

Colo Bulletin

9 Colo 3

June 22, 2016



High Ropes Course

The High Ropes Course was a challenging experience. It pushed me to my limits both mentally and socially. When looking at the Ropes Course from afar it seems like a scary experience but once you are finished it, it seems pretty cool.

It taught me a lot about the importance of teamwork, and the importance of communication.

I also learnt about saying positive things and giving people confidence so that they can go out of their comfort zone. Going out of your comfort zone is an important part of being a man, because you don't want to be a man who doesn't give things a go.

Looking back it was a great experience that I would do again.

By Jesse Grant



Top Right: The boys getting a briefing at the high ropes course

Top Left: The 'Crate Stack' activity

Middle Left: Mr Brackenreg sending Ronald Ryan off the 'Gut Wrencher'

Bottom Left: Lucas Easton and Ronald Ryan climbing the 'Giants Ladder'



Three climbers at the 'Yellow Streak' climbing site



Charlie Nicholls & Dempsey Gascoigne climbing hard



Charlie Nicholls, Patrick Ponfoort, Dempsey Gascoigne & James Macri belaying

Rock Climbing

Scaling the sandstone cliffs of the Colo Valley

In Year 9 you continue where you left off in terms of rock climbing. You start by heading up the mountain to three short yet more challenging climbs. The hardest of these three climbs is the notorious "Yellow Streak" climb. My greatest memory of this climb is when Charlie Nicholls flew up 'Yellow Streak' with lightening pace.

Next you move on to two longer but easier climbs. These were great because everybody gave it their best

go. People below were shouting out continuous support for the boys that were climbing, whether they were flying up the cliff or they were bloodshot with fear.

This really showed the Joeys spirit of not giving up and doing your best to make people feel like they are doing their best.

Rock climbing was a great activity that pushed you to your limits.

By Thomas Gahan

Cooking on Fires



Dempsey Gascoigne watches on while the fire is built



The firepit gully on sunset



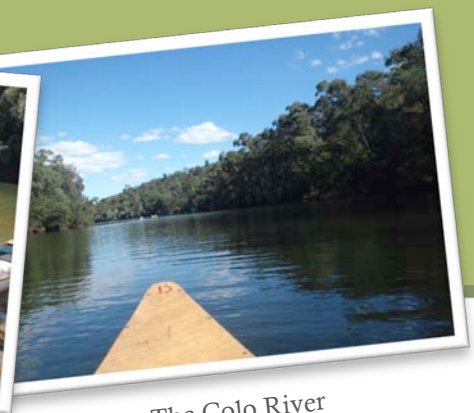
Ronald Ryan, Lucas Easton & Nicholas Stapleton stoking their fire for dinner



Nicholas Mirow, Nicholas Ryan,
Mitchell Hoare, Patrick Ponfoort
& Sam Hamilton rafting up



Stopping for lunch



The Colo River

Canoeing

A day down the pristine Colo River

Canoeing is mentally tough, if you canoe for 16km, you know you're in for a bit of bad luck. However, as we traveled down the Colo River it really showed how perseverance and teamwork will allow you to reach your goals.

It really made me use my social challenge to communicate with my partner to get ourselves into a good stroke rhythm. I hope that I will do canoeing again. During our trip on the Colo River, we really didn't see many things, we usually just saw rocks, water and trees. We often got really tired and had many breaks on the water.

It was tough doing the same motion every two seconds, though at the end you get the hang of it and you start getting the hang of steering the boat. The best pair I saw on the river was Nicholas Ryan and Nicholas Mirow. This pair used the maturity challenge and social challenge to guide themselves to good rhythm.

By Ben Anderson



Heading downstream



Ronald Ryan & Alex Medjumurac
paddling as a team



Patrick Ponfoort riding a see-saw
in the skills park



Nicholas Mirow on the single track



Alex Medjumurac cornering a berm

Mountain Biking

Mountain biking up the mountain and around the Colo area

After getting the bikes and helmets we went off and had a practice run of the course. After doing one lap all of us went to the 'Skills Park' and practiced our skills including going up ramps and rocks.

When we finished at the Skills Park we did a full lap of the course. After doing the course again, we went up to the top shed. When we got there we all went into groups of two for a race.

As we got into groups, we were all deciding who should go first and how they should start the race.

When we started everyone ran for their bikes and got on. Even at first it was pretty close, but as the race went on people started to separate.

People flew through the first part very easily but as they got through the track it started to get harder and harder. The hardest part that I was told was the hill at the end. I found the steep hills the hardest.

When the first group finished their first lap the other team members lined up waiting for their team mates to tap their hand. Then repeated the course over and over

again till the hour was up and who ever had done the most laps in that hour had won.

The winners of the course around Colo were Dempsey Gascoigne and Ben Anderson. They won by miles and also managed to collect the Colo record for the fastest two person laps around the course.

By Mitch Hoare & Patrick Ponfoort



The 'Le Mans' style race start



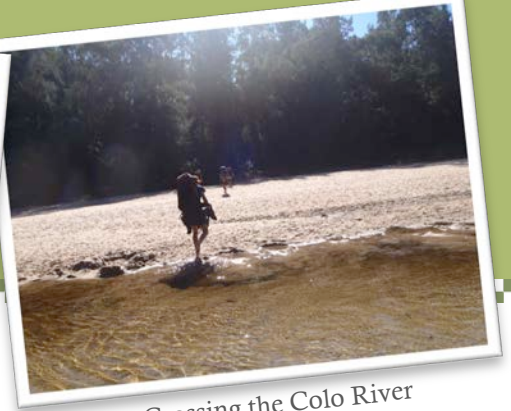
Riding fire trail up on the ridgeline



Hiking out to the campsite



A Navigation discussion on a rock platform during the hike



Crossing the Colo River

Overnight Campout

Hiking through the Wollemi National Park

After morning tea on Thursday we headed off to our campsite in two separate groups. The first group set off with a positive attitude and plenty of energy. Our first main obstacle was crossing the mighty Colo River while carrying huge ruck sacks and our shoes.

After a slight mishap at the first checkpoint we eventually found the marker after a quick scout in the scrub and were well on our way. We took it in turns to be the leading pair, with each pair doing the navigating and the spider web dodging.

The most challenging part of the expedition was between checkpoint 2 and 4 in which we had a steep climb up Mt Colo. After a well-earned lunch at the summit we headed off to checkpoint 5. Using information from our map, compass and knowledge about map reading we had learnt early that week we followed a saddle to checkpoint 6.

Following a rough and steep 120m decent down the mountainside that challenged our balance and

coordination, we eventually came to a gully at the bottom of two mountains.

As we followed the rocky gully towards our campsite we challenged our bodies to keep our feet moving. With no fatal falls and good decision making we soon found our selves at a gully intersection. Following the gully we soon found our campsite and started setting up.

First we collected firewood and bracken fern to construct a fire in our fire pits. Next was setting up our tents which proved to be a challenge for some. After our fire was burning well and we had somewhere to crash for the night we started to cook dinner.

The two choices we had were spaghetti bolognaise and pasta with chicken. All four groups cooked up a delicious feast which everybody enjoyed. We then boiled the billy and washed up the dishes which were put in a ruck sack and put under the tarp to keep them dry

and avoid wild animals digging through our cooking utensils.

After a great sleep in our tents we woke up to a layer of moisture covering our tents and a burnt out fire. Collecting firewood in the morning was a chilly task. After breakfast which consisted of cereal, toast and fire cooked bacon we packed up our camp sites and filled in our fire pits.

The camp out was a fun and rewarding experience for all of us and we will remember it for the rest of our lives.

By Nicholas Ryan and Ted Hines



Ben Anderson, Sam Hamilton, Ben Wood, Matthew Ryan, Charlie Nicholls at their campsite

What the Students of 9 Colo 3 said about their experiences at

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: Leaving the Colo property to ride up onto the ridgeline

Bottom Left: Heading out across the Colo property on the hike

'This really showed the Joeys spirit of not giving up and doing your best to make people feel like they are doing there best.'

'The expedition was challenging it was a long but enjoyable hike and was good once we arrived at camp'

'The mountain biking was the most challenging because of the long hill'

'I loved all of the activities like rock climbing, canoeing, mountain biking, and high ropes. I also enjoyed cooking the food'

'Rock climbing was by far the best'

'Fishing down at the pontoon was a big highlight for me because it was a great opportunity to talk and relax with my mates'

'Canoeing was a big challenge because whilst being physically tired I had to keep my mental toughness to push through without complaining'

'I saw a different side of others that I haven't see before'

'The highlight was the last campout and navigating to get there because we

utilized all the skills we had learnt from years seven to nine'

'It was a challenge to stay 'above the line' because I usually use excuses'

'I used the social challenge when I didn't lash out at someone. Instead I told them how to do it better and helped them'

'I was proud that I helped some mates keep going in the rock climbing'

'I got to know people better that I don't normally hang around with heaps'

'The highlight for me was experiencing what a mountain bike race is like'

'The most challenging time for me was not having technology like a phone. I got through it by communicating with my mates and we went fishing and

played rugby'

'It is a challenge to make 'above the line' choices because it is easier to make 'below the line' choices'

'The highlight of this camp for me was the rock climbing because I really had to push myself. The overnight hike was great because of the people I was with and the teamwork we used together'

'Ownership is a very useful choice in everyday life and it will get you much further than making 'below the line' choices'



A morning discussion before leaving the campsite