

**CELEBRATING  
50 YEARS**



**1973-2023**

**Counties Manukau Orienteering**

# Training Day

**for Students Year 4 to 13, plus parents**



Date: Thursday 14<sup>th</sup> December 2023

Time: 10.00am to 2.00pm

Venue: Waiuku Forest (South)

**New to orienteering, or new to forest running?** This training day is being offered to improve students' (and their families') skills and confidence when orienteering in parks or forests. If you've never run in the forest before, this is a safe environment designed to develop your skills and assist with the transition.

Orienteering is a recreational sport that can be enjoyed at your own pace; from walking to elite-racing. This training will cater to all levels. The families who enjoyed recent Summer Series events are particularly welcome.

There is no cost for this training. This is a CMOC sponsored day.

Upon arrival participants will be divided into small groups based on experience and confidence. The coaches will work with the same group all day so as to help develop their individual skills. We welcome parents to join in during the coaching sessions so that they can see what is happening (and enjoy and learn some new skills?). Please note that this is not compulsory.

Programme for the day...	
10.00am	Assembly time, and break into groups
10.05am	Activity 1
11.00am	Activity 2
12.00pm	Regroup for Lunch
12.30pm	Activity 3
1.30pm	Lesson review
2.00pm	Depart Forest

You would need to bring your running shoes, running clothes (preferably including long pants or leg protectors in case we encounter some cutty grass), food and water to last you the day, your compass if you have one. (We have compasses to borrow.)

**How to get there:** Head south to Otatau (45min from Manukau). From Otatau, follow the orienteering signs which will guide you to the forest entrance gate by the mine site. Continue following the signs into the forest. Allow about 10 minutes travel from the forest gate to the training event centre.

Car-pooling amongst friends is a good idea.