

Colo Bulletin

9 Colo 1



February 29, 2016

High Ropes Course

Today we arrived at Colo after a long hour and a half bus trip from Joeys. The majority of us had already been to Colo before and consequently were prepared for the week ahead of us. We were told that our stay would be a bit different than usual, with everything being more frantic than ever. We unpacked the bus and then were briefed on the activities that we would undertake over the next week. The first was the High Ropes Course.

It's fair to say that this year's High Ropes Course was the most mentally and physically challenging out of the past years. Something different was that we had to belay our mates while they were climbing. We were split into four groups and headed off to one of the four activities.

The first was called the Giant's Ladder. We worked in pairs to make our way up, log after log, scaling the ladder. It was extremely challenging to get up to each stage and in order to do so we had to work together. The majority of pairs were not able to make it up to the top in the five minutes that we were given, however I'm glad to say that everybody put in a great effort.

The next activity was the Crate Stack. This was yet another activity that required us to work in pairs using our teamwork and cooperation to succeed. This was probably in the top two most enjoyable activities.

Another activity was the Gut Wrencher, which is extremely similar to a giant swing, however much bigger and much better. Personally, this was the best and most fun activity of the day. I'm sure this was the same for the majority of people.

Finally, was the truly terrifying Leap of Faith. This involved us climbing up a very high pole and standing on a tiny platform...and then jumping off it, trying to grab hold of a trapeze in front of us. It didn't help that the pole was really wobbly and the trapeze was metal, which made it harder for our sweaty and nervous hands to grab on to. This really pushed us mentally and physically. We found that the aim of today was trust in people, whether it was your belayer or staff.

Over all it was a really enjoyable day.

By Oliver Sidgreaves



Top Right: Heading off for our walk up the Colo River

Top Left: Daniel Gibbons, Oliver Sidgreaves, Nicholas Davies, and James Moore belaying

Middle Left: Alexander Demetriou and Rhys Barrow using teamwork on the Giants Ladder

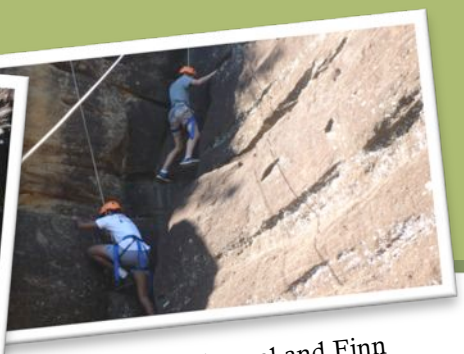
Bottom Left: William Dalton and Cian McCann Crate Stacking



Matthew Wilkinson, Duncan James, William Dalton and Cian McCann take care of the belaying at the cliffs



William Dalton all ready to go.



Ruestam Bhangal and Finn McDowell-Male climbing

Rock Climbing

The real thing compared to the High Ropes Course.

As we began to make our way up to the cliff towards where the climbs were, it was already heating up. When we got to the climbs, we saw a demonstration and then got stuck in.

It was quite challenging especially later in the day when the rock really started to heat up, it burnt your hands as you tried to gain stability.

Each member of the group gave it their all, with varying levels of success. From the climbs I did

finish I know that the feeling when you touch that silver carabineer at the top and look out at the view, before you are lowered down, is one of the best feelings you will experience.

Everyone had a great time pushing themselves and we all felt good after succeeding.

There were five different climbs in the two areas. The two long climbs are called 'Golden Staircase' and 'Sub Tuum' and there were three other climbs called 'Yellow Streak' which

was the most difficult and two others, one where the rocks were boiling hot and another where you climbed up the middle of a crevasse.

For some it was a walk in the park, others were challenged but succeeded and others who really struggled but pushed through the cramps and the sore fingers.

Everyone is to be congratulated on their excellent efforts.

By Daniel Gibbons

Cooking on Fires

Right: Rhys Barrow, Joseph Kevans, Alexander Demetriou, Shae Beynon & Benjamin Tuite cooking burgers on the fire.

To end a fantastic first day of High Ropes at Colo, we were given the amazing opportunity to cook our own dinner for the night.

We started by dividing into five groups of five and I was grouped with, Mathew Wilkinson, Austin Gallagher, Ruestam Bhangal and Thomas Haddad. We first decided to allocate jobs to each person and I was delegated to dig out the fire pit. After

finishing the dig, Matt and Austin had returned with some sticks and bracken fern and had created a small Tee Pee.

Before lighting our fire we chose to wait for our other group members Tom and Ruestam who after ten minutes valiantly returned with a bag full of sticks.

We quickly lit our fire and got onto

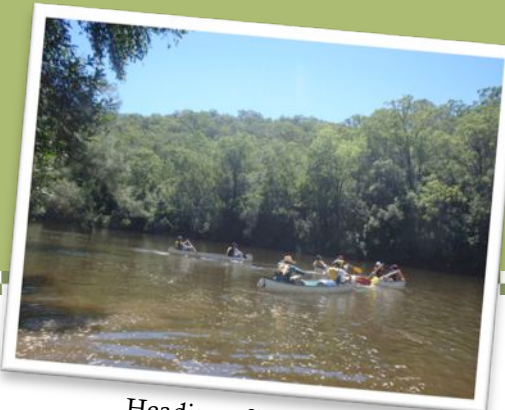


cooking our burgers. After 40 minutes of burning our hands we had finished our burgers and they were delicious!

By Nicholas Diab



Thumbs up from Samuel Kanaan



Heading off up river



Jack Morgan steering for the journey

Canoeing

A canoe journey up the stunning Colo River

Group 'A' all started the day with some breaky. Afterwards we made our lunch for our canoe trip.

We had a short bus trip to where the Hawkesbury and the Colo River meet. There we were informed of the three different paddling strokes on land before we tried the strokes out in the water.

We all loaded our canoes up, then got in along with my canoe partner Duncan James. Duncan, knowing the strength I have, put me up front straight away. I was the POWER and Duncan was the SAVER. He saved the canoe and the both of us from crashing into rocks, logs bushes.

Into the trip about 1km we stopped and Mr. Bolding and Mrs. Candy both told the group about the river carving the sand and dirt until it hit solid rock. The rock cliffs continued for most of the trip, the cliffs made the serenity even more memorable.

As we continued the journey it got a lot harder. The group stopped for a bit of lunch, we got back onto the water quickly so we wouldn't have to fight the tide for as long.

We got out at our last stop before the end, we had a good swim and cleaned out the canoes.

For the last leg Duncan and Nicholas Chan swapped canoes. We all weren't excited about the last leg of canoeing, but we jumped in and saw that Mr. Bolding stopped just one hundred meters up stream. So it was going to be easier than I thought until I looked behind me and saw Nick Chan lying back with his head back not doing anything. This made things a lot harder for me but not Nick!

Once we arrived at our destination we all helped each other carry our canoes up to the trailer.

This experience helped us all build teamwork and navigation skills. The journey that we had taken part in would not have been possible without the help from Mr. Bolding, Mrs. Candy, Mr. Candy, Mr. Brackenreg and Mr. Bryant. I would like to thank all the boys and teachers for

giving me this great experience.

By Matthew Wilkinson and William Dalton



Ruestram Bhangal powering the canoe upstream



Jordan Olivieri all set to go



Samuel Kanaan loves Mountain Biking



William Dalton taking it easy in the Skills Park



Daniel Gibbons cornering like a pro

Mountain Biking

Biking through Colo

Before we could start our journey through the paddocks we had to revise our 'Attack Position' and bike skills, which we would need for the ride. Once the de-briefing was over we hopped on our bikes and commenced down the Colo dirt road. It was quite hot but all the boys kept up with each other and we worked as a team to keep going.

Our first task was to practice our Attack Position and break suddenly without skidding. This was difficult for all of the riders but we soon got the hang of it and were ready to move on.

Mr Candy led us to the Bunny Run where we started our track run. This consisted of berms and sharp turns in which to test our abilities. We then moved on to 'S Bend' and then onto the skills course.

The heat was getting to us and we were tired from the previous tracks. We powered through and completed the skills course consisting of see-saws and ramps as well as some bridges. A few laps later we decided to move on and head to 'O Deere'.

This is a track that is down hill and contains long sharp turns with berms and a ramp for a little jump. The challenge was accepted and all the boys continued through the track.

It was time for morning tea and after a good two hours of riding we were starving. Some watermelon and water prepared us for our journey to the Year 8 campsite.

To get to the front gate we went through one of the harder tracks at Colo. We started on a downward slope and headed across the hill. Next was a ramp that we jumped over to continue onto a bridge. Steep hills lead us to a rock drop, which we went through, trying not to stack once the big jumps were over.

We had reached the front gate and began to head down the main road as one big group. Once we got to the end we took a left onto another road and peddled fast staying in one line because of cars coming past. We stopped to have a water break at one of the driveways next to the road. Everyone was going well and ready for the next part of the journey.

The next place we passed along the road

was our Year 8 campsite.

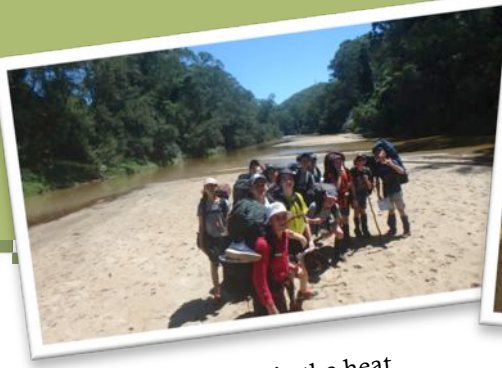
Once we got to the end of the road we turned around and started our trip back to Colo. This time we were able to go at our own pace. I tried to go my fastest, trying to push myself. We took the same route and stopped at the intersection leading up to Colo.

We enjoyed a cool dip in the Colo River and played the 'Classic Catch' game. Once again we hopped on our bikes and raced up the hill and back to the top shed where we packed up the bikes and ran off for a nice cold shower

By Luke Ryan



Luke Ryan cornering like a pro



Heading off in the heat



Cooling off in the Colo River



Jordan Olivieri found it deep at times

Overnight Campout

Learning to be self sufficient in the wild

On Thursday the class went out on a hike to the campsite we were staying at. Because of the 43°C heat we modified the journey to walk along the Colo River so we wouldn't get too hot.

Before we left we got assigned camp groups that we would stay in that night and we packed the supplies for the night then headed off. The trip was about six kilometres long and after the first two kilometres we stopped to have a swim in NSW's last pristine river - the Colo River.

We kept walking for another two or so kilometres and then we stopped again and Mr. Candy gave us a

challenge to complete, we got there eventually but it required a lot of teamwork.

Once we were almost at the campsite there was a deep section of the river that we stopped at for a swim and then the other group caught up to us. We were there for about an hour before we were told to pack up and head to the campsite.

Once we got there Mr. Candy showed us to our camp spots for the night. We had to set up the tents and collect the water for the night first. Once we pitched the tents we dug out a new fire pit and collected the wood we needed for cooking.

After that we started cooking the pasta

we were going to eat that night, after a few spills of the pasta we eventually got it in the billy ready to boil. The pasta was cooking and then we needed to cook the meat.

The dinner, thanks to our spectacular cooking skills, was good (one of the best yet). The rest of the night was pretty relaxed and we just sat around the campfire and talked for the rest of our last night at Colo.

We took the bus back to the camp instead of walking back the way we had come. The overall experience was good and was certainly one of the best nights at Colo.

By Joe Keveans



Ruestam Bhangal, Samuel Kanaan,
Jordan Olivieri & Nicholas Davies



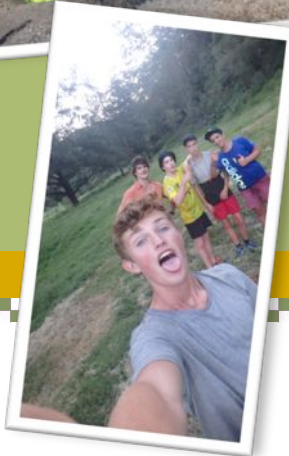
Joseph Kevans, Nicholas Chan,
Daniel Gibbons & Oliver Sidgreaves

What the Students of 9 Colo 1 said about their experiences at camp

At the end of each camp the students reflect on their experiences at camp in a brief written review. Here are some of their comments:

Above Left: Samuel Kanaan sterilizing water for drinking in the Colo River.

Bottom Left: William Dalton getting Mr Candy, James Moore, Rhys Barrow & Thomas Haddad in a wilderness selfie



“I felt like I pushed myself heaps at Colo which feels awesome once you’re done. I tried hard in everything that was given to me”

“Above the line choices this week weren’t extremely hard to do, but in saying this there are times I let my guard down and I felt pretty rubbish. Above the line choices I made were helping out, cleaning up, listening well”

“The most challenging time was mountain biking. I dealt with it by being positive and giving it a go, not going into it with a negative attitude”

“I think all the activities were really great but even playing board games with my mates was really fun”

“I really loved canoeing. The reason it was so great was because as we were paddling we were able to take in the views”

“Rock climbing was the most challenging as I do have a small fear of heights and I’m not the strongest in the group. To overcome the challenges I just gave my best effort”

“I think I encouraged others while they

were facing challenges. I tried to put others before myself although I did get frustrated at times”

“I was proud of the way I worked with others to achieve a common goal”

“Something I can take home from camp is to always take responsibility for my actions and think about how they could affect those around me before I carry them out”

“I achieved in the Individual Challenge when I reached the top in the Rock Climbing and pushing myself while riding the bike”

“I achieved in the Maturity challenge when I was able to push through the hard times and not complain”

“When my mate was climbing and I was his belayer he got back on the ground safely both times and this made me feel proud of myself”

“I achieved in the Social Challenge by being supportive of others when they were struggling and encouraging them to do their best”

“The highlight of the camp was being able to think for myself and mix with other people and mates and

enjoying the small things in life”

“Canoeing was a struggle and was very tiring, which strengthened my mental and physical abilities. I just enjoyed the surrounds and I forgot about the work to get my mind off it”

“I made a good relationship with boys I don’t usually talk to in the class”

“The highlight of the camp for me was cooking on fires. It was great to be responsible for my own food”



Lasagna for dinner, Al Fresco at Colo