

ONZ Junior Camp 2015- Bulletin 3

Sunday 13th - Friday midday 18th December 2015

With less than three weeks to go to Junior O camp, we would like to introduce the Coaches and the organisers and to provide you with some reminders.

Introducing Nick Hann as your Head Coach:

Junior Camp this year is going to be a really great week of orienteering in Auckland. We have a got a wide range of trainings lined up on fantastic terrain for you to enjoy. Two-time Junior World sprint champion Tim Robertson is planning the sprint trainings, and will be here on camp coaching, so you can learn all his secrets to excelling in urban races. Most of the coaches have represented New Zealand recently and have hundreds of tricks and tips to teach you. We'll be making sure everyone has the fundamentals sorted with their technique, before pushing forward with some exciting new trainings styles. It's going to be a really fun time and I hope everyone is fizzing for the camp.

Over the final few weeks you should keep up your training as you have been, without introducing anything drastically different. There will be a heap of coaches on camp that you will be able to talk to about your training and where you should be headed next. Try and get to a number of orienteering events before the camp, so you feel familiar having a map in hand at the start of camp. This will ensure you get the most out of the week.

If you have any questions or want some advice about your training before camp starts, you can email me at nick.s.c.hann@gmail.com. I'm more than happy to help.

Happy training and see you in a few weeks!

Junior Camp 2015 Coaches list	
Nick Hann (Head Coach)	Wellington
Devon Beckman	Hawkes Bay
Marlene Berger	Orienteering Klosterneuberg
Renee Beveridge	North West
Ed Cory-Wright	Peninsula and Plains
Kayla Fairbairn	North West
Matt Goodall	Counties Manukau
Sophie Harrison	Peninsula and Plains
Tommy Hayes	Auckland
Shamus Morrison	Wellington
Jonty Oram	Auckland
Tim Robertson	Hutt Valley
Alice Tilley	North West
Kieran Woods	Auckland



Junior Camp 2015 Partners

Camp Parent organisers

The following people have organised the camp on behalf of Auckland Orienteering Club this year. Jeff Greenwood, Steve Oram, Kieran Woods, Elizabeth Parsons, John Parsons, Dwayne Smith, and Linda Smith.

During the camp the following organisers will be staying overnight and can be contacted if you have any queries:

Elizabeth	027 2879025
John	021 987413
Linda	027 4859098
Dwayne	027 4868810

Travel Arrangements

You need to advise John Parsons by email as to your travel plans and if flying, what your flight details are and arrival time, so that we can coordinate transport for you from the airport to the camp site. John Parsons: awaawa@xtra.co.nz.
John needs to hear from all the out of Auckland participants

Cost of Camp

The registration fee to attend camp is \$375. You will have been sent an invoice from ONZ with the amount that you need to pay. Please make this payment by 4th December via electronic banking. ONZ bank A/c details are on the invoice.

Code of Conduct

Attached is a Code of conduct form that you need to read, print out, complete in hand written form, arrange for your parent / guardian to sign it and return it as an attachment to Dwayne Smith – email address smithd4@gmail.com
Please ensure that it is completed and sent back by 5th December.

Bring spending money

On day one we will plan to stop on our way home at a supermarket if you feel you need to stock up on food snacks. On day four of the camp we will be spending time at the Parakai Hot Pools in the afternoon after the Camp Champs. The entry fee for the pools is \$7.00 each

Camp Baking

To provide extra snacks for morning tea we ask that each participant brings a container (ice cream container works) of home baking, being a slice or biscuit (non meltable in case it gets hot). This is pooled together and shared each day ensuring extra snacks are available whilst we are away from the camp site.

What to bring

See attached gear list. We will be staying in the St Cuthbert's Boarding house, where we will be sleeping in dormitory arrangements, with all our meals catered for. You will have a mattress and a mattress protector provided, but you will need to provide your own pillow and pillow case and bedding (under sheet, and sleeping bag), and towels (including one for a swim).

Camp Requirements – What to bring

We suggest that you bring the following items with you for the camp:

- Drinking bottle 2L or 2 x 1L bottles - (Very important as you carry your own water for the whole day. If you have a Camelbak you can bring this)
- Container of home baking (to be used for shared morning and afternoon teas) - no cakes or items that will melt in the sun
- Sleeping bag
- Sheet to cover mattress or sleep on if sleeping bag too hot
- Pillow and pillow case
- PJ's or Sleep wear
- Running gear: tops / shorts and long pants (to have leg covering)
- Orienteering shoes or running shoes with a good grip
- Track pants and sweater to wear after training
- Gaiters (if wanted)
- Ident (SI card) (if you have one, if not AOC will provide you with one. Please advise us if you require one)
- Compass
- Hat / sunglasses
- Watch (if you have one)
- Casual clothing; shorts, tops, jeans/trousers, ordinary summer clothes for 5 days, including underwear and some warm layers
- Socks (several pairs)
- Plastic Bags (for dirty smelly socks)
- Raincoat
- Warm jacket / Fleece top
- Toiletries – soap/ shampoo, razor, toothbrush, deodorant, hairbrush etc. incl. sunscreen, insect repellent
- Medications (if you have asthma, ensure you have your inhaler with you at all times. If you suffer from “hay fever” episodes, ensure that you have some antihistamines with you as the pine pollen can bring on an allergy episode.)
- Small personal first aid kit (plasters, blister block, pain killers etc.)
- Towel x2 (one for swimming)
- Jandals /and or camp footwear
- Togs (we will be visiting a swimming pool one afternoon.)
- Headlamp or a torch if you don't have one (bright enough to run with and has a strong beam-enough to run with if you don't have a headlamp)
- Spending cash \$
- Camera (Optional)
- Personal snacks, (if you have a favourite snack)
- Old maps that you may have had some challenges with, that you can discuss with the coaches (optional)
- Elastic or pins or whatever you use to hold your control card and descriptions
- Map plastic bags or 2 clear plastic A4 bags
- Red pen, a Note book and another Black/blue pen (taking notes)
- Sports/Day bag
- Other personal items (e.g. mobile phone etc. – don't forget the charger)
- Sending money, with enough to cover your dinner costs when travelling home

Please contact Linda Smith, lindas1@outlook.com or Dwayne Smith smithd4@gmail.com if you have any questions.