



# Orienteering Western Australia

March 2008

## 2008 Be Active Orienteering Oracle

The Be Active Orienteering Schools Development Program, a combined initiative of Orienteering Western Australia and the National Heart Foundation, sponsored by Healthway, is now in its thirteenth year.

During this time, well over 800 schools have participated in Orienteering sessions, and many schools have continued to use the Program in subsequent years. Both primary and secondary teachers — and students — rate our Orienteering sessions highly (see comments on p2).

In 2008, we will continue to offer the popular 4-week Orienteering program for primary schools, and we can also design one-off Orienteering sessions or multi-session programs to meet the needs of either primary or secondary schools. Please refer to the accompanying brochure for details.

I hope you and your students can experience the enjoyable and challenging sport of Orienteering in 2008, and we look forward to hearing from you!

Tony Simpkins  
Be Active Orienteering Development Officer



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### Be Active 2008 WA Schools Champs

The 2008 Be Active WA School Championships will be held at Jorgensen Park, Kalamunda on Wednesday 18th June 2008. Nomination is via the School Sport WA web site: <http://www.schoolsportwa.com.au/>. Nominations close on Friday 6th June.

Courses are suitable for all ages and abilities from Year 4/5 to Year 12, and entries can be from individuals or pairs. The Primary age courses are graded Easy or Very Easy, while the Secondary courses are graded Easy-Moderate for B Individual and Pairs classes, Moderate for the Outdoor Education Assessment course, and Moderate-Difficult for the A Individual classes.

Last year at Fred Jacoby Forest Park, near Mundaring Weir, 870 students entered, making it the biggest, and most enjoyable in the School Orienteering Championships' 25 year history!

**Did you know?**

**In Western Australia during 2007:**

- 4,563 students participated in Orienteering
- 135 schools were involved in Orienteering
- 426 teachers observed and /or assisted with Orienteering sessions



### Be Active Level 0 Orienteering Instructors Clinics

The Level 0 Orienteering clinic provides basic training in Orienteering instruction for teachers, Out of School Hour Care staff, and camp or youth leaders who wish to include orienteering activities in their school, OSHCS, camp or youth program. You may want to develop your own Orienteering program from scratch, run follow up activities after one of our sessions or programs, or prepare your students for an inter-school competition. The Level 0 clinic will give you the skills and knowledge to develop and run Orienteering sessions, and to make basic maps and equipment.

The clinic involves mainly practical sessions, and runs from 9am to 3pm on Friday 9th May 2008 or Friday 1st August 2008, at Whiteman Park. The cost is \$44.00 per participant, including GST, and all texts are provided. Further clinics can be run in your local area if there is a demand. Contact Tony on 9228 0085 to register or get further details.

**School Membership**

For \$120 your school can become a group member of Orienteering WA.

Benefits include a 25% discount on Be Active Orienteering activities conducted for your school, and reduced entry fees at Orienteering WA events, including the School Championships. The Level 0 Instructors Clinics are free for member schools.

You will also receive our monthly newsletter, The Split Times, and the quarterly national colour magazine, The Australian Orienter.



**Orienteering**  
Western Australia

[www.wa.orienteering.asn.au](http://www.wa.orienteering.asn.au)

Tony Simpkins  
Be Active Development Officer  
PO Box 234 Subiaco, 6904  
(08) 9228 0085  
0417 919 513 (Mobile)  
[simmo@iinet.net.au](mailto:simmo@iinet.net.au)



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## Be Active Come And Try It Orienteering Events

Orienteering WA runs orienteering events throughout the year, and some of our Winter Program events are designated as Be Active Come And Try It events for newcomers. Teachers are especially welcome to bring their family (or students) along to these events, and see what orienteering is all about.

Be Active Fitter Families events in 2008 are at Jorgensen Park, Kalamunda (6th April), Greenmount (13th April), North Ledge, Mundaring (29th June), White-man Park (21st September), and South Ledge, Mundaring (28th September). Check the Sporting Diary on the inside back page of the West Australian for directions to events, registration times, etc.

## The Nav Dash 2008 Series

The Nav Dash is a series of short distance Orienteering events held around the Perth Metro area. The format of the events is very simple—there is one course of around 3km, suitable for beginners and experts alike. A novice briefing is held at every event. There are great sponsor prizes for placegetters and a lucky draw at each event.

The first event is at ECU Joondalup on Saturday 29th March at 2.00pm. Teachers will be very welcome—check out the full Nav Dash program and details at <http://www.members.iinet.net.au/~gone4run/>.

## Be Active 2008 Junior Talent Scholarships

Orienteering Western Australia is offering a number of scholarships in 2008 to students aged 12 and over who are keen to make Orienteering one of their main sports. The scholarships include free membership of Orienteering WA and free entry at all Orienteering events during 2008, plus free training, including at least 2 training camps.

Selection for the scholarships is based on performances at any 2 of 3 selection races during April 2008 (see below), and on students' motivation and interest. Successful scholarship-holders will have an opportunity to be selected to represent Western Australia at the national Schools Orienteering Championships Carnival in Queensland in October 2008.

Scholarship Selection Races: (1) Sunday 6th April — Jorgensen Park, Crescent Rd, Kalamunda. (2) Sunday 13th April — Greenmount, Coulston Rd, Boya. (3) Saturday 19th April — University of WA, Hackett Drive, Crawley. Register for these events on the day: between 9.00-11.00am for events (1) & (2), and between 1.15-2.00pm for event (3). Further details of venues will be available on our web site ([www.wa.orienteering.asn.au](http://www.wa.orienteering.asn.au)), and in the Saturday West Australian Sporting Diary. Parents are encouraged to attend the Selection Races.

For more information, please contact Ian Dalton at Emmanuel Catholic College ([dalton.ian@cathednet.wa.edu.au](mailto:dalton.ian@cathednet.wa.edu.au))



## Teacher & Student Praise for Be Active Orienteering!

Teacher comments on Be Active school sessions include: "Hands on, challenging from the first session" (Jane, Mt Helena PS). "We saw thinking, active children" (Leanne & Mari, Winterfold PS). "They ran!" (Merrilyn, West Leeming PS). "Orienteering is an outstanding activity for children. All students should have access to it" (Lyn, Oberthur PS).

Students say: "I liked it because I enjoyed using my brain to choose whether to go along the track, or through the woods" (Fiona, Yr 7, Rosalie PS). "The best running sport I have ever played!" (Jessica, Yr 6, Wyalkatchem DHS). "I think it rocked!" (Ashana, Yr 6, Mel Maria Catholic PS). "Orienteering was awesome! Thanks for the great experience" (Billy, Yr 7, Cranbrook PS). "Very good—it helped my confidence and teamwork" (Budd, Yr 7, Rosalie PS). "I thought it was a great program promoting fitness for all levels of students—very well done!" (Yr 6 student, Oberthur PS).