



ACT & NSW Orienteering Camp

Sydney Passage 21-23.02.2020

Bulletin 1 16.01.2020



## Welcome

On behalf of orienteering ACT and orienteering NSW we would like to warmly welcome all participants to our camp.

## Organizers

Coaches in residence:

ACT Fryderyk Pryjma [Fryderyk.bno@gmail.com](mailto:Fryderyk.bno@gmail.com) 0484277455

NSW Alastair George [arg6@optusnet.com.au](mailto:arg6@optusnet.com.au) 0413254534

## Goal

The camp focuses on development of sprint and bush orienteering skills. The idea is of having high quality orienteering trainings with bigger group of orienteers of all ages. The bush orienteering trainings will be offering hard and easy courses. Moderate orienteers are encouraged to challenge themselves on hard courses.

## Preliminary plan

### Friday

Evening (allowing enough time to get there after work) easy orienteering Training in Belanglo Cottage or nearby or on a way to there (all depends on fires).  
Late evening some discussion on sprint orienteering before the Saturdays training + analysis of Friday's training.



### Saturday

Before and after noon sprint trainings with a lunch in between. They will be assembled from several parts making it around 1 hour trainings. There will be high intensity part in both of them. Evening workshop. Terrains not yet picked.

### Sunday

Shorten long distance competition simulation.

## Accommodation

Fr – Sat Belanglo Cottage

Sat – Sun Belanglo Cottage

Own sleeping stuff (sleeping bag, mattresses)



## **Food**

We will have one common dinner and breakfast on Friday and Saturday – due to small numbers of kitchen facilities (eases preparation). There will be vegan option and meat option – please select correct extra service on eventor.

## **Costs**

10\$ to cover printing and administrative fee

Extra fee – 15 \$ for 2 dinners and 2 breakfasts. All sleeping in Belanglo Cottage should pay it unless they eat their own cold dinner/ breakfast.

## **Entry**

Come and join us on our trip towards Easter and Autumn season entering by 16.02.2020 on eventor.

## **Next Bulletin**

The final bulletin will be announced no later than a week before the training camp with all the final details concerning courses, terrains and locations.