

Colo Bulletin

9 Colo 5

August 8, 2016



High Ropes Course

The High Ropes Course was a very challenging activity because you had to be strong in the mind. I was in a group with Francis Stackpool, Jordan Sedergreen, James Leong and Kaylam Hogan, even though we were all pretty scared, everyone got over their temporary fear of heights... eventually.

The scariest bit is the first thing you try, no matter how high it looked, the fear was much greater. But once you jumped off the death defying 'course' you feel a lot better and more confident.

All of the courses were challenging, but out of all of them, the Giants Ladder was the hardest.

Max Voulgaris



Top Right: Leaping for faith on the Ropes Course

Top Left: The boys receiving a briefing at the Ropes Course

Middle Left: Francis Stackpool & Kaylam Hogan belaying

Bottom Left: Jordan Sedergreen and James Leong using teamwork on the Giants Ladder



Climbing on the long climbs



Climbing and belaying in action



A group shot during afternoon tea at the climbing

Rock Climbing

Year 9 Colo 5

Here at Colo we all attempted an experience that we will never ever let go of for the rest of our lives. Prior to this we listened to various mandatory safety briefs, we all entertained each other by sharing a few jokes along the way.

We really pushed ourselves out of our comfort zones, or as we say here at Colo, our stretch zones. We first attempted the harder cliff and all felt a little nervous. Once the long trek up to the cliff was

completed, we moved on to the high cliffs with Mr. Brackenreg. Although these climbs were easier they were much longer, spanning up to twenty meters.

We started off by belaying Lachlan Enzerink on the right side of the cliff, which was deemed to be the easier side. Once they got to the top, the hard part began. During steep abseil descent many screams of terror were shared between Thomas Johnston and Lachlan.

When it was our turn we raced up and it was close, but Angus Ward just wasn't quite good enough to keep up with Callum Peacocke. He was able to share a victory speech with the rest of the group as Angus finished making it to the top. The abseil down was intimidating, but it was also a lot of fun.

By Callum Peacocke and Angus Ward

Cooking on Fires

Cooking on fires was an enjoyable experience as I learnt the measurements of the fire pit in length and width; shoulder to fingers long by elbow to fingers wide. My group was Kane Almanci, Jordan Sedergreen, Oscar Stone, Kaylam Hogan.

I felt that it was a team effort to even light the fire. We only had two chances to light the fire as we only had two matches, if we wanted more we had to pay for another match with ten pushups.

I enjoyed making the Spaghetti Carbonara because we all worked together and lit the fire on three matches and 10 pushups. Everyone worked on different jobs around the campfire to keep it lit. While the food was cooking we had a chat and enjoyed the heat of the fire.

Overall everyone completed their jobs correctly and enthusiastically and we shared the pasta around to everyone



The boys cooking on fires during the week

and eventually came back for seconds

By Francis Stackpool



The Boys receiving a briefing at the start to the day



Canoeing on the Colo river



Ben Khoury & Max Voulgaris paddling on the river

Canoeing

Our long Canoeing trip

Today started by going up to the top shed and getting all of our gear and equipment onto the bus, but before we headed onto the bus we got a quick briefing from Mr Bolding who explained what equipment we needed so we could have an enjoyable canoe ride. After the 40 minute bus trip we had arrived at the confluence of the Colo and Hawkesbury rivers. Mr Bryant and Mr Bolding told our group that we had to paddle against the wind. This was a challenge for everyone but we were determined to reach the finish line. Before we headed off on our canoe's Mr Bolding explained what types of things were on the map and what we had to look out for while we were paddling. The whole group discovered that we had to paddle 14 kilometers but luckily we had scheduled a lunch break. Max Voulgaris and I were one of the first groups to head off down the river, but after a while we started to get tired and slowed down a lot. Max and I didn't want to come last because we knew we could do so much better. After rowing seven

kilometers we stopped for a break at the beach. Harry Hill, Isaiah Stanley and Jack Power all went into the water to have a swim, but as soon as they touched the water they started to shiver and get really cold. Harry Hill forgot his towel so he had to paddle against the wind, which must have been freezing! On the last part of the canoe trip Max and I were racing Kaylam Hogan and Julian Doyle. After zig zagging a lot Max and I had finally beaten them. At the end we passed another boat and ended up as the second group to reach the end. This was a huge achievement because I thought I was going to be puffed, sore and tired but it turned out really good, I was very proud of myself for having a good go at the canoeing trip.

By Benjamin Khoury

After travelling roughly around 40 minutes to the start of our canoeing experience at Colo, Mr Bolding and Mr Bryant assisted our group in getting the canoes off the trailer and onto the water. Since there were only 10 boys and 2 teachers, Liam Allan decided to pair up with Mr Bryant and I with Mr Bolding. Once we got the introduction into the different strokes we all hopped onto our canoes and set off on our 15km journey. Sir and I lead the group towards our first stop for lunch, after eating Jack Power, Isiah Stanley and Harry Hill decided to go for a swim.

By Liam Seeto



A bit of sunshine on a winters day



Angus Ward cornering on the single track



Lachlan Enzerink and the team ready to ride



Oscar Stone in the Skills Park

Mountain Biking

Riding single track trails on the Colo property

On Wednesday Morning our group went mountain bike riding. Firstly we all got our stuff from the top shed and were told how to adjust and check our bikes. After that we went out on the grass and practiced our 'Attack Position' and also practiced our stopping. After that we went to our first track, which was called 'Bunny Run'. This was a very fun track as we could use the berms to glide around the corners, which was a lot more fun and allowed us to keep more speed and control.

After that we went and checked out another track called 'O' Deer'. This was one of the more challenging tracks because we had to do a lot more sharp corners and go slowly down. Personally my favorite track was called 'Pinch Flats'. This was my favorite track because it was the most challenging one and we had to be a lot more careful. This was also my favorite one because of the jump in the middle of it.

After we went and did a couple more tracks we went back up to the

top shed and we were told that we were doing a race, which made everyone excited. We had to get into teams of teams. We had to start at the top shed and had to do all of the tracks we had done throughout the day.

I was in a team with Thomas Creighton and we won closely followed by Matt Murray and Adam White. Mountain Biking was very fun and is the highlight of my trip so far.

By Harry Hill



Jack Power launching on the single track



Leaving the Colo property to head out on the hike



There were many hills to ascend and descend during the hike



Grass Trees and Sandstone boulders on the hike

Overnight Campout

Trekking the Colo Valley

As we woke up Thursday morning we realized that this big walk was just to begin. So at 11 o'clock the moment came and we set off on our adventure going from point to point. Harry Hill was a good person to walk with because he was funny and very eager to get the walk done the only scary part was when we had to go down a 140 meter downslope going an amazing distance of 500 meter's and that was scary, luckily none of the boys slipped and fell because it was a long drop.

When we got there we got our fire going and got warm and cozy, but when we had to sleep it was very uncomfortable and pretty fresh outside.

By Liam Allan

I woke up on Thursday morning knowing I had a huge day ahead of me.

After we left and hiked for about six hours up and down a rugged mountain range we arrived at our destination.

When we arrived my group went over to our campsite, which was luckily three degrees warmer than every other persons site. I was sleeping in a tent by myself so I pitched it and managed to have mine up first.

Benjamin Khoury arrived earlier so he had already got some firewood. I

lit a piece of bark and placed it under some bracken fern and got it blazing. Jack Power and I kept fueling the fire until it was ripping, then we put the billys on and started cooking dinner, it was yummy mmmmm!

I had a sandwich and the pasta then was full.

After a chat around the fire we headed off to a very uncomfortable and cold sleep.

By Lachlan Enzerink



Jordan Sedergreen, James Leong, Thomas Creighton, Callum Peacocke and Max Voulgaris at their campsite

What the Students of 9 Colo 5 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: Jack Power relaxing on a sandstone outcrop at lunch

Bottom Left: Jack Power, Oscar Stone, Benjamin Khoury, Liam Allan and Lachlan Enzerink relax after dinner at their campsite

'Everyone impressed me this week because I didn't even know twenty of the boys at the start of the week'

'I think I was particularly proud when I let people borrow my gloves as their hands were freezing from the hike, while my hands were toasty warm'

'I learned to treat others with respect, I think I did fine'

'I felt that I was very encouraging and nice to everyone I encountered this week'

'I was proud of being responsible for my own actions'

'My highlight of Colo was Rock Climbing because everyone was encouraging me to push, and to find holds and I listened to them. I almost gave up but I tried and tried to not give up and I made it'

'You need to be responsible and take ownership'

'The most challenging thing this was the trek on Thursday because it is something that I don't normally do'

'My highlight was getting to the top of

the Rock Climbing as I seriously doubted myself'

'The overnight campout was great, just being in the bush made me feel at home again'

'I think that I was helpful on the walk and the rock climbing by encouraging others'

'In the expedition I think we all worked very well by communicating and getting to camp fast and having fun where we could'

'My highlight was seeing the stars in the sky at camp'

'My highlight was cooking dinner on the fires. It felt great as there were no adults there to help you, just you and your friends'

'The canoeing was the most difficult, so I pushed myself and had fun'

'My group did great. We didn't argue, worked well and efficiently and were cooperative'

'The most challenging part was being scared of heights, I just trusted the ropes'

'I liked the rock climbing because it allowed us to do something that we wouldn't normally do'

'The mountain biking was fun, especially the skills course'

'I got everyone involved and we made good group choices'



Oscar Stone waking up to an icy morning