



## NSW JUNIOR TRAINING SQUAD MARCH NEWSLETTER

### O'Shea 2-Day

The annual O'Shea 2-day last weekend once again served as a reminder that we are up and running for another bush season. It was great to see so many in the squad competing last weekend on the Central Coast - it is a fairly handy location for Newcastle and Sydney based squad members.

The torrid terrain at "Yambo" reminded many that the fitness and conditioning accumulated over the summer months, particularly through participation in summer series style events only goes part of the way in terms of the conditioning required for the Australian bush. A reminder to all to be patient during your early bush hit outs for 2010. Your immediate goal should be to have the necessary fitness to tackle the Easter 3-days with confidence, and there are still four weeks until then.

### Easter Twenty 10

Not surprisingly, Easter 3-day entries from squad members have gone through the roof. The proposed squad camp at the conclusion of the 3-Days has been very favourably received, with over 20 to attend the first couple of days in Canberra, and close to 20 still hanging on for the trip to



Buckenderra and the 'Snow-E Treble'. More on this later in the newsletter. It will be great to see you all, and so frequently (by NSW standards), over the next month.

### State Leagues 1 and 2

OANSW State League 1 and 2 events are on this weekend at Clandulla. Looking at the entry list we can see that it will be a great opportunity for many of us to see each other for the first time in quite a while. The entry count from squad members is really high, and great to see.

## **Fundraising**

**State League events mean fund raising opportunities:**

Heart felt thanks from Karen and I, and we would like to thank all squad members and their families to Elaine Bennett, who has volunteered to take over from Maria Orr as fund raising co-ordinator for 2010.

State League events 1 and 2 have attracted in the vicinity of 200 competitors, and this presents our first great opportunity to fund raise for the squad, and the Schools Team which will travel to South Australia later in the year.

If you haven't received an email from Elaine, her message was:

***We have been asked by Uringa Orienteers to cater at the Clandulla weekend on 13th & 14th March (SL1&2). I thought we might do the regular stall with home-made cakes, tea and coffee, and on Sunday provide a BBQ lunch. We should have a captive clientele at this event. Kerry & I will bring a table, gas stove and a BBQ. If anyone else could bring a table or two that would be great. We have borrowed a marquee from the Goldseekers club.***

***Could everyone confirm by return email whether you will be at Clandulla, and what home-made goodies you can bring to sell. It would be great if all the juniors could take a turn helping on the stall at some time during the weekend, so that everyone shares in the work.***

***Hope to see you there.***

***Kind regards,***

***Elaine Bennett.***

Can you please get back to Elaine ([bennettkids@bigpond.com](mailto:bennettkids@bigpond.com)) ASAP with a commitment to support her request for assistance.

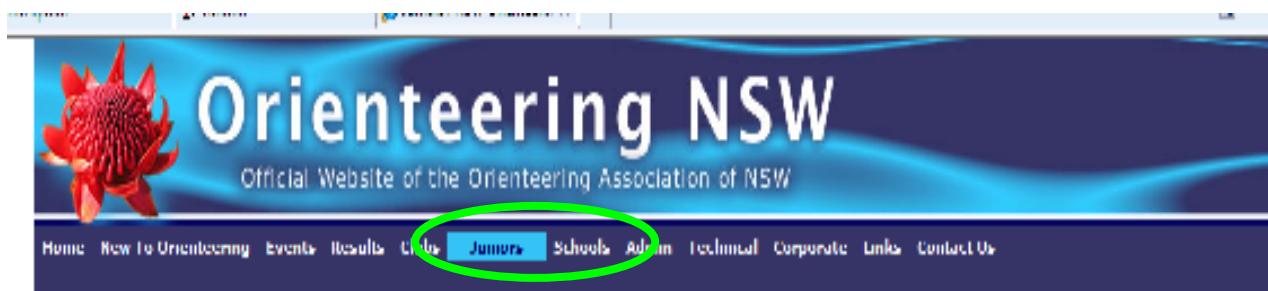
## OANSW Website:

It seems timely to remind all squad members of areas on the State Association website that you should all visit on a reasonably regular basis whenever you take a break from Attackpoint or Facebook (yeah, as if you ever do!).

With the first State League events this weekend, look for the opportunity to vote online for the '**Course Setter of the Year**'. Our own Manager Karen is the defending Setter of the Year for her efforts on one of the Newcastle Club's Cessnock maps last year.

Voting is a simple process - just click on the tab and respond to the survey. A couple of minutes at the most; great feedback for OANSW; and by voting you are having your say in a highly sought after award in State Orienteering circles each year.

Two other tabs that you absolutely have to access on a regular basis are '**Juniors**' and '**Schools**'.



**Lots of important and interesting material and very relevant to all squad members, and to those vying for selection in the NSW Schools Team each year.**

## Junior Stingers:

Squad members Emily Prudhoe and Matt Hill went to Victoria last weekend, our two junior representatives in round 1 of the Junior National Orienteering League for 2010. Matt and Emily contested a long distance event featuring 'Hageby' style loops on the Saturday, followed by a bush sprint and mixed pairs bush relay on the Sunday.

Check out the results on the website:

<http://www.orienteing.asn.au/>



Many of our more senior training squad members should be on the Stingers group email list, and should have been receiving information about proposed new Stingers uniforms for the 2010 season. As Managers, we would like to see more participation in these group discussions from all on that email list.


As far as the Junior Stingers and participation in the JNOL is concerned, we know that the Senior Stingers management team have come up with a new policy for running eligibility, and the details of this will be available shortly. As Managers of the junior squad, we do get a lot of questions about the JNOL, and this policy will certainly assist us to provide accurate and up to date information whenever questions are asked of us.



We are both huge fans of the JNOL/NOL elite Orienteering competition in Australia, and an exciting aspect of the Easter 3-days this year will be the fact that NSW will have full strength male and female JNOL and NOL teams for round two competitions. It will be exciting to be spectators, and to be supportive of both our senior and junior Stingers. With so many going to Easter, why not plan now to be part of NOL action as supporters for our NSW teams.

## Canberra Training Camp Update:


### Itinerary


#### Tuesday 6<sup>th</sup> April:


 Meet at the Australian Institute of Sport at 10:15am. We will load luggage into the trailer at that time. Have your swimming attire handy, as OA Manger High Performance, and NSW Stinger Robbie Preston has booked our squad in for a [recovery session](#) at 11:00 am sharp.

 We will also spend some time [shopping and socialising](#), - I'm sure we can find  a **before** checking into our accommodation at the Canberra Motor Village mid afternoon.


#### Wednesday 7<sup>th</sup> April:


 Two training sessions today.

 The terrain selected, and the activities planned do recognise the fact that we will have all come off a hard Easter 3-Day competition, and that many also have ACT Championships events to contest the coming weekend.

 Most probably training will consist of a morning '[simplification/map memory](#)' style session at 'The Pinnacle', with an afternoon '[relay style intervals](#)' session at 'Mt Majura West'.

#### Thursday 8<sup>th</sup> April:

 '[Camp Champs.](#)' at Campbell Park in the morning. Current Camp Champions please ensure your trophies are engraved, and that you have returned them prior to the commencement of this training camp.

 We then say goodbye to some, though many will remain as we travel to Jindabyne to take up our accommodation at Jindabyne Sport and Recreation Centre for the 'Snow E Treble'.

## Jindabyne Sport and Recreation Centre:


-----Check out our accommodation -----

### Athlete Village - Athens, Sydney, Innsbruck, Stockholm, Vancouver

- Accommodates up to nine people
- Four bedrooms (two single beds, one trio bunk)
- Two bathrooms
- Private deck
- Pillows, doonas, bed linen and towels
- Open plan lounge/dining room
- Modern fully-equipped kitchen – large fridge and extra freezer, stove, oven and microwave, dishwasher
- Broadband internet
- Air-conditioned
- Storage/drying room
- Located beside gym and indoor sports facility
- LCD TV with DVD




### Friday 9<sup>th</sup> April

 ACT sprint distance championships.

### Saturday 10<sup>th</sup> April


 ACT middle distance championships.

### Sunday 11<sup>th</sup> April

 ACT long distance championships.

We will then be returning the bus to Canberra, hopefully by 3:00 pm in the afternoon.

## What to bring:

 **\$300** which will cover all expenses.

(This is a difficult amount to gauge, so once again, if any funds remain you will be reimbursed, and if we go over budget, we will just use more of our funding available.

 **Orienteering clothes/shoes**

 **Sprint orienteering gear**

 **Orienteering kit**

 **Swimmers/towel**

 **Casual gear for hanging out and shopping – guessing that means a straightener!!!!!!!**

 **Bit of extra spending money**

 **Your patience – Russell can get a bit grumpy by the end of the week 😊**

 **Camp champ trophy if you have one**

## What we need to know:

1. Are you being collected from Jindabyne following the event and who will you be travelling home with? OR  
Do you require a lift to Canberra, and what are your travel arrangements from there?
2. Are you stuck, without any idea of how you can get home? 😊
3. Do you have family members travelling from Canberra or Jindabyne on Sunday 11<sup>th</sup> April who have room in their vehicle for any extras and how many.
4. If you haven't emailed Elaine Bennett yet, then get onto it 😊
5. If I have failed to put you on the list, let me know; OR if your situation has changed and you can't make it, let me know.
6. Hey Callum Roberts, wanna come to camp?????????? 😊

 **For your information**

**Final list of attendees Includes:**

Nicola B	Chris Y
Rhiana R	Matt H
Michele D	Angus R
Sally H *	Kas G
Bridget B *	Alex O
Elly R	Glen C *
Emily P	Alex M
Tamara O	Josh B
Aidan D	Rob B *
Daniel H	Lewis B
Toby W	Tom C
Scott C *	Huon W
Boahdan G	Kelly Bertei

\* (not staying with us for Snow E Treble)