

WINDERMERE WARRIORS

St Martin and St Mary CE School Orienteering Club

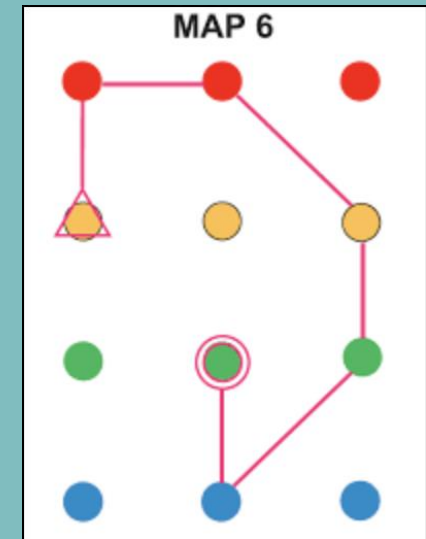
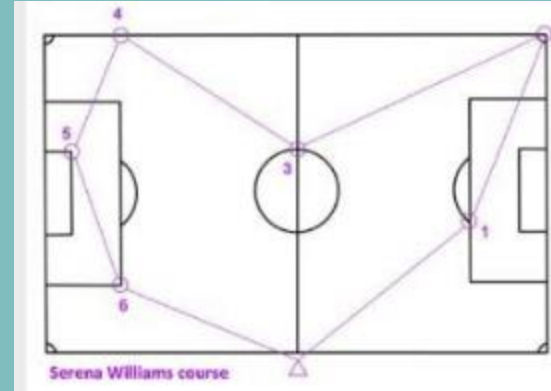
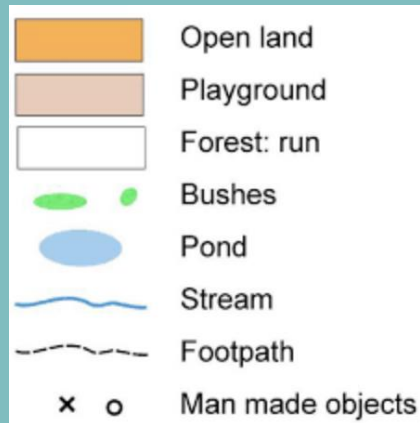
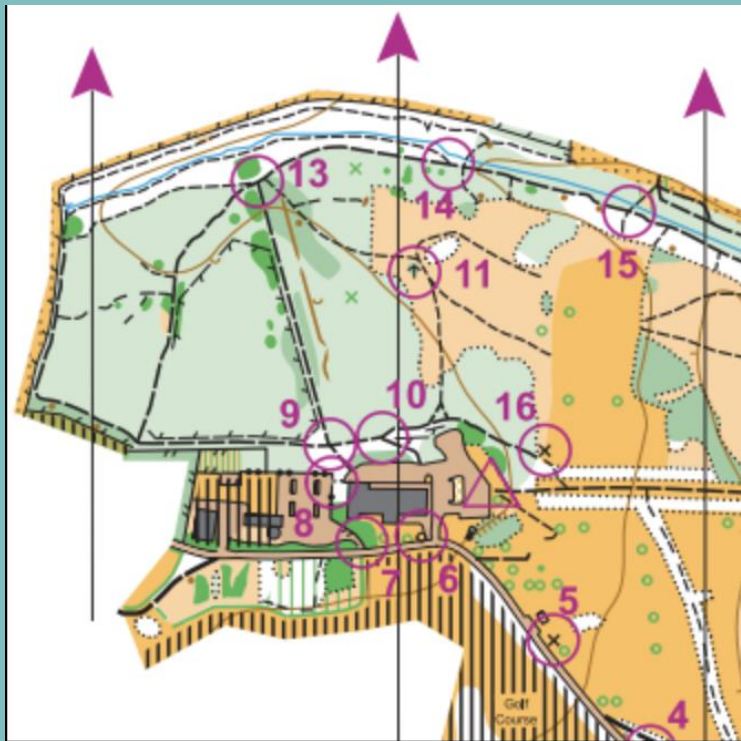
What is Orienteering?

An exciting adventure sport
with mental and physical challenge



What is the aim of Orienteering?

To navigate around a course as quickly as possible using a special orienteering map.



The map shows a course with a series of control points which must be visited by walking or running.

What skills will I develop through Orienteering?

- Learn how to read a map
- Develop problem-solving skills
- Exercise the body and the brain
- Work as part of a team



What kit is needed for Orienteering?

- Outdoor sportswear
- Trainers with a good grip
- Waterproof jacket (and trousers?)
- Drink and snack
- Enthusiasm and Commitment

Clothing that you don't mind getting a bit dirty



Orienteering is an outdoor sport.
This kit is required for every session.

Is Orienteering fun?



This video will give you an idea of how much fun orienteering can be!

Click [here](#) and watch from 0.40

When will the club be?

Windermere Warriors will meet after school on Tuesdays.

The first session in 2023 will be on the 28th February.

We hope to develop a **team** to compete in some events which will take place away from school. These events will be on **four Thursdays** (to be confirmed)

– 27th April, 4th May, 11th May and 18th May.

The team will need to be available until 6pm on these days.

Who can join?



Anyone who would like to improve their physical and mental fitness whilst having fun.

If you would like to join the Orienteering Club, please fill in the form with a parent/carer and return to Mrs Savage.