








NSW JUNIOR SQUAD NEWSLETTER #2 March 2009-03-07

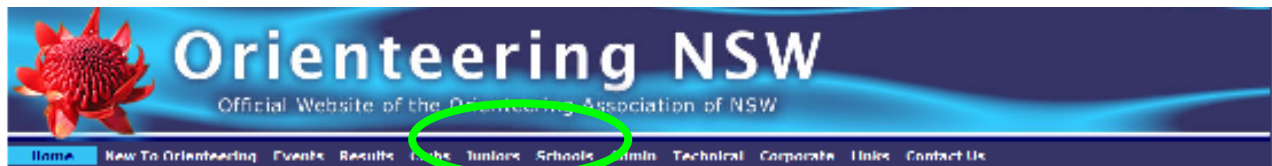
Training Camp #1, 2009

-  **When:** Wednesday 22nd April - Sunday 26th April
(Second week of the school holidays)
-  **Where:** Tocal Agricultural College, Near Maitland
-  **Cost:** Probably in the vicinity of **\$200** for Junior Squad Members.
We will let you know a definite cost as expenses become clearer.

-  **Details So Far:**
 - Wednesday 22nd** Meet at Mt Sugarloaf Picnic Area
Have some lunch
Some bush training in the afternoon
 - Thursday 23rd** Bush Training
 - Friday 24th** Bush training
 - Saturday 25th** Fitness assessment
Sprint training
 - Sunday 26th** Travel to Sydney for the NSW Night Champs
Camp Champs – local Newcastle club event at
“Jigadee Jog”, near Freeman’s Waterhole.
Parents collect from this event and return home ready
for Term II at school ;-)

The NSW Night Champs are at the University of Western Sydney on the Saturday night, from 6:30pm.
This event isn’t compulsory for camp participants; however we will be all going down in the bus to make the event available for those wishing to compete. Seriously consider entering. Entry forms are in the latest NSW Newsletter. If you do wish to run, make sure you have a head light to bring to the camp.

 We need to have an idea of numbers for this training camp ASAP to finalise accommodation and bus bookings. Could you email us by the end of this week of your intentions.



OANSW Website

The NSW Orienteering Website: <http://www.nsw.orienteering.asn.au/> has two new tabs of relevance to you all - JUNIORS tab and SCHOOLS tab. Barbara Hill has updated these. Check them regularly. Even squad newsletters will now be found here.

NSW Schools Team Selection 2009

The selectors for 2009 are Hilary Wood, Robyn Pallas and Geoff Todkill.

The 2009 NSW Schools Team will be announced by the selectors shortly after the completion of the NSW Sprint Championships at the University of Newcastle on Monday the 8th of June (the final day of the QBIII).

The team will comprise:

- Four junior girls (W15)
- Four junior boys (M15)
- Four senior girls (M16+)
- Four senior boys. (M16+)

NSW Selectors have determined that the selections will be based on results in the following events:



State League 4 (Hilltop) on 2 May 2009



State League 5/NSW Schools Champs (Windellama) on 3 May 2009



State Leagues 6, 7 and 8 in the Newcastle area on 6, 7 and 8 June 2009.

Plus it is expected that those wishing to nominate for the schools team



Participate in their correct age class at these events



Compete in other State League events during the season where possible



Participate in NSW Junior Orienteering Squad camps



Maintain an appropriate level of fitness and show evidence of training.



Notify Karen and Russell via email (blatchy25@yahoo.com.au) before Easter

So far we have had emails from the following indicating their intention to nominate for selection:

JUNIORS

Felicity Barker-Smith
Alinta Merrotsy
Michele Dawson
Nicola Blatchford
Bridget Bennett
Lewis Berkholz
Aidan Dawson
Matthew Hill
Chris Yuan

SENIORS

Elly Ross
Josh Blatchford
Alex Orr
Huon Wilson

Future Fundraising



State League #1

We have been approached by Western Plains Club (Dubbo) to do some basic catering at State League #1 at Lidsdale on Saturday 28th March. We need to have an idea of how many junior squad members will be in attendance to assist with providing cakes/biscuits, and serving tea/coffee/drinks and eats. Could you please reply to Maria Orr (49721727 pmorr@idl.net.au) by the end of this week. The organising club needs an urgent reply!!!



World Masters Games Warm Up Spring Event

The World Masters Games will be held in Sydney during the Term 3 holidays, and Orienteering will feature in the event program.
By the way, public races will accompany the official WM Games 'O' events.

The Uringa Orienteering Club, based in Sydney, will be organising a warm up sprint event in Sydney (venue undecided), on Friday the 10th October.
The Uringa club has proposed that our NSW Junior Squad assists with the organisation of this event, and share in the profits – we could be talking \$500.

How many squad members and parents/family members would be available on Friday the 10th October? We need to get a bit of an idea before we make a commitment to the Uringa club.

Please email us (Karen/Russell blatchy25@yahoo.com.au) a response ASAP.



Mental Strategies in Orienteering

Russell recently attended a Level 2 Coaching course.

One of his presentations at the workshop was on Mental Strategies in Orienteering.

Over the next few squad newsletters we will share some key points with you.

The first strategy: **Develop a pre-leg routine.**




FOR THE ORIENTEER IN ME
1) **Develop a pre-leg routine**




- ✓ Orientate the map
- ✓ Have a plan
- ✓ Check compass
- ✓ Exit direction – what will I see?

TO DO LIST ASAP (by Friday 13th March)

Email Karen/Russell blatchy25@yahoo.com.au to let them know

-  If you wish to nominate for Schools selection for 2009
-  If you are available on Friday October 10th to assist with organization of WMOC Warm-up Sprint event
-  If you will be attending the Tocal Training Camp 22nd – 26th April

Email or phone Maria Orr (49721727 pmorr@idl.net.au) to let her know

-  If you will be able to assist with catering at State League #1, Lidsdale 28th March

Keep training
See you all soon
Russell/Karen