know via email – coaching@tasorienteering.asn.au