

ORIENTEERING CAMP

Youth Instructional Sports and Performance Training

NEW Orienteering Camp

Week 6 July 15 - 19

Orienteering is a high energy competitive sport that combines racing with navigation. Learn the basics of enhanced, two or three-color topographic maps; reading and understanding the orienteering course that consists of navigating using a base plate compass to control points, how to interpret map symbols, colors, land features, trails and how to orient an orienteering map.

Learn how to explore nature through this team sport using a detailed map to select routes and navigate throughout the entire camp property. Grow your map reading and compass skills through this high energy fun adventure of trail hiking and cross country running in a timed team competition where you are the navigator.

NEW -Boot Camp Fitness Program

offered to those children who participate in *four* or more weeklong training sessions throughout the entire summer. This program will provide them with the necessary knowledge to proactively measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals.



What makes our Orienteering Camp Unique?

Top Coaching Character and Sport Leadership Development

We offer an exceptional coaching character and sport leadership development program that was developed by a University of Akron Sport Science and Wellness Instructor and college coach. Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

Ben Stobbs and Jess Radecky

Our Coaches/Instructors will tag team to create a memorable experience for our campers. Being avid outdoors people, they will push your camper to find comfort exploring and navigating nature giving them the confidence to find success and grow a lifetime love for the outdoors. They will be in competitive situations that will require them to establish roles, responsibilities, determine people's strengths and devise a plan to be the most proficient team possible!

