

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 runner 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 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, 05 June 2022 @ 2:00 pm. (Eat lunch prior to check-in – Dinner will be 1st camp meal)
End: Friday, 10 June 2022 at 3:30 pm.

TJOC is for experienced junior orienteers (ages 13-19 years) in excellent health and physical condition, who have completed at least two yellow courses (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 some of the best trainers in the country.

Camp cost: \$250. The camp fee includes lodging, meals, TJOC t-shirt, training materials, 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/arrange:

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 as needed.*

Junior orienteers: You are expected to participate in all training and assist with cleaning, setup and other duties during camp. This is a high-paced and intense camp. You will work your tail off, but will also significantly improve your orienteering skills.

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 to ensure the maximum training benefit.

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

Email: hojnowski.ronald.snsi@navyjrotc.us

Phone: (985)788-8567 (cell) – please leave a message if needed and I will return your call ASAP.

Camp Training/Groups: Based on experience and coach recommendations, runners will be grouped as either Fast Start (2-day Yellow quick-start), 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 2 miles in 18 min (male) and 22 min (female).

Clothing & Equipment: Participants must bring at least 4 complete changes of clothes, an extra pair of closed-toe shoes, and extra undergarments/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 or two-piece w/t-shirt) & beach towel. Wet weather gear (poncho, ball cap, etc.) Flip-flops (shower shoes), wraps, pajamas, and other casual clothing are permitted after-hours activities. **Clothing must be school-appropriate**

General Equipment: Insect repellent, sunscreen, glasses and/or sunglasses, duct tape-full roll, 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 (bedding is NOT provided), washcloth, at least 2 bath towels, flashlight or headlamp (you will orienteer at night), 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

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

Running/Trail/O-shoes; 2 pairs

Flashlight or headlamp for Night Orienteering

Long-sleeve t-shirts and other protective clothing

Eye protection (as desired)

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).

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

Fast-Start

Successfully completed at least two **Yellow** courses in competition

Sample Skills:

Folding/orienting/thumbing a map
Proper use of a compass (bearing)
Basic orienteering symbols/map reading

Intermediate Level:

Successfully completed two **Orange** level courses 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:

Successfully completed two **Brown** level courses during the past year

Sample Skills:

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

TJOC 2022 Runner Application Packet

** 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 4-11 of this application must be completed, signed, witnessed (where required), and SCANNED AND EMAILED no later than 13 May 2022.

** 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:

**Ronald Hojnowski
1921 Addington Ct NW
Acworth, GA 30101**

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

- | | | |
|---------------------|---------------------|--|
| 3. Important Dates: | May 13, 2022 | \$100.00 Non-refundable deposit mailed to Mary Lynn Genovesi |
| | June 1, 2022 | Completed packages scanned/mailed 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 order 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): _____ Nickname: _____

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:

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

2 mile run time: _____ (min) _____ (sec)

2. What level do you would you like this runner to participate during camp: (circle one)

Fast Start (Beginner - Yellow)

Intermediate (Orange)

Advanced (Green/Brown)

Signature of Coach: _____ Date: _____

Please indicate your orienteering experience over the past 12 months:

TJOC Orienteering Camp Experience (copy this page if needed)		
How many years have you been orienteering?		
What is the highest course level you have completed? Yellow Orange Brown Green Red		
Event/Meet Name	Event Host Club	Course (Yellow/Orange/Green/etc)
From one of the events above, list one or more things you learned about yourself or are most proud of regarding orienteering.		

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 involving drugs, tobacco, public displays of affection, etc. All school district and BSA policies will be in effect during TJOC from time of arrival and until the participants depart camp. If a participant should violate these rules, the parent/guardian may be notified to pick up their participant prior to the end of camp, 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 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. I will immediately notify the camp director of any changes. Medical support, on site, will be first aid provided by camp staff. Any participant requiring medical care beyond first aid will be sent to a local clinic or hospital. Participants will be financially responsible for any medical requirements beyond that provided by camp staff. Health insurance is required to participate in this camp, with full insurance information provided. There will be no exceptions!

All medications 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.

All reasonable Covid precautions will be taken during camp and it is required that all participants and staff take these precautions seriously and follow all directives.

Should a participant be required to be picked up from camp early, it will be at no cost to the camp and no portion of camp tuition will be refunded.

I understand that my child will be unable to attend TJOC without this signed agreement/release form, proper Covid documentation, 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, the Boy Scouts of America Longhorn Council, TJOC Camp Director, and adult camp staff personnel) 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: 05 June – 10 Jun 2022

Signature of Witness Printed Name of Witness Date

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 05 Jun – 10 Jun 2022. 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	
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)			

*** Health Insurance Information is REQUIRED! Applications WILL NOT be accepted without runner health insurance.**