



NSW JUNIOR SQUAD NEWSLETTER #3 April 2009

**** Important ****

We have just received information that the 'Carbine Club of NSW' will again sponsor our NSW Schools Team in 2009 – to the tune of \$3000!!!
Fantastic news, and greatly appreciated by all interested in the future development of Orienteering in NSW.

We must continue to publicly recognise this magnificent support at every opportunity – the 'Carbines' banner, photos, event reports and through bulletins such as this. All in our junior squad, and the actual 2009 Schools Team, need to be very mindful of the need to continue to acknowledge the magnificent support the 'Carbine Club' is providing to our Schools Orienteering program.



Some of our juniors at Orange SL2

Fundraising 2009

State League 1/2:

Our fund raising program kicked off at SL events 1/2 at Lithgow/Orange last weekend. Our squad is extremely fortunate to have the ongoing support of Maria and Peter Orr as coordinators of our fund raising efforts during 2009. We were thrilled to hear that \$425 was raised over the weekend – a great effort.

Thanks to all who contributed items to the catering stall for sale, and also to all that found the time to serve the wonderfully supportive OANSW community, and interstate visitors as well, on Saturday afternoon and Sunday morning.



Our Next Fundraising

Our next fundraising efforts will be at State Leagues 4/5, Hilltop and Windellama – the first two selection races for the NSW Schools team 2009. With significant travel for us all, plus the absence of our coordinator Maria, we've decided to have a rest from catering at this event, and instead to run a raffle over the weekend.

We'll be looking for everyone's support in the way of appropriate donations to raffle: e.g. bottles of wine, non-perishable food goods, perhaps orienteering socks, novelties, kids toys, lollies, tools,practically anything you might find in a hamper and would like to win.

We'll sell tickets over the two days, and draw the prize/s following Sunday's event.



State Leagues 1/2:

A great weekend in Lithgow and Orange – so many highlights – where to start?

- Superb weather
- Strong turn out of extremely enthusiastic squad members and prospective squad members
- Some excellent and encouraging results, though far too numerous to mention individually at this time
- The obvious delight many felt in 'catching up' with old friends after a long break following Xmas Camp '08, even as long ago as Queensland Schools trip '08 and we'll all get to catch up with Kas at camp ;-)
- A bush technical training session organised by 'Stingers' squad members Julian and Felicity for 7 of our more senior training squad members who have run, or hopefully will run, in Junior National Orienteering League (JNOL) events during 2009.

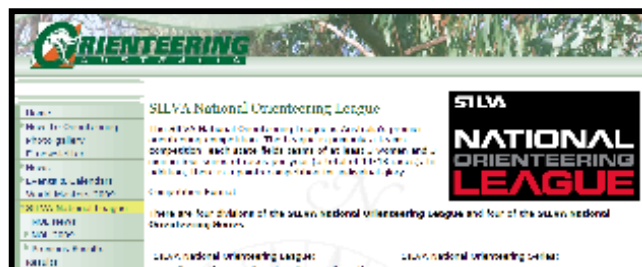


JNOL

Competing in the JNOL is something we would like to encourage ALL junior squad members to set as a long term Orienteering goal.

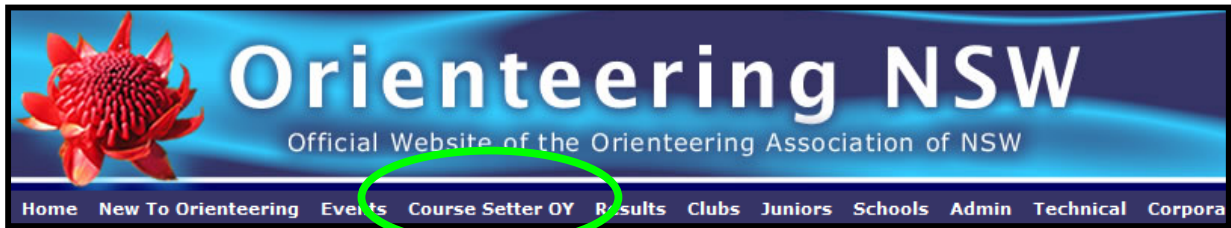
A fantastic competition, great experience, magnificent maps and terrain and superb courses. Throw in some wonderful social opportunities – what a package.

Check out the info: <http://www.orienteering.asn.au/home/>





Voting online for 'course setter of the year'



Anyone that enters a NSW State League event during 2009 can vote for the prestigious 'Course Setter of the Year' award. This is a very simple process, and takes only a couple of minutes. The on line survey can be accessed through the menu link highlighted above.

All squad members who competed at SL 1/2 last weekend are urged to complete the survey. In fact, you are encouraged to complete the survey after all SL events you enter during 2009. It's a fantastic way to have your say, communicate what you want in a course, and influence the outcome of a highly valued and respected award in the NSW Orienteering community.



NSW School Team Nominations:

- Thank you to those who have already expressed interest in nominating for selection.
- We will forward these names to selectors Hilary Wood, Robyn Pallas and Geoff Todkill during the Easter vacation.
- You have only a short amount of time remaining to nominate if you have not already done so.
- Please be aware that under new Australian Schools Orienteering Championships guidelines, our squad will be limited to 20. Some nominees will ultimately be disappointed, but as Managers we are thrilled that so many of you are putting your hand up for selection, and experiencing the whole selection process will be of enormous benefit to your orienteering, irrespective of the final selection outcome.
- GOOD LUCK TO YOU ALL!!!



Tocal Training Camp:

We've had a fantastic response from squad members for the first training camp of the year. Tocal was a great venue last year, and given good weather, we can expect another memorable training camp.

At various times during the camp we may have up to 23 in attendance ... nice to have the new problem of an overfull bus!!



Memories!!!!

The theme for the camp will be **'PRESSURE, PROCESS, CONTROL'** – three key words in Coach Darvo's Orienteering philosophy. Final camp program details are:

Wednesday 22/4/09:

- **Meet 12:00 noon at Mt Sugarloaf picnic area** – just keep driving up and look for the bus. (Armidale and Orange squad members who might require pickups should contact Karen/Russell ASAP).
- **Lunch, then training** – [contouring exercise](#), followed by a [pairs relocation activity](#).
- **Travel to Tocal and settle in.**
- After dinner, some **seminar type presentations** for an hour or so, including mental strategies, concentration, goal setting, sprint orienteering rules, relocation, preparing for selection race 1 at 'Hilltop' – an area which is as tough as you can get for a selection race.

Thursday 23/4/09:

- **'Hageby' style course loops at 'the Farm'**, followed by lunch.
- After lunch a **'Peg Relay' at 'the Range'**.
- After dinner, **night orienteering**, on a new map of **'Tocal Agricultural College'**. You will have a choice of three courses for the Night 'O' – long (4.9km), medium (3.5km) or short (2.5km).

Friday 24/4/09:

- **Map memory/simplification activity** at ‘Brokenback East’ in the morning.
- Travel to Singleton for lunch,
- **Mass start bush intervals and ‘Underworld’ team challenge** at ‘Wattle Ponds Road’.
- After dinner, a social activity TBA!!.

Saturday 25/4/09:

- **‘Beep test’** in the college hall,
- To **‘Walka Water Works’** for the famous pairs sprint relay – will ‘Team Tosser’ return?
- Back to Tocal for a rest/relaxation, and **start draw for ‘Camp Champs’**,
- Travel to Sydney for the **NSW Night Championships** (SL3).

*** Please make sure you have entered this event yourself. ***

Sunday 26/4/09:

- **‘Camp Champs’** at **‘Jigadee Jog’** – we will negotiate slightly later start times, trophy presentations (Rob, Emily, Michele, Glenn – it is time to return your trophies, though you might take them home again!),
- Say our goodbyes and travel home – for a good rest!

What to bring:

- Head lamp for night ‘O’.
- Please put in your hand weights.
- Come prepared for cool or wet training conditions, as we will push on regardless.
- Full body cover ‘O’ gear, plus running/sprint ‘O’ gear
- Don’t forget a bit of shopping money,
- Sleeping bag/pillow/teddy!

Give Karen and Russell a call if you have any questions about what to bring.

 Cost:

- OANSW will subsidise training activities for squad members throughout 2009. We are most appreciative of this ongoing support from the Board. A portion of this subsidy will be used for this camp.
- The cost for this training camp will be **\$215** for squad members and **\$250** for non-member invitees. Pay upon arrival and if at all possible, a cash payment would be appreciated. Payments for part time attendees will be adjusted.

 NSW Night Orienteering Championships (NSW SL3):

- Entry forms were in the last State newsletter. You can also access an entry form via the Garingal club website.
- If you wish to run, please enter yourself in this event before the 17th of April. We will be taking the bus to the event, and all at the camp will make the trip – so why not give the ‘Night Champs’ a go!!
- Remember, on Thursday night at the camp we will be doing a night ‘O’ – great training for this event.





Future Squad Activities:

- We intend to take a bus to Canberra for round 3 of the National Orienteering League, Friday/Saturday/Sunday the 15th, 16th and 17th of May – we will travel to Canberra on the Friday afternoon/night, departing Maitland with the usual pick ups at Ryhope, Thornleigh, and other negotiated locations.
- The bus will be available for all squad members, not just those eligible to run for JNOL. There will be public races – three races, so others in the squad also get to experience the great courses and terrain that go hand in hand with rounds of the NOL.
- As a squad we will stay together, probably cabin style accommodation in a caravan park. All in the squad will have a chance to witness a round of the NOL, with the added excitement of watching perhaps up to 8 of our own junior squad contesting sprint, middle and long distance races during the weekend.
- An added highlight of this weekend will be a social night with the ‘NSW Stingers’ on the Saturday night. Julian Dent and Felicity Brown will be our hosts, and will put on a special pasta night.
- The focus of this weekend will therefore be competition and social, rather than training, but will still be subsidised using funding from OANSW for 2009 squad activities. More information is to come – perhaps at the Tocal camp, or through our next email bulletin. Try and set this weekend aside now, and be part of a full bus making our way to Canberra for great competition and company.



Mental Strategies In Orienteering

Part two from Russell's presentation at the level 2 Coaching Course in Canberra earlier this year. Hope it might be of value to some in the squad. In this bulletin: **Coping With the Long Leg** (make sure you note how long the example leg actually is – 2.8km/190m climb – now that's a long leg!!!)



For the Orienteer in me
2) Coping with the 'long' leg

- ✓ Have a plan for the long leg
– don't just run and hope
- ✓ When planning, don't be afraid to consider the leg in reverse
- ✓ Break the leg down into a number of shorter legs if it helps
- ✓ Commit to your plan, and trust that it is the best plan for **you**



To Do LIST

- If coming to the Tocal Camp, make sure you **enter the NSW Night Championships** on, or before, the 17th of April
- If you are a current squad 'Camp Champ' i.e. Rob, Emily, Michele and Glenn – dust off those trophies, ensure they are engraved with your name, and pack them to bring to the Tocal Camp.
- All Squad Members, make plans to free up the weekend of the 15th, 16th and 17th of May and come to Canberra on a squad bus for the best in Orienteering competition and company.
- **Keep training.**

See you all soon,

Russell / Karen