

# **2016 SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP Cochrane, Alberta, July 26-28**

Please read this before you leave home! Especially the list of things to bring. Try to think of what skills you would like to improve at this camp. Get ready to learn lots and have a super fun time.

## **OVERVIEW – who’s in charge of what!**

Kitty Jones (from Calgary, Alberta) is the Camp Coordinator. Participants should communicate with Kitty about any problems that come up before and during camp. Kitty will coordinate the planning and logistics.

Marsha Fehr (from Calgary, Alberta), the registrar, will be greeting everyone as they arrive.

Anne Teutsch (from Ottawa, Ontario) will lead the volunteer kitchen crew.

Meghan Rance (currently in Hamilton, formerly from Vancouver, BC) will coordinate the coaches.

Anna Fichman (from Cote St-Luc, Quebec) will be the Camp first aider.

## **ACCOMMODATION**

Everyone is staying at Camp Jubilee near Cochrane Alberta, which is a 30 minute drive west of Calgary. There are some photos of the various facilities at this camp, here: <http://www.calgarygirlguides.com/Jubilee/>

Camp Jubilee has several buildings and tenting sites. There will be another group on site while we are there, but they will be in different buildings and tent sites. Our group will stay in up to 3 different buildings (Pallesen House - 40 bunks, Namiyi Den - 22 bunks and Stan’s Cottage - 6 bunks). Bunks are fairly rustic. Adult volunteers will have the option of camping in Badger Tent Site, which is in the vicinity of these buildings. Showers may be unavailable, or limited, on site due to renovations - if so, we will use the showers at the Cochrane recreation facility (only once) about 4 km away.

Wifi and internet are not available on camp property. The town of Cochrane is 3km north from Camp Jubilee along Highway 22.

**CAMP STARTS at Camp Jubilee on Tuesday, July 26, at noon**

**CAMP ENDS at the camp on Thursday, July 28, at 1:00pm  
PLEASE DO NOT BE LATE COLLECTING YOUR KIDS!**

### **QUICK MEETINGS for volunteers**

#### Coaches:

- a. Some details will be emailed to all coaches before WCOC in July.
- b. The 4 Coaching Group leaders will meet with Kitty and Meghan at WCOC banquet for half an hour before banquet starts. Then these 4 leaders will find their assistant coaches to brief them on the coaching plans.
- c. If necessary, we can arrange a coaching meeting at Camp Jubilee at 11:00am on Tuesday, before participants arrive at noon.

Camp volunteers who are not coaches will meet with Anne Teutsch, the Kitchen Leader, at Camp Jubilee at 1:30pm on Tuesday. Anne will explain her plans (planning menus, shopping, cooking) and arrange who will do what. If you want to find Anne before camp, look for her at the O-Store tent at WCOC.

### **DIRECTIONS TO CAMP JUBILEE**

Camp Jubilee is a 30 minute drive from the west edge of Calgary. From the TransCanada Highway, take Highway 22 north towards the south edge of Cochrane. The Camp property has Highway 22 along its west boundary and the Bow River along its north boundary. Look for an orienteering sign on Highway 22 directing you onto the dirt road leading into camp.

### **ASKING QUESTIONS**

Up to July 22: Contact Marsha Fehr or Kitty Jones by email or phone.

July 23 – 24: Contact Marsha or Kitty at WCOC events.

Kitty Jones (in Calgary, Alberta):      home phone (403) 282-5235  
Or cell phone (587) 894-5633 (text only)  
or email [kittyjones AT shaw DOT ca](mailto:kittyjones@shaw.ca)

Marsha Fehr (in Calgary, Alberta):      cell phone (403) 975-3598 (text only)  
or email [marsndave AT gmail DOT com](mailto:marsndave@gmail.com)

## CAMP PARTICIPANTS

A list of coaches and participants will be provided when you arrive at camp. We will be assigning you to a training group based on your orienteering skill level and age.

## FEES

The camp fee must be paid online when you register here:

<https://zone4.ca/reg.asp?id=11539>

Early bird fee (before June 1): \$125 or \$105 for a sibling

Regular fee (June 1-30): \$150 or \$130 for a sibling

Late fee (July 1-11): \$170 or \$150 for a sibling

**Registration CLOSES** at midnight on July 11, 2016

\$25 of your fee is non-refundable.

Consider contacting your own club for a subsidy.

## TRAINING

Participants will be driven to the training areas in volunteers' cars. Training sessions will be on maps in and near the Elbow Valley (south of Cochrane) and in the foothills along Highway 68 (west of Cochrane).

## CAMP SCHEDULE (tentative)

We often fine-tune the schedule as we go, so check frequently the up-to-date schedule posted in a prominent place at the camp.

### Tuesday, July 26 (bring your own lunch, water, and snack for afternoon training)

11:00 – 12:00	Tentative coaching meeting at camp
12:00 – 1:00	Participants, coaches & volunteers arrive and check in.
1:00 – 1:30	Welcome and introductions
1:30 – 2:00	Participants meet with their coaches
1:30 – 2:30	Kitchen crew meet with Anne at camp; shopping in Cochrane
2:00 – 2:30	Drive in coaches' cars to Training session #1
2:30 – 4:30	Training session #1
4:30 – 5:00	Drive back to Camp
5:00 – 6:00	Free time
6:00 – 7:00	Supper prepared by volunteers
7:00 – 7:30	Group game for all participants led by 1 coach
“	SPOTT kids prep (Evan R and Evan G)
“	Coaches' meeting
“	JWOC athletes prep (Emma W, Jan Erik & Nicole)
7:30 – 8:30	JWOC presentation
8:30 – 9:30	Campfire (weather permitting) &/or games & Snack
9:30 – 9:45	Stretching, relaxation

10:15 Lights out, quiet

### **Wednesday, July 27**

8:00 -9:00 am Breakfast and pack lunch for the day  
9:00 – 10:00 Instructions for the day  
10:00 – 10:30 Drive in coaches’ cars to training area  
10:30 – 12:30 Training session #2  
12:30 – 1:30 pm Lunch at or near training site  
1:30 – 3:30 Training session #3  
3:30 – 4:00 Drive back to Camp  
4:00 – 5:30 Showers in Cochrane & Free time (prepare for Follies)  
5:30 – 6:30 Supper  
6:30 – 7:00 Coaches’ meeting  
“ SPOTT prep  
“ Final prep for “Follies”  
7:00 – 7:45 SPOTT presentation  
7:45 – 8:00 Group photo & snack  
8:00 – 9:30 “Follies”  
9:30 – 9:45 Stretching/Relaxation  
10:15 Lights out, Quiet

### **Thursday, July 28**

7:30 – 8:00am Pack personal gear  
8:00 – 9:00 am Breakfast and pack lunch  
9:00 – 9:30 Instructions for the day  
9:30 – 10:00 Drive in coaches’ cars to training site  
9:30 – 11:00 Kitchen crew do final clean up  
10:00 – 12:00 Training session #4, eat lunch when convenient  
12:00 – 12:30 Drive back to Camp  
12:30 – 1:00 Debrief and farewells  
1:00 Parents collect kids – PLEASE do not be late!

### **FOLLIES**

Whenever possible, a Talent Show is a feature on the last night of the Sass Peepre Camp. This year, the “Follies” will mix the idea of a Talent Show with a theme of “Lessons on What NOT to Do when Orienteering”. There will be some costumes/props to borrow.

Start brainstorming now!! What simple costume and/or props could you bring? What are some memorable mistakes? How could you act those out on stage?

### **EMERGENCY PHONE**

At the time of writing, we do not have an emergency cell number for use during camp. We will give that to you when you arrive. Please phone us ONLY if absolutely necessary. Do NOT phone just to check up on your child!

## **MEALS**

Everyone must bring their own lunch/snacks/water/drinks for Tuesday, July 26. The first food we supply will be supper that day.

The meals will be prepared by adult volunteers at the kitchen in Pallesen House. Participants & coaches will make their own bag lunch for Wednesday and Thursday, using supplies provided.

Please let Marsha Fehr know if you have special food requirements (e.g. allergies, vegetarian) ASAP, if you have not already specified this when you registered online.

Parents of younger children, please impress upon your child the importance of packing adequate and nutritious food, and not to leave it behind!! Also, remember to pack plenty of liquids, as the weather can be hot.

## **SAFETY AT TRAINING SESSIONS**

All participants will sign out as they leave the cars to start each training session, and everyone will sign in when they return to the cars after each training session. One volunteer will be assigned for each training session to monitor this, to ensure that everyone returns safely from the forest. The first aid kit will be taken to every training session.

## **WEATHER**

The weather could be hot and sunny or it could be quite cool with rain.

## **O-STORE**

The O-Store is brought to us by the Teutsch family. Orienteering gear, including O shoes, gaiters, socks, clothing and compasses, will be available for sale at all WCOC and COC events. They will have gear at camp too. Here's their website: <https://www.o-store.ca/>

## **WHAT TO BRING (mark your name on everything)**

Packed lunch, snacks and water/drinks for Tuesday July 26.  
Your competition maps from WCOC (if you did those events)  
Sleeping bag  
Pillow  
Your own plate, bowl, cup and eating utensils  
Daypack, large enough to carry gear & lunch every day

Water bottles (at least 2 litres; more if you drink a lot)  
Lunch bag (optional; brown paper bags will be provided) to pack your lunch each day  
Toiletries  
Towel  
Shoes, at least 2 pairs: orienteering shoes, runners, or light hiking boots  
Sandals (optional)  
Orienteering clothes: O suit, or T shirt & lightweight long pants  
Other clothes: shorts, extra T shirts  
Socks: at least 4 or 5 pairs  
Underwear  
Pyjamas  
Rain gear  
Cool weather gear (just in case: e.g. sweatshirt, sweatpants, fleece)  
Sun hat  
Sun screen  
Sunglasses (optional)  
Insect repellent  
Whistle  
Compass  
Band-aids, moleskin, personal first aid (NB we will have a group first aid kit)  
Small entertainment items such as a book, cards  
Pen, pencil, some writing paper  
Costume ideas and props for "Follies"

**What NOT to bring:**

Please do not bring electronic devices. There will be too much else to do!!  
Also, do not bring any valuables such as jewellery or money.