

Welcome to the Western Spring Training Camp 2023

This year we are training on maps in the Cranbrook area. Please enjoy these areas while you are there but remember that there are other park users.

Safety:

- **All participants MUST check in with their coach on completion of each training exercise.**
- **We would like to ask participants to have a cell phone with them at training sessions for safety as there is good coverage in the area.**
- **Whistles are mandatory for all training sessions and the Monday event.**
- **Bear spray is highly recommended.**
- **Hot weather is likely to continue. Bring a minimum of 2 liters of water for training sessions!**

We'd like to take a moment to recognize all the volunteers who made this weekend possible: Jane Rowlands, Magali Robert, Andree Powers, Kitty Jones, Magnus Johansson, Eileen Charles, Marsha Fehr, and Finley Brandreth. You are amazing! Thanks too to the on-site volunteers who will drive, pick up controls.

Thank you for coming, be safe and have fun!

For any questions, please contact Bogi:

(403) 614-3790

Info@orienteeringalberta.ca

Training Camp Weekend Overview

Friday May 19

- 5:00 – 7:00 PM On arrival, please check in.
- We are planning to be at the [Purcell house turn around](#) for check in.
- 7:15 – 8:15 PM O-activity at College of the Rockies (Andree P - Organizer)
- **8:15 PM Camp overview and coaches notes for next day training. Important information!**

Saturday May 20 - Training @ Eager Hills

Parking is limited must carpool to [Fraggle Rock parking lot](#).

Advanced Group

Leaves from the trailhead parking lot to walk to the session start **9:00 AM** (50 min walk)

Intermediate group

Leaves from the trailhead parking lot at **9:30 am**

- 10:00 – 12:30 Training Session 1
- 12:30 – 2 PM Lunch at training site with group
- 2:00 – 4:00 PM Training Session 2
- Break
- 7:30 – 8:30 PM The Follies at the Collage (Organizer - Kitty J)

Sunday May 21 – Training @ Ramparts

Direction to Parking Turn off - [the Coppmann Rd turnoff of Hwy 3](#)

Parking (not limited) is in an open area off Highway 3.

Turn right at the pullout on SW side of Hwy 3 (= pin on Google map).

Follow about 500m along a dirt track to park in an open area. Walk ~600-800m from parking to the central meadow.

All training exercises today will start and finish in this meadow.

- **Be at the parking lot around 9:30 to walk to start and get ready.**
- 10:00- 12:00 Training Session 3
- 12:00 – 1:30 - Lunch break
- 1:30 – 3:30 PM Training Session 4
- **6:00 pm optional group dinner at the College**

Must register here by Wed noon: <https://forms.gle/pSV7cDYAqGx3Hje17>

Cost \$35 with gratitude and taxes - Includes salad, main, dessert. (Locally sourced food with chef recommendations)

Monday May 22 - Eager Hill Orienteering Event

- [Start Location](#): will park at the Archery/gun club.
- Start: 10:00 am, ends 3:00pm
- Organizer: Eileen C -Course Planner and Andree P- Controller
- Beautiful runnable forest! Lots of small and large contour features resulting in courses with substantial climb
- **Training Camp participants have a free entry for the Monday event.**

Please add your Name, SI Number and category here by Wed noon:

<https://forms.gle/pSV7cDYAqGx3Hje17>

Accommodation

[College of the Rockies Cranbrook - Student Housing](#)

Bag 9000, 2700 College Way
Cranbrook, BC, V1C 5L7

[Purcell House student housing](#)

We have 5 x 6 person pods/suites.

Each pod has 6 single private bedrooms,
two shared washrooms and a kitchen per each suite.
Bedding and towels are provided in the room, (but
guests are responsible for placing and taking off the
linens on the bed)

1	Sheila	Corbett
2	Alan	Corbett
3	Stan	Woods
4	Joanne	Woods
5	Adam	Woods
6	Elizabeth	Yelyzaveta Hutsenko

1	Robyn	Astridge
2	Mark	Astridge
3	Teresa	Winn
4	Ewan	Winn
5	Kim	Mahoney
6	Daniel	Mahoney

1	Michael	Levinsky
2	Olga	Levinsky
3	Michael Jr.	Levinsky
4	Gabriel	Smith
5	Jennifer	Alexander
6	Shaemus	Sterling

1	Robert	Brown
2	Suzanne	Boyd
3	Christin	Lundgren
4	Susan	Chartrand
5	Gabrielle	Savard
6	Clarence	Kort

1	Wayne	Best
2	Harvey	Goldstein
3	Christopher	Caldwell
4	David	Campden
5	Don	Merriam
6	Ross Burnett	Burnett

[The Village student housing:](#)

Each living unit is equipped with: Full kitchen common area.

4 x 4 private bedrooms with washrooms.

Bedding and towels are provided in the room, (but guests are responsible for
placing and taking off the linens on the bed)

Accommodation checkout includes:

- cleaning up after yourself (wiping your table)
- throwing out garbage
- washing your dishes

Food:

- Participants are responsible for their own food during the camp.
- Food will not be provided.

1	Kitty	Coaches
2	Marsha	
3	Finley	
4	Magali	

1	Lisa	Tough
2	Karen	Czuy
3	Bogi	Gyorfi
4	Alda	Behie

1	Angela	Pearson
2	Robert	Gilchrist
3	Tim	McLaren
4	Andrew	McLaren

1	Elena	Logvina
2	Andrei	Logvin
3	Kim	Kasperski
4	Tory	Meyer

What to bring for training / event: Cell Phone is mandatory and Bear Spray is highly recommended!

								
Whistle	SI stick for Monday	Watch <i>mandatory</i>	Compass & Map protector	LOTS OF Water At least 2 liter per day for training	Lunch/ Snacks	Bear spray <i>recommended</i>	Bug spray	Sun screen

Safety:

- Whistle is mandatory.
- Cell Phone is mandatory for safety.
- Check each map for its safety bearing.
- Follow the coaches' instructions.
- All coaches have the Camp Safety Plan, know what to do in the event of an emergency, and have First Aid Kit on site.

[Be familiar with the orienteering specific safety recommendations.](#)

Hazards:

- Large mammals frequent these areas; this includes bears and moose.
- Bear spray is highly recommended.
- Tick season is now. Please check your body carefully at the end of each day. Bug repellent *may* help repel ticks.
- Bugs may be out and the sun hopefully. Bring bug spray and sunscreen.
- Other users: cyclists, many mountain bike trails, and busy weekend