



## JUNIOR INVITATIONAL TOUR

**28 SEPT - 6 OCT 2019**

**ALL JUNIORS AND FAMILIES ARE INVITED**

**JOIN ORIENTEERS FROM ACROSS AUSTRALIA, NZ AND BEYOND.**

### REGISTRATIONS

1. Enter **Carnival events via Eventor**
2. Register for the **Junior Invitational Tour via Eventor:**
  - activities only \$10pp (family max \$30)
  - activities + 3 nights catered accommodation \$250pp (prices inc gst)

### SOCIAL ACTIVITIES

- After orienteering, relax and play with friends
- Optional social activities
- Meet new orienteering buddies over shared meals

### TALKS AND WORKSHOPS

Leading coaches, athletes and professionals will help you take your orienteering to the next level:

**Asha Steer** (*Barkanji woman and Victorian Nugget, multi JWOC representative*):

Girls run wild - women in orienteering

**Belinda Lawford** (*Canberra Cockatoo, multi JWOC & WOC representative*):

Your coach & You: Dare to be the best

**Cathy Hogg** (*Sports Physio, JWOC rep*):

Running technique to minimise injury in adolescent orienteers

**Greg Barbour** (*President ONSW, multi WOC foot, ski and mtbo rep*): Navigating Big Rock

**Marina Iskhakova** (*Multi JWOC, WOC foot and MTBO rep*):

MTBO to improve your Orienteering Skills

**Steve Craig** (*Director High Performance OA, multi WOC rep*):

Direction and structure: You do have time!

### ACCOMMODATION & TRANSPORT

- Participants should make their own accommodation and transport arrangements.
- All juniors **MUST** be accompanied by a supervising adult.
- We recommend
  - 28 Sept – 3 Oct** (5 nights) Camp Hub: Wagga Wagga Beach Caravan Park. Book directly.
  - 3 - 5 Oct** (3 nights) Camp Hub: Scots School Albury. Boarding House - fully catered. Book via Eventor.

### CONTACTS

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