

Colo Bulletin

9 Colo 4

June 21, 2016



High Ropes Course

The High Ropes Course was a huge step up from years seven and eight. We had waited two years to go on the 'Leap of Faith' and the 'Giant Swing' and today was the day. I saw a lot of boys break out of their comfort zone and give their best efforts.

I am not afraid of heights but the Leap of Faith was something that I had never done before and I was a bit nervous, but I just gave it a go. Being able to jump one and a half meters off a very unstable pole and reaching the bar was a great feeling.

We did other activities on the Ropes Course like the 'Crate Stack', the 'Giants Ladder' and the 'Giant Swing', which were all very fun. The Year 9 High Ropes Course was by far the best ropes course out of the three years and it was a lot of fun.

By Joshua Hewitt



Top Right: Getting briefed for their day in the trees

Top Left: Dominic Sestanovic and Michael Anastassiou on the 'Crate Stack'

Middle Left: Samuel Browne takes a 'Leap of Faith'

Bottom Left: Alexander Sestanovic on the 'Giant Swing'



It's a long way up on the long climbs!



William Beck and Alexander Sutton belaying



Total concentration while belaying

Rock Climbing

The Boys enjoy Colo's magnificent cliffs

At first I thought that the rock climbing experience would have been one of the scariest days of my life, but once I got on the ropes and had a go, it was a great experience.

It was amazing to have all of your mates cheering you on from the bottom and giving you tips on where to climb and put your hands.

Another wonderful experience was to trust your mate with your life to

belay the rope for you so that you could safely climb without any injuries.

By Edward Obeid

My first thought of the rock climbing was 'am I going to make it to the top or am I going to fall'. I got roped up and went climbing anyway. I got to the top of three out of the five climbs and it was a lot

easier than I thought.

The experience of climbing up the rock face was something I hadn't had for a long time and when I got to the top the feeling of completing something like that was great.

The view I got from the top of the climb was breathtaking, but the way down was a little bit scary at first.

By Joshua Whineray

Cooking on Fires

Right: Four groups cooking on fires in front of the lagoon

Cooking at Colo is a great experience as you can learn many things by cooking on fires and it is also very fun and safe.

On Monday we cooked hamburgers, which is an easy thing to cook on fires. My group (myself, Luke Farah, Marcus Busch, Edward Obeid and Joshua Hewitt) all had something to do. Marcus, Josh and Eddie stayed back at the start of cooking the meat patties so myself and Luke went to get firewood.

When we got back, the boys had already started cooking because we had been gone for half an hour. When everything was cooked we ate and most of us made a double patty burger!

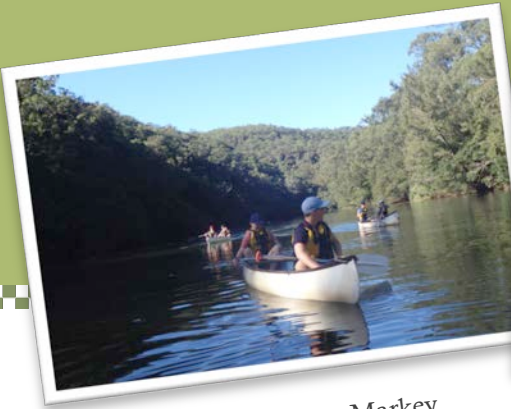
The next night everyone was hungry because everyone had had a massive day with bike riding and rock climbing or canoeing.

The same thing happened again but Luke and I came back earlier and



didn't walk for half an hour this time. That night we cooked spaghetti carbonara which tasted great!

By Samuel Browne



Ben Duffy and Joshua Markey lead the way on the Colo River



Exploring Caves



Stopping to do some navigation work.

Canoeing

A whole day on the Colo River

The Canoeing was good fun but challenging. I enjoyed the scenery the most, such as the caves that had been created by the flow of the water over thousands of years.

You have to remember to work together and not just think about yourself. It felt great at the end because you knew you had achieved something worthwhile with your day.

By Ben Duffy.

Today my group went canoeing. We not only paddled close to 14 kilometres but we also managed (for the most part) to do it quickly and efficiently.



Patrick Flores-Walsh and Alexander Sestanovic on a glassy Colo River

Along the way we saw some amazing scenery and had the chance to enjoy our lunch up on one of the beaches on the sides of the Colo River. This gave us more time to really take in the sights as we didn't have to worry about the paddling.

By the end of the day we were sore in places we didn't know existed, tired beyond imagination and lastly but most importantly we all enjoyed the day.

By Joshua Legdin

The day I went canoeing was on the second day of Colo. Just to start off I would like to say that it was a lot harder then I expected it to be. The best part of the canoe trip would have to be the view from the river. It was spectacular with all the trees, hills and

colors.

The tip to make the trip shorter then it could be is not to zigzag

all over the place and to keep in one strait line. To stay in a straight line you have to have a good person at the back of the canoe that can keep the boat straight.

By Joshua Markey.



Joshua Legdin, Edward Obeid, William Beck and IZIAH Talbot-Hatch work together to carry a canoe



Marcus Busch cornering on Bunny Run



William Beck climbing



Alexander Sutton and William Beck

Mountain Biking

Climbing Mt Everest on a bike on a dirt road.

The mountain biking and skills session was a great challenge and a fun activity for everyone in the group. Everyone learned what it was like to stretch out of your comfort zone and to push your body as much you could.

In the morning we set off to do a small recap activity of the 'Attack Position', which we used throughout the day in various situations. We also had time to get used to the bikes we were riding and correct operation of the gears. We also had a brief few runs of the Bunny Run track in which we recapped on entering and exiting the burms. We had a quick session in the 'Skills Park' and we

later voted on one of two options: Stay on the property or go up onto a hill which led to a fire trail. We voted the fire trail option.

After we had geared up with 2 Litres of water, a day-pack and pure determination, we set off to climb a staggering 1.6 km hill with loose gravel, plenty of blind corners and a shear drop. Safety was key.

After a long and hard 30 minutes of muscle aching riding we eventually made it to our meeting spot and when we got off our bikes, our legs felt like jelly. We had a ten minute break in which we refilled our bottles with our spare water and got on our bikes to push the 5 minutes to the start of the fire trail ride. Mr Candy was getting his money shots (photographs for the bulletin) of us as we rode past him.

We had a quick rest and rode the fun fire trail full of sand, rocks and corners to put our 'Attack Position' into

action. We came to the end of the fire trail where we had our fruit and muesli bars for a snack

before we headed down the huge hill we had climbed.

It was a relief not to pedal, which we had been doing for numerous hours. The hill was a fun experience and what made the descent even better was the view of the Colo Valley.

Judging by what I saw everyone enjoyed the day and was knackered by the end of the day

By Marcus Busch



Getting ready to head onto the fire trail



Benjamin Webb up the hill



Joshua Whineray tags William Beck in the race



Patrick Flores-Walsh, Alexander Sestanovic, Michael Anastassiou cooking dinner



Michael Anastassiou swings for glory on Friday Morning

Smoked out activities

Back burning and thick smoke changed plans of the overnight camp out.

We all woke up in the morning ready for our navigational hike to our campsite when Mr Brackenreg informed us that the National Parks and Wildlife Service were in the process of a hazard reduction burn close by and with no wind there was thick smoke all through the Colo Valley.

Mr Brackenreg later informed us of the plan to avoid the overnight camp due to the smoke and the health issues regarding it .We were given four options in place of the camp.

Option: 1-day hike to Tooti Creek

Option: 2-Group Problem Solving Initiatives

Option: 3-Rock climbing at El Cat site.

Option: 4-Mountian biking.

Seven boys voted for rock climbing and the remaining twelve voted for mountain biking. We had lunch and then split into our groups for our activities.

Mountain biking.

The 12 of us headed on up to the top shed to gear up with helmets, gloves and our bikes. We followed Mr. Bryant on a lap of the Colo single track in which we were going to have an hour and a half long race. After covering the track we formed our pairs and we commenced with a Le Mans style

start where we had to run to our bikes to start.

The track was challenging for all. It included high speed downhill runs, berms, drop offs, jumps and a muscle aching hill to finish the lap. We all pushed ourselves hard.

It was an awesome course and experience, which gave us a great insight into what mountain bike racing really is like. After many stacks, crashes and track confusion, we all finished (some more alive then others).

It was an enjoyable experience and alternative to the hike.

By Marcus Busch



Running start for the Mountain bike race



Trying to get past Colo's pet crocodile 'Loretta' on Friday morning

What the Students of 9 Colo 4 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: Marcus Busch and Luke Farrah on a glassy smooth Colo River

Bottom Left: Samuel Browne happily belaying his mates

‘Take accountability for what you do instead of blaming others’

‘It impressed me when we were mountain biking how everyone was willing to help or cheer me and others on’

‘I can implement “above the line” choices in my everyday life by trying to take ownership, accountability and be responsible for my own actions’

‘My highlight of the camp was the ropes course because there was a range of different things to do in a short amount of time’

‘I’ve always loved rock climbing so getting to do some awesome climbs was great’

‘I learnt a lot here at Colo and I think it was a very good experience’

‘The highlight of the camp was that we used a lot of team work to do things such as rock climbing, problem solving and the ropes course’

‘The most challenging time was going up the hill in mountain biking. I dealt with it by pushing my limits and set smaller goals to complete in between’

‘At times it was a challenge to make “above the line” choices. I took ownership of being in the wrong and that made me feel mature’

‘I was happy when I encouraged people to keep going’

‘Great fun, tiring, but very enjoyable’

‘The teamwork tasks were the highlight for me’

‘I feel I did generally well, but could have focused on encouraging others more’

‘Colo is a great experience’

‘I felt that I really helped people this week by encouraging them as much as I could’

‘The highlight was the group challenges because I got to work with people’

‘Always be responsible for your actions’

‘I helped cheer people on at the mountain bike race and the high ropes course’

‘Everyone was so nice and supportive, not just to me but to everyone else as

well’

‘The highlight was rock climbing as it required mental and physical strength and I could try my best at the Colo challenges’

‘I think I was pretty good to other students. I hung out with others that I normally wouldn’t and found out new things about them’



El Fresco Colo Dining