

## **Amelia Thompson Stockholm Report August 2023**

Towards the end of August myself and 18 other juniors across the UK travelled out to Sweden for the reputable Stockholm tour.

Following our arrival at Arlanda airport we made our way to the OK Ravinen Klub hut based in Hellasgarden via Stockholms amazing transport links, which we used throughout the tour to reach training areas and events. We carried out training twice a day during our visit with some phenomenal coaches whom shared many tips, many of which I've found have already improved my navigational skills. We trained across varying areas, some of my favourites being Svartbacksskolan a mixed forest full of bare rock and Hammarby Sjostad a sprint area in the centre of Stockholm. We spent our morning sprint training with Ralph Street and had the opportunity to take on his knowledge and ask many questions about his training regime's.

Later in the week we also had our chance to train with Gustav Bergman at the Luffarligan event hosted from the club hut.

To finish our trip we competed on two incredibly difficult areas at the Attunda, Marsta forests. This was an opportunity to compile all we had learnt over the camp into a competitive scenario.

I have greatly enjoyed my time in Stockholm and it has been by far the best camp I have been on, I believe I have taken away a lot of new skills, knowledge, and tips which I hope to put into further practise.

Thank you to all those who have contributed and given me the opportunity to experience the Stockholm tour.

Amelia Thompson



