

Texas Junior Orienteering Camp (TJOC)

Runner Application

TJOC is an orienteering camp designed to train & field competitive junior orienteers who can compete and win at local and national meets! Texas provides a unique terrain and training experience that will significantly improve orienteering skills. Join us for an unmatched TEXAS sized orienteering camp.

TJOC is a joint effort between North Texas Orienteering Association (NTOA) and Boy Scouts of America (BSA) Longhorn Council. It has enhanced the skills of the best junior orienteers across the country for nearly 20 years.

Camp Location: Sid Richardson Scout Ranch (SR²) (Lakeview Lodge) near Bridgeport, Texas. See http://www.longhorncouncil.org/wp-content/uploads/2014/10/sid_large2004.gif.

Dates: Start - Sunday, 31 May 2020 @ 1:00 pm. (Eat lunch prior to check-in – Dinner will be 1st camp meal)
End - Friday, 5 June 2020 at 3:30 pm.

TJOC is for any experienced junior orienteers (ages 13-19 years) in excellent health and physical condition, who has completed at least one orange course (or above) on their own; see prerequisites for each level of training. Any club, school, or JROTC team, or other individual orienteers are welcome and encouraged to attend. TJOC is one of the longest running and premier orienteering camps in the U.S. Explore new terrain and significantly improve your skills with the some of the best trainers in the country.

Camp cost: \$250. The camp fee includes lodging, meals, TJOC t-shirt, training materials and maps, orienteering training, and other adventure training activities. Scholarships may be available to those with identified needs. Speak to your coach or local club about scholarship opportunities.

You (and/or your coach) must provide:

Transportation to and from TJOC

Individual orienteering equipment and supplies (see equipment list)

Personal clothing and equipment

Schools/teams sending 4 or more participants, should provide a vehicle and driver, coach, or chaperone that can remain with you during camp. Consult camp director with concerns if needed.

Junior orienteers: You are expected to participate in all training and assist with cleaning, setup and other duties. This is a high-paced and intense camp. You will work your tail off, significantly improve your orienteering skills, and have a **TEXAS-SIZED** adventure you'll always remember!

Coaches: Please prepare your orienteers to be successful at TJOC and arrange necessary transportation, vehicles on site, chaperones, supply orienteering equipment, or help as needed ensure the maximum training benefit.

Questions or need more info: contact TJOC Camp Director – LCDR Ron Hojnowski

Email: hojnowski.ronald.snsi@navyjrotc.us

Phone: (770)514-5098 (office) (985)788-8567 (cell)

Camp Training/Groups: Based on experience and coach recommendations, runners will be grouped as either Intermediate or Advanced. Runners may be moved up or down, based on performance during the week.

Prerequisites, Individual Equipment and Skills

Prerequisite: Positive attitude & no couch potatoes! Participants must be physically active, motivated, and ready to learn the skills of orienteering as demonstrated by running a 5K in 30 min (male) and 34 min (female).

Clothing & Equipment: All participants must bring at least 4 complete changes of clothes and an extra pair of closed-toe shoes. Extra undergarments and socks; you can't have enough. T-shirts, shorts and running shoes are appropriate for most non-orienteering activities. CONSERVATIVE swimsuit (Boys: no speedos; Girls: one-piece suit) and beach towel. Wet weather gear (poncho, ball cap, etc.) Flip-flops (shower shoes), wraps, pajamas, and other casual clothing are permitted for most after-hours activities. **All clothing must be school-appropriate**

General Equipment: Insect repellent, sun block, glasses and/or sunglasses, duct tape, toiletries, aspirin or ibuprofen (check with your coach before bringing), small first aid kit, soap, shampoo, laundry detergent, mesh laundry bag, sleeping bag/pillow or sheets/blanket, washcloth, at least 2 bath towels, flashlight or headlamp, extra batteries. Notebook and writing utensils.

Orienteering Equipment:

Hands-free water carrier – camelbak or similar device (required on all courses)

Watch, whistle, compass (bring an extra) - (required on all courses)

E-stick (one can be provided if you don't have one), manual punch card holder, and clue card holder

Running/Trail/O-shoes; 2 pairs

Flashlight or headlamp for Night Orienteering

Eye protection (as desired)

Gaiters, Orienteering Socks, Orienteering Pants (Shorts ARE NOT recommended for orienteering)

Long-sleeve t-shirts and other protective clothing

Other Equipment: Cell phones, charging cords, cameras, etc. Check with your coach before bringing. (Note: There is typically limited 4G LTE signal strength and no WiFi for juniors).

** You must bring your own bedding (sheet/blanket/pillow/sleeping bag/etc)*

Intermediate Level:

Prerequisite: Competed at Orange level in at least one event during the past year

Sample Skills:

Understand O-terms/vocabulary
Read clue cards and map IOF symbols
Taking a bearing
Proper map folding/thumbing
Pace count (walk/run/uphill, etc.)
Applying “a system”

Advanced Level:

Prerequisites: Competed at Brown level in at least one event during the past year

Sample Skills:

Route choice strategies
Navigation techniques
Able to stay in contact w/map
Be able to Mentor/Teach

** Successful completion of TJOC will require each runner to pass an academic test (minimum score of 80%), covering orienteering related terms, tactics, and techniques. A portion of this test grade will also include a practical whereby runners will demonstrate various orienteering techniques to an onsite instructor/trainer.*

Application Checklist and Timeline

Application Deadline: Pages 4-9 of this application must be completed, signed, witnessed, and SCANNED AND EMAILED no later than 08 May 2020.

** Coaches please email Camp Director with intent to participate and approx. number of participants/adults as soon as possible for planning purposes.*

1. Scan completed packages and email to Camp Director: hojnowski.ronald.snsi@navyjrotc.us

2. If unable to scan and email, please mail packages to:

*PLEASE DO NOT MAIL
PAYMENTS TO THIS ADDRESS
* See below for payment address **

**Hillgrove High School
Attn: LCDR Ron Hojnowski
4165 Luther Ward Rd.
Powder Springs, GA 30101**

3. Important Dates: **April 10, 2020**
May 8, 2020
May 8, 2020

\$100.00 Non-refundable deposit mailed to Mary Lynn Genovesi
Completed packages scanned/emailed to Camp Director
Final Payments mailed to Mary Lynn Genovesi

MAIL ALL PAYMENTS TO THIS ADDRESS ONLY:

**TJOC Payments
c/o Mary Lynn Genovesi
883 St James Dr
Fairview, TX 75069**

All payments should be in the form of a check or money and made payable to "TJOC"

Pages 4-9 include (please submit all forms in one file if possible)
Participant Application - Texas Junior Orienteering Camp (2 pages)
Parent/Guardian Agreement/Release/Permission
Covenant Not to Sue
Consent to Medical Treatment Form
Individual Health and Medical Record

Check your application package before sending:

If you are under 18 years old, a parent or guardian must sign the appropriate forms!

There is **no requirement for a Notary Public**. The witness can be any adult.

You must have a coach/instructor/adult group leader certify you meet the prerequisites for attending.

Please complete all forms in their entirety, neatly and legible.

TJOC is open to all junior orienteers (age 13-19) from any club, school, or JROTC unit across the country. Spread the word and bring your friends for a high-energy and fun week or learning and camaraderie. TJOC is orienteering training at its finest.

PLEASE READ: Pocket knives, weapons or any kind, tobacco or any kind (including e-cigarettes and vaping) or anything else not school appropriate is not permitted at camp; Do not bring these items with you. Those who do risk being sent home early from camp at parent's expense.

TJOC RUNNER APPLICATION

Full Name (Last, First, MI): _____

“Go-By” Name (What do you like to be called): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Cell Phone Number: _____

E-mail address: _____

Name of School/Club/Organization and Location: _____

Gender: M F **Year born:** _____

T-shirt Size: S M L XL XXL XXXL **E-punch number:** _____

Are you a swimmer? non-swimmer weak medium strong certified lifeguard

** Swimming will be a planned camp activity but is not required for those uncomfortable with the water.*

Parent Info: Name: _____ Cell Phone: _____

E-mail: _____

Coach Info: Name: _____ Cell Phone: _____

E-mail: _____

Coach or adult leader, please certify this applicant meets the physical prerequisites for TJOC:

I certify that the applicant meets or exceeds the physical prerequisites for TJOC

5 km run time: _____ (min) _____ (sec)

Signature of Coach: _____ Date: _____

Texas Junior Orienteering Camp (TJOC)

Parent/Guardian Agreement/Release/Permission

I give my permission for my son/daughter _____ to participate in the Texas Junior Orienteering Camp. I understand activities will include orienteering training (70% of the camp), physical fitness activities, rappelling, aquatics, and other physically demanding activities. I understand that if my participant is unable or unwilling to meet the physical requirements of camp that I may be notified to pick up my participant.

I understand that a Zero Tolerance policy on participant conduct and behavior (conduct, drugs, tobacco, public displays of affection, etc.), will exist. All school district and BSA policies will be in effect at all times during TJOC and will remain in effect from time of arrival and until the participants depart camp. If a participant should violate the rules, the parent/guardian may be notified to come and get their participant at no expense to the camp.

I understand that I may be charged for any damage to the camp facilities and I accept full responsibility for my participant's actions during this camp.

I understand all participants will share in common camp tasks such as cleaning of common areas including training rooms, dorms, restrooms, dining hall and surrounding grounds. The Camp Director and staff will make these assignments and all participants are expected to do their share.

To the best of my knowledge, my son/daughter is in good physical condition. Participation in TJOC, in my opinion, will not have an adverse effect on his/her health and well-being. I will immediately inform the Camp Director of any changes.

Medical support on site will be first aid provided by Camp Staff which includes a registered nurse or EMT. Any participant requiring medical care beyond first aid will be sent to local hospitals and clinics. Participants will be financially responsible for any medical requirements beyond that provided by camp staff.

All medications that the participant is taking should be given to the camp medical officer for appropriate dispensation according to the instructions from the parents and/or doctor.

I understand that my child will be unable to attend the camp without this signed agreement/ release form and signatures below agreeing to the provisions outlined above.

Signature of participant: _____

Signature of parent: _____

COVENANT NOT TO SUE

OFF-CAMPUS TRAINING AND PRACTICAL FIELD/HIGH RISK TRAINING

TEXAS JUNIOR ORIENTERING CAMP (TJOC)

(1) PRINCIPAL PURPOSE: To release the host institutions and the state in which said institutions are located from liability for injury, death, or damages for participants in Texas Junior Orienteering Camp participating in voluntary off-campus training programs, practical field, and high-risk training.

(2) ROUTINE USES: Normal personnel actions. Disclosures of information may be provided to proper authorities in actions regarding law enforcement, legal actions as a result of injury or death, and investigations of accidents resulting from such voluntary off-campus training programs, practical field, and high-risk training.

(3) MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failure to complete form will disqualify applicants from participating at TJOC.

I _____, residing at _____
(Parent full name) (Street)

(City, State, Zip Code)

do hereby agree that in consideration for being allowed to participate in Texas Junior Orienteering Camp, conducted by the Texas Junior Orienteering Camp association (consisting of the North Texas Orienteering Association and the Boy Scouts of America Longhorn Council and assigned staff persons) supervised activity, and whereas I am doing so entirely on my own initiative, risk, and responsibility; and being fully aware of the risk adhering to this type of training, I hereby RELEASE AND DISCHARGE FOREVER, the State of Texas and the Texas Junior Orienteering Camp association and all of its officers, agents, and employees, acting officially or otherwise from any and all claims, demands, actions or causes of action, on account of myself OR on account of any injury to me which may occur from any cause during said activity or continuances thereof, and I do further covenant and agree to hold the State of Texas and the Texas Junior Orienteering Camp association and all of its officers, agents, and employees, acting officially or otherwise, blameless for any and all damages which I may cause either intentionally or through my negligence.

Printed Name of Parent/Guardian (If participant is a minor) Signature of Parent/Guardian (If participant is a minor) Date

Relationship to Participant

Printed Name of Participant (if 18 or older) Signature of Participant (if 18 or older) Date

WITNESSED BY: Period Covered: 31 May – 05 Jun 2020

Signature of Witness Printed Name of Witness

CONSENT TO MEDICAL TREATMENT

STATEMENT REQUIRED BY PRIVACY ACT OF 1974

(1) PRINCIPAL PURPOSES: A statement authorizing medical care in civilian or government medical facilities while attending Texas Junior Orienteering Camp (TJOC).

(2) ROUTINE USES: Normal personnel actions: Disclosure of information may be provided to proper authorities in actions regarding medical treatment, legal actions as a result of injury or death, and investigation of accident resulting from Texas Junior Orienteering Camp.

(3) MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failure to complete form will disqualify applicants from participating in Texas Junior Orienteering Camp.

I _____, consent to be treated in any government or civilian medical facility, near or enroute to the Texas Junior Orienteering Camp near Bridgeport, Texas during the period 31 May – 05 Jun 2020. This consent encompasses all procedures and treatments as are found to be necessary or desirable, in the judgment of the professional staff of any of the above-named medical facilities. I understand that this consent is of a general nature and accordingly list the following exceptions to this consent **(if no exceptions, please write "No Exceptions")**

I (am) (am not) on medication. (List type, if on medication)

I (am) (am not) allergic to medication. (List type, if allergic)

It is understood that this consent can be withdrawn in writing or orally at any time.

Signature of Witness

Signature of Participant

Print Name of Witness

Print Name of Participant

PARENT OR GUARDIAN: (When participant is a minor or unable to give consent),

I _____, parent/guardian of _____ have read and understood the above consent to treatment and hereby expressly consent to the above-described treatment.

Signature of Witness

Signature of Parent

Print Name of Witness

Print Name of Parent

Individual Health and Medical Record: TJOC

Please PRINT all information LEGIBLY. Use back of form if necessary.

IDENTIFICATION		Date:	
Full Name and Birthdate			
Name of Emergency Contact			
Work Address and Phone #			
Home Address and Phone #			
ALTERNATE EMERGENCY CONTACTS			
1	Relationship:		Phone:
2	Relationship:		Phone:
Name of Family Doctor:			Phone:
Name of Dentist:			Phone:
PERSONAL INSURANCE CARRIER			
Name of Insurer:		<i>Provide copy of Front & Back of Insurance Card</i>	
Address:			
Phone:		Policy #:	
Name of Insured:			
MEDICAL HISTORY			
Circle all items that apply, past or present, to your health history. This will NOT effect your TJOC eligibility.			
ALLERGIES:		Plants	Insects
		Medicines	Food
ADHD		Back Pain/Injury	Digestive Problems
Asthma/Wheezing		Chest Pain	Dizziness/Fainting
Bleeding Disorder/Nosebleeds		Convulsions/Seizures	Headaches/Migraines
Bone Fracture/Joint Injury		Diabetes	High Blood Pressure
Skin Problems		Other	
Explain any circled items:			
MEDICATIONS			
Please list ALL medications taken in the 30 days prior to arriving at TJOC:			
List any medications, dosage and schedule to be taken at camp:			
List any physical or behavioral conditions that may affect or limit full participation in swimming, running, hiking long distances, or playing strenuous physical games:			
List equipment needed such as supports, braces, glasses, contact lenses, etc			
IMMUNIZATIONS		(Give date of last inoculation.)	
Diphtheria, Pertussis, Tetanus (DPT)		Tetanus Booster	
Measles, Mumps, Rubella (MMR)		Hepatitis B Vaccine	
Polio		Other (Specify)	