

AOA Spring training camp

The Spring Training camp will be held in the Sundre area, AB (Coyote Canyon map - Snake Hill), 18-20 June 2010.

Our Master coach for this year will be the 2010 Canadian High Performance Team Coach and mapper for the 2010 North American Championships in Cranbrook, Mr Magnus Johansson. Magnus moved from his native country of Sweden to Vancouver in 2002. He started orienteering at the age of 10 and has competed at 14 O-Ringen events, many Tiomila and Jukola relays, and countless other orienteering races in Europe and North America. Magnus has also coached at several Sass Peepre junior camps as well as many other training camps in Canada.

Training camp objectives

The AOA camp will focus on technical aspects of orienteering. Special attention will be given to map reading, map simplification, visualization of the terrain, reading ahead, flow, and compass use.

Proposed Schedule

Friday 18 June: 19h00: Arrival
20h00: Presentation of the weekend
:Informal Get together
Saturday 19 June: Training Camp Activity
Sunday 20 June: Training camp Activity

A more detailed schedule will be provided when we will get closer to the date of the training camp.



AOA SPRING TRAINING CAMP 2010

Friday, June 18 to
Sunday, June 20th
Sundre, Alberta

Driving Directions

Sundre is located 90 minutes of Calgary and 2.5 hours of Edmonton

From Calgary: Take Highway 22 North of Cochrane or take Highway 2 North and Highway 27 West of Olds.

From Edmonton: take Highway 2 south and take Highway 27 West from Olds.

The James River Children's Campground is the event centre for the training camp and is located 14 KM NW of Sundre (beside Highway 22).

Click [here](#) for driving direction and map

Who can participate

Intermediate (2+ years) to expert orienteers. If you are not sure if you meet the criteria, please do not hesitate to contact Pascale at pascale@orienteeringalberta.ca.

Orienteers from other province are also welcome to join us.

Cost:

\$ 180 : includes training, materials, accommodation and Food. (Bring your own SI Stick)

You have to provide your own bedding.

In order to be able to participate at the Training camp, you must be a member of the AOA or an IOF/COF affiliated provincial association (i.e. club only members may upgrade to AOA full membership for \$20).

Please use the on-Line Registration at :
<https://www.zone4.ca/register.asp?id=1131>

Do you want to be assistant coache or to help setting and picking up controls...

There is need for an assistant coach and a few people to set out and pick up controls to help our Master Coach.

If you would like to be considered for one of these position, then please send me a note at pascale@orienteeringalberta.ca.

People selected will meet with our Master coach prior beginning on the Friday. Assistants will not be able to participate in all activities, thus they will receive an honorarium, the cost of accommodations and food and gas mileage will be covered.