

# Orienteering NZ Training camps in December... opportunities for all! [www.orienteering.org.nz](http://www.orienteering.org.nz)



*Come and join us in the beautiful SOUTH for what is regarded as possibly the funnest training camp of the year, and hone your orienteering skills, run in some cool forests and see some magnificent mountains*

## Junior Orienteering Camp "O Camp"

Dates- 17<sup>th</sup> – 22<sup>nd</sup> December 2016

Location- Woodend Christian Camp ( N of Christchurch

Pick up at- Christchurch Airport or bus station

Terrain- Local sand dunes, Banks Peninsula hills, urban sprints and alpine forests

Junior Camp is for you if you are...

- At school or of equivalent age
- Running orange consistently or red
- A member of an ONZ affiliated club
- Someone who wants to improve their orienteering and have fun
- Aiming for regional schools team and NZ schools team

Cost TBC includes full board, maps, transport

Applications open on ONZ website from July 1<sup>st</sup> and close on July 31<sup>st</sup> 2016

Participants confirmed by August 31<sup>st</sup> 2016

## Regional squads U23 Camp

Dates- 11<sup>th</sup>-16<sup>th</sup> December 2016

Location- Mt Cheeseman Lodge, Castle Hill

Pick up at- Christchurch Airport or bus station

Terrain- Castle Hill, Flock hill boulders, Hogs Back and mountain running

Development Camp is for you if you are...

- Minimum age year 12 or equivalent up to 23.
- Wanting progression from Junior Camp
- A member of an ONZ affiliated club
- Aiming for Junior Superseries, Junior Pinestars and JWOC.
- Have commitment to training for orienteering
- Getting good results in NZ champs, Queens Birthday, JWOC trials etc.

Cost TBC includes full board, maps, transport

Applications open on ONZ website from July 1<sup>st</sup> and close on July 31<sup>st</sup>. 2016 Participants confirmed by August 31<sup>st</sup> 2016

## Coach positions for Junior Camp

Bed and board provided at camp

- Head coach: to master mind the whole of the training and delegate to the intermediate coaches. Must have coached at a high level and had experience at designing a programme of exercises for the ability range at camp. Experience with managing large groups is useful.
- Intermediate coaches: to plan exercises and be team leader for a specific ability group. Must have been a coach at a previous camp (any camp) . Experience with communicating and teaching skills to a group of about 15 is useful.
- Trainee coaches: to assist the intermediate coaches and learn coaching skills. Have finished high school year 13 or equivalent age.

Coaching team to be announced at the end of August

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Coaches confirmed by August 31<sup>st</sup> 2016

