

2007 SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP

July 23 – 26, 2007

INTRODUCTION

Sass Peepre was a founding Father of orienteering in Canada in the 1960's and 70's and this camp is organized in his honour in conjunction with the Canadian Orienteering Championships on an annual basis by a team of volunteers. The camp is partially subsidized by the Sass Peepre Fund, a fund held in trust by the Canadian Orienteering Federation for the purpose of supporting Leadership of Junior Orienteers.

The camp is suitable for all levels of junior orienteers (age 10-20) who wish to improve their skills. Camp participants generally perform extremely well at the Canadian Championships held 1-2 days after the camp. National Team members and parents form our team of volunteers.

CAMP ORGANIZATION

Ted de St. Croix is Master Coach and Maureen de St. Croix is the Camp Coordinator. Participants should communicate with Ted or Maureen about any problems that come up during camp. If you have questions before the camp starts, please contact Ted before July 20 at (604) 535-2062 or tdsc 'AT' Sotique.com. A final bulletin with camp specific details will be issued to all camp registrants prior to the commencement of the camp (preferably by email).

CAMP PARTICIPANTS

Participants 10 – 20 years of age are invited to attend the camp. Participants will be assigned to a training group based on orienteering skill and age. If you are new to the Sass Peepre National Jr. training camps, please send us a short orienteering biography so we can slot you into a suitable training group.

VOLUNTEERS

June 2007 update - No more volunteers are needed. Check out the COF conference if you are looking for something to do during the days of the camp.

Volunteers are needed to help with the camp logistics and coaching. We need people to act as cooks for 2 days (3 people), camp registrar (first day), camp Doctor or Nurse, 2 control hangers and fetchers and up to 5 coaches. Through the use of volunteers we are able to keep camp costs to a minimum.

REGISTRATION

Please send a cheque made out to Canadian Orienteering Federation in the amount of \$150 per child to Ted de St. Croix, 2445 124 B St. Surrey B.C. by July 2. This fee

includes camp coaching, accommodation, camp related travel and meals. The Family price is \$400. Volunteer drivers will be reimbursed for gas expenses.

CAMP SCHEDULE

Monday, July 23 (Living Waters Church Camp)

11:00 Coaches meeting
12:30 Camp participants arrival (light Lunch)
14:00 Session 1
17:30 Supper
19:00 Session 2
10:00 Lights out (sleeping bags required)

Tuesday, July 24 (Living Waters Church Camp)

08:00 Breakfast
09:00 Session 3
12:30 Lunch
14:00 Session 4
17:30 Supper
19:00 Session 5
10:00 Lights out (sleeping bags required)

Wednesday, July 25 (Travel Lodge Hotel)

08:00 Breakfast
09:00 Session 6
12:30 Lunch
14:00 Session 7
15:00 Travel to Saskatoon (Travel Lodge Hotel)
18:00 Supper
19:30 Session 8
10:00 Lights out (sleeping bags not required)

Thursday, July 26

08:00 Breakfast; pack lunch and snacks
09:00 Session 9
12:00 Pickup by parents at Travel Lodge

MEALS

If you have any special food requirements please indicate this on the registration form below. Breakfasts and suppers will be prepared by a team of 4 cooks while we are at the Living Waters Church Camp and will hopefully be catered while at the Travel Lodge Hotel.

TRAVEL

We will rent vans to enable participants to get to the maps. Volunteers with cars will receive reimbursement for their car costs if they are able to help with transporting kids at the camp.

WHAT TO BRING (mark your name on everything)

Backpack to carry lunch, dry clothes

Water bottle

Lunch bag (optional, brown paper bags will be provided) to pack your lunch each day

Sleeping bag

Pillow

Toiletries

Towel & facecloth

Shoes, at least 2 pairs: orienteering shoes, runners, or light hiking boots

Rubber boots (optional)

Sandals (optional)

Orienteering clothes: O suit, or T shirt & lightweight long pants

Other clothes: shorts, extra T shirts

Socks: at least 5 or 6 pairs

Underwear

Pyjamas

Rain gear

Cool weather gear (just in case: e.g. wool hat, sweatshirt, sweatpants, fleece)

Sun hat

Sun screen

Sunglasses (optional)

Insect repellent

Whistle

Compass

Swim suit

Band-aids, moleskin, personal first aid

Small entertainment items such as a book, cards

Pens, pencils, some writing paper

Please **DO NOT BRING** electronic games such as gameboys, Discmen, radios, etc. There will be too much else to do!! Also, **DO NOT** bring any valuables such as jewellery or money.

2007 Sass Peepre National Junior Training Camp
Organized by the Canadian Orienteering Federation
Registration Form (send to tdsc 'AT' sotique.com or fax 604 630-3720)

Contact Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Telephone: _____

Email: _____

Campers:

Name	Birthdate (yyyy.mm.dd)	Course 1-8 (8 is elite)	Special food requirements or other comments
e.g. Joe Smith	1990.08.30	3	

Volunteers: (JUNE 2007 update – ALL volunteer positions have been filled)

I wish to volunteer for the following position:

- cook
- coach
- registrar
- control hanger
- control pickup
- course drawer
- organize games
- driver (rental van)
- driver (I will have my own/rented vehicle and can take other)
- I have a special talent that I wish to share _____

Living Waters Camp

South of McDowell

Note: Since this camp is fully booked for the prior weekend and the Wednesday of our camp we have only been granted access for Monday and Tuesday hence the move to the Travel Lodge

Purpose: To provide a year round retreat center so your group and you will find relaxation or rejuvenation in an area of physical, social or spiritual needs.

Activities: Basketball court, mini golf, beach volleyball, horseshoes, playground, sandy beach/firepit, canteen, soccer pitch/football field, hiking to Saskatchewan river, EB's hiking/mountain biking trails across the road.

Affiliation: Pentecostal churches.

Clientele: Churches, music fests, family reunions, schools, Cadets, large & small group retreats/seminars. Orienteers.

Season of Operation: May long-weekend till October long-weekend.

Facilities: Dining hall seats 200, kitchen (cooks available), 2 chapels seating 150 & 450, central washroom facility/laundry, wheelchair accessible lodge & washrooms, concrete paths, canteen, small kitchen, dorms, private cabins, 65 RV sites with water & electrical service, RV waste disposal site on grounds.

Mailing Address:

Box 27, McDowell, SK S0K 2S0

Phone: (306) 764-7145 **Fax:** 745-7152

Travel Lodge Hotel

<http://www.travelodgesaskatoon.com/home.html>

We hope the kids will be able to enjoy the 2 swim pools and water slide when we are not in session. All swimming will be supervised.

Camp Organizers

Ted de St. Croix (age 49) has been involved with the National Junior Training Camp since it began over 25 years ago. National Champion, 10th at the World Championships (1985) World Masters Gold and bronze medallist he brings a wealth of information and a good sense of humour.

Maureen de St. Croix has been camp cook 5 times as well as coach and camp director. A high school teacher of Phys Ed., Home Economics, English, Math, Geography, Science.