

## OQ Squads Training Camp

Saturday 06th December 2014 00:00 - 00:00 EST

**Discipline** .

**Classes** This event has no classes

**Punching system** manual

**Status** legacy

**Contact phone** 0407 574 878

**Contact email** [sheldonanna@hotmail.com](mailto:sheldonanna@hotmail.com)

**Maps – Cascades and Braeside**

**Hosted by Orienteering QLD and Cyclones – All welcome**

**Training and accommodation package worth \$100 per person**

**Free for OQ members.**

**Proposed schedule -**

Saturday – Cascades training from 9am (3 sessions)

Saturday evening – Technical session – Storm King Dam

Sunday – Braeside training from 9am (2 sessions)

**Group 1 – Hard/Red level group focused on preparation for Oceania champs in Tassie**

**Group 2 – Green-Orange (easy-moderate) level group aimed at improving basic orienteering skills. We especially invite parents who are new to orienteering to join this group.**

**Group 3 – Improve your coaching. Training for coaches (or those who would like to coach). Teaching basic to intermediate level skills at club or school level. Come and learn some coaching tips and get some practical experience.**

Free accommodation at YMCA camp at Storm king dam Friday and Saturday nights. Use of kitchen. Please advise numbers and nights of accommodation required. (max 55 people)

BYO all food and bedding.

**Contact – Anna Sheldon**

[sheldonanna@hotmail.com](mailto:sheldonanna@hotmail.com)

**0407 574 878**