



ACT & NSW Orienteering Camp

Sydney Passage 21-23.02.2020

Bulletin 1.1 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 0484277455

NSW Alastair George 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.

Plan

Friday

Evening (allowing enough time to get there after work) easy orienteering Training in Belanglo Cottage. 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.

Am Erskine PS. One men relay aka basket training. Lots of fun, lots of turns and very intense.

Pm Wollongong University. Memory training + training camp sprint champs.

Evening workshop + social time + optional night training in Belanglo.

Sunday

Shorten long distance competition simulation in Waffle Ridge.



Accommodation

Fr – Sat Belanglo Cottage

Sat – Sun Belanglo Cottage

Own sleeping stuff (sleeping bag, linens, mattresses). There are 26 beds so if the number of entries is too high some of us need to camp/ sleep on a floor.

Food

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

Transport

We will travel by cars – if You do not have Your own car or do not know who to travel with please contact one of the coaches and we will help You in making travel arrangements.

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.