



Haberdashers' Aske's Boys' School
HH Junior Squad
Half Term Orienteering Training
Monday 25th October 2010



- Where** At Haberdashers' Aske's Boys' School, Butterfly Lane Elstree [WD6 3AF](#). The school is signposted off the A5183 (Watling Street) between Radlett and Elstree, or the A411 west of Elstree. Parking will be in the coach park, in Aldenham Road, and the sessions will start and finish in the school gym.
- When** 10.30am – 2.30pm Monday 25th October 2010.
- What** The training session will focus on revision of skills and work on more advanced orienteering (with work on control descriptions) and the skills and techniques required. There will be a score event in the afternoon.
- What to bring** Wear clothes & shoes suitable for running in. Bring a change of shoes & socks and waterproof & extra warm clothing if it is a cold & wet day. You will need a clean pair of white-soled trainers to use in the gym.
 Drinks & packed lunch (squash & water will be available).
 You must bring a signed medical/consent form – included.
- Cost** Free to HH juniors, £3 to other juniors.
- Equipment** All maps & compasses will be provided but if you have your own compass, and dibber, please bring them. Activities & games will be suitable for the age & experience of the participants.
 Parents are always welcome to attend and help out.
- Next training day** There will be junior training at the Happy Herts Christmas social event – December 28th at the Willowtree Centre Ruislip – and activities for the whole family.

Please return or e-mail the form below to Susan Marsden, to let her know if you're planning to attend.

Name(s) :
 will be attending the 25th October training.

Contact email for any other details :

Name(s) of parent(s) who are coming to help on the 25th October :

Return to Susan Marsden, 24 Glen Way, Watford Herts, WD17 3JL or e-mail susan.marsden@happyherts.org.uk