



GIRLS COACHING WEEKEND

22-23 MARCH 2025



Members of the Bluebottles Junior Girls Development Group and other girls new to orienteering are warmly invited to participate in our Girls Orienteering Coaching Weekend, running in conjunction with the NSW State League events on 22nd and 23rd March.

This is the perfect weekend for girls wishing to step into orienteering. There is an urban event on Saturday (at Macquarie Uni) and a bush event on Sunday (near Lithgow). Participate in either, or both.

*****There will be complimentary coaching support across the whole weekend *****

Who: Bluebottles (NSW Junior Squad) who are part of (or would like to join) the Junior Girls Development Group AND Girls learning orienteering with Bold Horizons. Age: 11 - 15

Program:

Saturday – Macquarie University event	Sunday – Falnash event near Lithgow
11.30am Girls meet coaches at Bold Horizons banner	9.30am Girls meet coaches at Bold Horizons banner
12.00pm Parents meet the coaches	9.30am – 11.30am Participate in orienteering event
12.00pm – 1.00pm Participate in orienteering event	10.00am – Parents meet the coaches
1.00pm – 2.00pm Debrief with coaches and preview for Sunday	10.30am – 12.30pm Debrief with coaches, Map walk on Moderate map
2.00pm Shared afternoon tea	1.30pm – Return to assembly area. Shared snack
2.30pm – 4.30pm Optional ice skating social event at Macquarie Ice Rink	2.00pm Depart for home

Cost:

The coaching and support is free (thanks to support from ONSW)

Entry fees: you will need to enter each event on Eventor.

Saturday (\$15-\$20): <https://eventor.orienteering.asn.au/Events/Show/21127>

Sunday (likely \$15 - \$20): <https://eventor.orienteering.asn.au/Events/Show/21610>

Club membership \$10 (if you aren't already a member)

A light afternoon tea on Saturday is included. Cafes are also expected to be open on campus.

The optional ice skating on Saturday afternoon is \$28

The optional bus transport to/from Sydney on Sunday is \$15 (thanks to support from ONSW)

Parent Sessions: New parents – we haven't forgotten you. Meet up with coaches and they can answer all orienteering questions (and introduce you to orienteering too if you wish).

Macquarie Uni – parent meet up 12pm; Falnash – parent meet up 10am

Sunday Bus Option: We will provide a mini bus from Sydney to the Falnash event. Return to Sydney will be after the event on Sunday afternoon. Pickup times and locations:

6:15am Pymble train station

6:30am Macquarie Park metro station

7:15am Richmond Train Station

What to bring:

SI stick and compass – loan from Bold Horizons if needed

Clothing – Saturday: running clothes, running shoes, change of clothes for ice skating

Clothing – Sunday: running clothes (long tights or lightweight trousers recommended), running shoes

Warm clothing, raincoat if forecast suggests they may be needed.

Sunhat, food and water

Saturday afternoon:

A light afternoon tea is included. Cafes are also expected to be open on campus.

Ice Skating – Macquarie Ice Rink is close by. Girls may wish to adjourn to the Saturday afternoon session (2:30pm to 4:30pm) – Register and pay independently at the Rink on the day. Cost (including skate hire is \$28)

Sunday:

Some snacks are included but we recommend bringing lunch and water (or purchasing from the junior fundraising stall).

GPS tracking:

GPS tracking devices will be used to track girls for both coaching purposes and safety.

HOW TO JOIN THE WEEKEND

1. If you aren't already a member of an orienteering club, sign up!
It's just \$10pa for junior athletes.
Signup at www.onsw.asn.au/membership/join
2. Enter either or both events that you would like to participate in.
Entry is via Eventor:
Saturday: <https://eventor.orienteering.asn.au/Events/Show/21127>
Sunday: <https://eventor.orienteering.asn.au/Events/Show/21610>
If you are not sure what class to enter, contact Helen
Mobile – 0478 226 601
Email – juniors@onsw.asn.au
3. Register for the coaching weekend.
Registration is also via Eventor:
<https://eventor.orienteering.asn.au/Events/Show/22153>
Opt in to the bus option if you would like a lift.