



NSW JUNIOR SQUAD BULLETIN NUMBER 1

- Feb 2009 -

LOOK WHAT'S BEEN HAPPENING!!!!

XMAS CAMP

Well it seems like a long time ago, but a fantastic time was had by all. Certainly the new additions to the camp – the Night 'O' and the Secret Santa and Chrissy tree will perhaps become new traditions. Hope you all watched the 'Ivan' story the following night!!!!

XMAS 5 DAYS (Victoria)












We had several NSW Squad members and their families in attendance at the Xmas 5 days in Victoria. Cold weather didn't deter the enjoyment of the terrain and the camping. Great practice for this year's Schools champs.





A full list of results can be found on the VOA website:
<http://www.vicorienteing.asn.au/?ItemID=3765>

Congratulations to the following:

-  **Josh** finished in the top10 each day he competed in course 1
-  **Emily** performed consistently on all 5 days also in Course 1
-  **Alex M** consistently impressive to finish 3rd overall in Course 2
-  **Rob** had some strong performances during the week, including a 3rd in the long sprint in Course 2
-  **Huon** competed on three days in Course 2, and had some terrific results, including a 5th place on Day 4
-  **Elly** competed in Course 3, difficult navigation, and was the first female overall.
-  **Michele** competed in the first three events, and performed consistently, running difficult navigation and gaining creditable positions amongst the females in Course 3
-  **Lewis B** finished second male overall in Course 5 (invitation to join the squad could soon follow!)
-  **Nicola** was the top female each day to take out course 5
-  **Bridget** (who was invited to our Xmas camp) finished with pleasing performances each day in Course 5.
-  **Aiden** achieved some great results running moderate navigation, (invitation to join the squad could soon follow!)

NATIONAL TRAINING CAMP

Following the Xmas 5 days, Josh and Alex M, as members of the National Training and Development Squad, attended a National training camp in Ballarat. Emily enthusiastically joined the group before heading to New Zealand to compete.

NEW ZEALAND OCEANIA & SCHOOL'S TEST MATCH – Josh and Michele

Josh then headed to New Zealand as a member of the National M17-20 Aust team to compete in the Oceania Champs. He had some good runs, finishing with a 2nd place in the Long Distance Champs, and 3rd in both the Sprint and Middle Champs. He then competed as a member of the Aust Senior Boys Schools team in the test match against New Zealand. Great experience.

Michele, (about to begin her first year in W 16's), had her first taste of overseas orienteering as a member of the National W16 team competing at the Oceania Champs, where she performed above expectations; 4th in the Long champs, 6th in the Middle champs and 5th in the Sprint. Michele then competed as a member of the winning Junior girls team in the Schools Test match.



LOOK WHAT'S COMING UP

2009 NSW SCHOOLS TEAM NOMINATION AND SELECTION

As per the recently published, and first, 'Orienteering NSW' bulletin for 2009, you will notice the following important points

- You have to put up with us as Managers for another year.
- The School's team will consist of 4 official runners in each of the Junior and Senior boys and girls categories.
- To be considered for selection in the NSW School's team you need to:
 - I. Compete in the following compulsory events in your correct age class:
 - SL4 (2nd May, Hilltop)
 - SL5 (3rd May, NSW Schools Champs, Windellama)
 - SL6, SL7, and SL8 (QBIII, 6-8 June, Cessnock/Newcastle)
 - II. Attend and participate in our NSW Squad camps
 - III. Demonstrate evidence of maintaining a reasonable level of fitness
 - IV. Compete in as many other major orienteering events as you can (eg State League events, Easter)
- You also need to notify us before the end of this term of your intention to nominate as a member of the Schools team.

TRAINING CAMPS

We will be holding a training camp during the **Easter break at Tocal**. At this stage, the camp will commence on Wednesday April 22nd and will conclude at a local Newcastle event on Sunday 26th April. The NSW Night Champs are held in Sydney on Sat 25th, so we will most likely take the bus down for those wishing to compete.

We will definitely be having a Xmas camp, and hopefully another camp at some stage during the year.

Keep training and we hope to hear from you soon
Regards
Karen and Russell