

## Womens Skills Development Camp (Gold Coast)

Saturday 25th March 2023 10:00 EST - Sunday 26th March 2023 13:00 EST

<b>Classification</b>	State event
<b>Discipline</b>	FootO
<b>Classes</b>	Moderate, Hard, Coach/Assistant, Moderate Plus
<b>Punching system</b>	manual
<b>Event form</b>	Individual
<b>Status</b>	Entries opened
<b>Organiser</b>	Orienteering Queensland

A training weekend to help you improve your orienteering skills and learn from some of our top orienteers.

Gold Coast Camp for women and teenage girls who can already manage Easy / Park orienteering courses.

? Take your Navigation to the next level

--- hone your skills on bush maps around Southport/Nerang

--- 3 levels

-----Moderate (can manage Easy or Park courses, ready to attempt the next level)

-----Moderate plus (improving skills on Moderate level courses)

-----Hard (already entering hard courses, but you'd love some more navigation skills)

? Make friends, have fun, keep fit!

--- come solo or bring a friend/daughter/mum

--- Adventure Racers welcome

--- get in training for the Schools Champs

? Accommodation: Gold Coast Performance Centre (quad share rooms, dinner & breakfast included)

? Sunday morning training combined with public event at Nerang State Forest.

### JUNIORS

- Supervision and transport between venues will be provided for under 18s attending without a parent. Please fill out the Registration Form (see link below).

### COST

- OQ Members \$30. Non-members \$90. Join now and save!

Gold Coast Performance Centre:

- Linen provided, but BYO towels.

- No smoking, no alcohol.

- Dietary requirements: please fill in form at link below

