

Training camp in Czech sandstones 28-30 september 2018

Hallo! Ahoj!

To start with, here is an Orienteering sufficiency test. Highly important! Every participant must pass it. So – full focus!

LEVEL 1: Can you find a lake on the map sample bellow?

Yes? Then jump into LEVEL 2: Can you find a hotel?

Yes? Congrats – here is the ultimate LEVEL 3: Do the black dots on the map represent famous Czech economic holes or do they stand for sandstones? The latter? Great – welcome on board! ;)

[Hotel Bezdez](#) is in Stare Splavy, close to Doksy, on the other side of the lake. We have already used this hotel e.g. for Danish national team or Frol/Freidig team. Big double rooms and pool available.

Camp programme draft:

- FR 28 PM – intro course in sandstones
- SA 29 AM – sandstone middle on Sportident
PM – attractive control picking and focus on basic routines
EVE – group analysis of middle etc.
- SU 30 AM – shorter long distance, medium speed (route choice focus)
PM – 2-manna relay with very short legs

As usually, we will try to choose the best available areas, providing the true sandstone experience. This time also having WOC2021 a little in our minds...

The camp will be challenging not just for you – participants. As Günter assumed, to meet the needs of elite, oldies and kids is quite a challenge as well! But be sure we'll do our best, like if you were the Czech national team athletes ;)

Btw, the Austrian junior team was back in 2009 one of very first groups, that we were happy to welcome and serve in Doksy within our [sandstones.cz](#) project. Still kept those nice memories. Hope we will have good trainings and good time in mysterious Czech sandstones again!

Looking forward to meeting you all!

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