



**NSW JUNIOR TRAINING SQUAD
NEWSLETTER #1
Jan 2010**



Welcome to the 2010 Orienteering year in NSW. Plenty to look forward to this year: a full week of quality orienteering in the ACT as part of 'Easter twenty ten'; a couple of squad training camps; the 2010 National Orienteering League; the Australian Schools Championships in South Australia.....

Training:

So if you are going to enjoy the 2010 season, and achieve whatever goals you set for yourself in Orienteering, you do need to do some physical training, and the older you get, the more specific your training has to be for Orienteering, and the greater the volume of training for Orienteering has to be.

You are not alone - seek out help to put together your program. All clubs in NSW have people capable of assisting you to put together an Orienteering training program. If you are still concerned, then Coach Darvo, Karen and Russell are all available to provide assistance, guidance and support.

And please consider creating an Attack Point training log. We can conquer the tyranny of distance across NSW with this technology, it is motivating to log your training, and your squad coach and managers can keep an eye on you. Even from afar.



Funding:

Great news - OANSW have advised us that funding for 2010 will consist of \$2000 for training squad activities, and a further \$2000 for the Schools team that travels to South Australia for the Australian Championships Carnival.

This is an increase in funding of \$1000 over 2009 - who knows, this might even recognise the great work ethic and enthusiasm ALL in our squad have been displaying for well over two years now.

Fundraising:

The \$1000 raised from Josh B's World Masters Orienteering Championships warm-up sprint event at 'Callan Park' last year was added to funds raised for the 2009 Schools team, reflected in the invoice of payment due statements that all who went to Victoria would have received.

There is a portion of money remaining from the Xmas Camp, (even after reimbursing everyone \$20 and paying for petrol for drivers!!!) Unless anyone would particularly like reimbursement, (it works out at another \$15 each) we'd like to use it to purchase some thankyou gifts, and as a contribution to our next camp.

Fundraising for 2010 is up and running. Day five of the 'Xmas 5-days' at 'Soapy Flat' was a junior squad affair, raising over \$800 for 2010 expenses. So many people to thank, and how to do that without accidentally missing someone out?



- **Russell** our course setter spent hours working on both the map and the courses; **Dennis Lyons** from the Newcastle club was our magnificent event controller.
- **Ron Pallas and Gayle Shepherd** and the Uringa club members were sensational in their support for our event, particularly with provision of equipment needed on the day.
- As usual, the **Newcastle orienteering club** provided control flags and stands, and also printed course maps at 'mates rates' - their support is magnificent.
- And then the workers - start, finish, enter on the day, setting/packing up, control collection - we were embarrassed by riches. In no particular order we had the **families of Dawson, Wilson, Gregory, Blatchford, Roberts (x2), Matthews/Ross, Bennett, Berkholz, and Lawrence Jones.**

A great combined effort .THANKYOU

Orienteering Coaching Opportunities:

The information which follows is an email received from Barbara Hill, mum of Matt and Daniel and part time Development Officer with OANSW.

Hi Russell and Karen

As mentioned to Russell today, there is an opportunity for juniors to gain an orienteering coaching accreditation and potentially earn some pocket money doing some orienteering coaching. Could you please let the junior squad know as it would be fantastic to get some of the older members out promoting and coaching the sport to youngsters.

The Australian Sports Commission will be conducting an orienteering coaching course on 23 January (the venue is expected to be Wyong). The course is free and will accredit participants to coach in the 'Active After School Communities' program. This program is funded by the Australian Sports Commission who pay for participating schools to be mapped and for coaches to teach primary school age children the basics of orienteering. Please note that the ASC tries to get schools to focus on years 5 and 6 students for orienteering and that schools retain the duty of care for students. The coaches are there to coach the students and teachers/supervisors are responsible for behaviour and discipline.

To date, OANSW has run 7 week orienteering programs through the ASC at 5 schools and one school holiday Gala Day. We are hopeful that there will be opportunities to do more. If this eventuates, OANSW will need more accredited coaches.

We have been advised that juniors (15 years plus) can attend the coaching course and act as coaches. However until the ASC is satisfied with their coaching ability, the juniors will need to be supervised by an adult.

The skills and information gained from the course will also be useful in other coaching situations.

Could any 15+ aged juniors interested in the course please contact Barbara Hill 02 91442684 or hillab@tpg.com.au.

If you are over 15 years old, and want more information, or would like to complete the ASC Coaching accreditation, contact Barbara NOW - registration of interest is required urgently, as the training course takes place in Wyong on the 23rd of January.

Details for the next coaching course are:

Date - 23 January 2010

Time – 9am to 3.30pm

Location – Wyong

Cost – free

Selection Policy – NSW Schools Team 2010:

As suggested above, the selection policy for 2010 will appear in the next Association newsletter. Please take the time to read all of the information carefully. State selectors Geoff Todkill, Hilary Wood and Robyn Pallas have put together the policy statement. Karen and Russell were given the opportunity to contribute to discussions which took place during the drafting of the selection policy.

Please note that if you wish to be considered for selection in the 2010 NSW Schools Team then you must contact Karen / Russell (blatchy25@yahoo.com.au) to indicate your intention to nominate for selection. Karen and Russell will provide selectors with a full list of nominees prior to the first selection races at the Australian Easter 3-days.

Easter 2010

We are expecting many of you to enter 'Easter Twenty 10' in the ACT.

The competition is round two of the NOL/JNOL for 2010, and as you will all soon discover in the next OANSW Newsletter, due any day now, the 'Easter 3-days' will be a selection round for the 2010 NSW Schools Team.



You can enter the event, if you have not already done so, using the electronic entry format available on the website - one good reason to visit the website.

But the other great reason to continuously visit the website is to access the enormous amount of quality information available to competitors. Terrain descriptions, map samples and terrain photos. 'You Tube' vision of competition terrain. Event 'face book' and 'twitter'. So much to stay in touch with - and plenty of good reasons exist for event entrants to want to stay in touch through the website.

Easter Squad Training Camp

The 'Easter 3-days' is at the commencement of the NSW school holidays this year. We anticipate a high number of our senior squad members will enter the round 2 JNOL races that begin in the 'Easter 3-day', and conclude the following weekend at the 'Snow E Treble', plus the event will be a Schools team selection race
..... hence our decision to hold a training camp in the ACT following Easter.

We will have high quality competition opportunities in quality terrain with quality courses setters/controllers/organisers. Throw in good accommodation options, good maps for training, the potential assistance from senior Stingers based in the ACT, the possibility of working with the ACT 'Blue Lightning' squad again.....**sounds fantastic!!**

Details of the training camp at this stage include:

- From Tuesday 6th April, to Sunday 10th April
- An anticipated cost of **\$300** (estimate only depending on numbers)
- Accommodation in Canberra for 2 days, then a move to Jindabyne for three days.
- A variety of training activities
- Camp champs
- Recovery session at Institute of Sport
- Some relaxing and some social activities

NOTE:

- The Camp concludes following the Snow E Treble event on Sunday 10th April. Please consider your transport arrangements from Jindabyne keep in mind we will be returning the bus to Canberra so would like to offer assistance where possible.

Big problem - we have a number of bookings 'on hold', pending confirmation within two weeks. Urgent response regarding attendance at the proposed training camp is absolutely essential from ALL squad members / prospective squad members NO LATER THAN SUNDAY 24th JANUARY

TO DO LIST:

Please answer the following questions via email to blatchy25@yahoo.com.au

NO LATER THAN SUNDAY 24th JANUARY

we don't want to have to chase anyone please ☺

1. Do you to attend the Easter ACT training camp? (YES / NO)
2. Do you plan to enter the Aust Easter 3-day Champs? (YES / NO)
3. Do you plan to enter the Snow E Treble ACT Champs? (YES / NO)
4. Do you intend to nominate for selection in the NSW Schools team in 2010? (YES / NO)

If you answered yes to 2. and 3. then don't forget to enter ☺

Looking forward to 2010 with the squad. Keep training.
Karen