



## **ARMIDALE COMBINED TRAINING CAMP**

### **General Info**

NSW and ACT have combined to organise 4 nights with 3 great days of training around Armidale, northern NSW. This area is renowned for its technical granite terrain and, for many, this will be a first time into this region for orienteering.

The weekend is designed to dovetail with the NSW Middle Distance and NSW Long Distance Championships.

It allows for families to continue to holiday in the region for a further week before returning to school.

This camp is for all Blue Lightning members, and all NSW juniors, with the aim of getting ready to perform at our best throughout the winter season.

### **THE CAMP**

This is a 4 night/5 day training plus competition camp.

The camp starts mid - afternoon Wednesday and will conclude after the NSW Long Distance Championship event on Sunday 22 April.

Entry into the [NSW Middle](#) and [Long-Distance](#) events are your own responsibility.

### **Target Group**

JUNIORS – in years 7 to 12 at high school or 2 years either side. Seniors (especially post school attendees) will be expected to contribute to supporting less developed attendees.

Juniors from all states can attend, numbers may be limited by accommodation availability. Enter early to avoid disappointment.

Parents are welcome and encouraged to be involved.

All over 18's must have WWCC or WWVP.

All primary school aged must have a parent or guardian present.

### **Transport**

Arrangements will be made as a collective, likely car pool across families – ACT Blue Lightning Squad Manager will hold a list of possible car sharing options.

### **ACT Travel Arrangements**

Depart 6am Wednesday 18 April for a long drive to Armidale.

Return Sunday 22 April late after NSW long Distance Championships. (There may be arrangements to break journey depending on various individual's commitments. Some families may continue holidaying in the region.

**NSW attendees** will need to contact ONSW for information or email Helen O'Callaghan on [woolfordfamily@skymesh.com.au](mailto:woolfordfamily@skymesh.com.au) for more information.

### **Accommodation/catering**

(We have access to around 80 beds – dorm and share arrangements)

Full food and accommodation in NEGS boarding house in Armidale.

Sleeps maximum of 85 in a mix of single, double, and four bed rooms.

(Designated coaches will be encouraged to seek remuneration of associated costs from their state association)

## THE PROGRAM

### Dates and Sessions:

Wednesday 18 April to Friday 20 April

### Six training sessions in total

Wednesday - late afternoon/early evening (2 sessions)

Thursday - morning, afternoon and night (3 sessions)

Friday - morning only forest training, afternoon for socialising, early evening race prep discussion. (2 sessions)

Saturday – NSW Middle Distance, evening race review

Sunday – NSW Long Distance, post-race review

All sessions to have a predetermined purpose –

eg Physical, Mental, Technical, Tactical (including fun!)

### Cost

Total: \$300 (excluding NSW Championship event entry fees).

Covers accommodation and food for 4 days and 4 nights (Wednesday dinner to Sunday lunch), including costs for equipment and maps, laundry detergent, evening fruit, snacks and other sundries.

(NOTE: must bring own sleeping bag, pillow slip, towel.)

NSW Event entry fees for juniors: Middle Distance \$20. Long Distance \$24

Enter these events via [Eventor](#).

### Camp Registration process

Entry categories will be

1. Coach Food & Board
2. Coach Day
3. Junior/Adult Food & Board
4. Junior/Adult Day

By default you will be entering the full camp (18<sup>th</sup> -22<sup>nd</sup>), to enter individual days only click [Races: all] and select only the days you will be attending (see below). The entry price will be adjusted automatically once you click next.

**Entry**

Armidale Combined ACT/NSW Training Camp

Orienteering ACT / Orienteering NSW, Wednesday 18 April 2018 - Sunday 22 April 2018  
Entry deadline: Friday 13 April 2018 at 23:59 EST

Participation in this event requires that the entry fee is paid in advance. Entries not paid for will be removed. More information is provided after the entry has been saved.

Name	Club	Class	Sportident
Paul de Jongh	Bushflyers	Coach Board (300 AUD)	8241193

Races: all | Sum: 300 AUD | Delete

Enter, cancel or change entry for another member  
Enter, cancel or change entries for multiple members

**Customer details**

First name  
Last name  
Street address  
Postal code  
State  
Country  
Email  
Phone number

**Races**

Select the races to enter.

- Day 1 (18/04/2018)
- Day 2 (19/04/2018)
- Day 3 (20/04/2018)
- Day 4 (22/04/2018)

OK Cancel

Next Cancel

**Key Organising Group**

Rob Bennett – Head Coach (Andrew CT assist) 0407 622 157

Toni Brown - ACT contact and Camp Co-Ord 0411 968 001

Helen O'Callaghan – NSW contact and Co-Ord 0478 226 601

Julianna De Nooy and Brenton Gray – Qld contacts