

Colo Bulletin

9 Colo 7

November 9, 16



High Ropes Course

I found it very enjoyable when it came to the Ropes Course mainly because it was more than just an individual challenge trying to cope with the heights but it also used a lot of team work and team coordination.

I learnt to try and push myself outside of my comfort zone and also place trust in not just the staff but with friends doing the belaying.

I found a lot of people succeeding at the Ropes Course especially during the 'Leap of Faith', a lot of people were trying their best and some made it and some didn't.

I believe it was George Johnson encouraged others the most at the Ropes Course.

I saw Jack Anderson on the 'Leap of Faith' push outside of his comfort zone.

By Liam Quail



Top Right: Duncan Cahill and Jacob Barry relax while William Page and Joseph Doherty belay

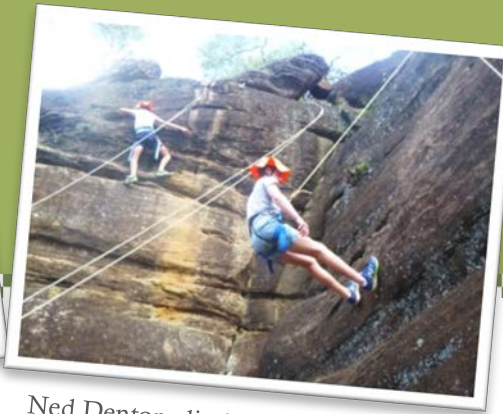
Top Left: Thomas Hannan takes a "Leap of Faith"

Middle Left: Edward Sykes and James Gentile work together on the 'Giants Ladder'

Left: The exact moment when gravity overcame Joseph Doherty and Duncan Cahill



George Scarf climbing



Ned Denton climbing while Matt Neilson is lowered



Jack Anderson and Jacob Barry belaying

Rock Climbing

Extending comfort zones at the cliffs

We had just finished a tough bike ride and it was time to go rock climbing. We made our way up to the cliffs and we were all raring to go. We got our briefing and then we were off as we made our way up the wall.

What I liked most was the range of walls there was to climb and the skill that was required to climb each one. I found it challenging and on some walls it pushed me out of my comfort zone but I pushed myself to get to the top and not give up.

My favorite part was challenging

myself to do my best and then being rewarded with a good view when you made it to the top.

It was great to see everyone trying their best and not giving up and everyone encouraging each other and giving tips to the climbers. It was great to experience rock climbing and learn skills such as belaying.

By Ned Denton



George Scarf and Jacob Barry belaying

Cooking On Fires

Today we worked hard in cooking our own dinner over a fire. Our group consisted of many hard working guys (Liam Quail, Ethan Watt, George Johnson and myself) and everyone in our group got started in collecting fire wood during our free time: fire wood, bracken fern, etc. We all put in effort and gave up our recreation for the good of the team and that is amazing to me.

I think everybody made a keen and helpful contribution when collecting

and breaking the sticks or when making the fire; everybody pulled their own weight. This made things easier not only because we had friends to help each other but also because everybody had put in effort and in the end, producing something that you work hard at is one of the best feelings in the world.

By Kobi Russell



Ned Denton, George Scarf and Benjamin Williams getting dinner on



Jack Anderson and Adam Lunn



Stopping to enjoy the sun



Ned Denton and Matthew Nielson

Canoeing

A big day on the Colo River

My day was hard at first but as my partner and I worked as a team it wasn't that hard but we did take breaks to drink water and talk. It was hard at first but as you get into canoeing and work as a team you start to cruise down the river and that itself is easy.

The thing that made it easier was that I had my partner to help steer the canoe and the sights we saw were amazing, we saw and heard birds chirping and we saw the beauty of an untouched nature. I learnt how to paddle a canoe

and how to bring up topics when we were bored.

The special thing about the day was that I got to talk with my best friend and get along with people I don't talk to and seeing the most beautiful things in the world.

The thing I will remember the most from this experience is the beauty of nature which I don't see often. Nobody surprised me today because I think that we all did well.

By George Johnson



Cliffs on the Colo River



Lunch/Navigation break



Liam Quail riding fire trail



Matthew Nielson on 'Bunny Run'



George Scarf

Mountain Biking

Enjoying Colo's epic fire trails

The mountain biking was a great experience and tested my skills on a bike. I learnt over the trip to the top of the mountain and across the ridge line how to control my speed and change gears to help up the hills.

I surprised myself by being the first student to every stop point. My favorite track was across the ridge line to the view of Colo.

I had to use good judgement most of the way but especially when going downhill I had to use controlled braking to stay in control of the bike.

Jack Anderson also used good judgement when going down the hill, keeping a good distance behind the person in front of him.

Going up the hill was the hardest part but when you got to the top it felt it was all worth it because you achieved something that was very hard.

By Adam Lunn

Mountain biking was a hard but fun activity that pushed many of us to our physical limits. Before going out on the ride up the hill we brushed up on some of our skills at the Skills Park. We also learnt how to ride up and down steep sections of track.

After riding around some of the tracks on the property we rode off and up the hill.

It took us about 30 minutes to get all the way up and most people had to get off the bike and walk. Edward Sykes and I made it all the way up without getting off.

After riding up the hill we rode on the fire trail. We had to use good judgement as the terrain was quite rocky and undulating. This part was the most fun of the ride.

Once we reached the top of the hill and the end of the fire trail we got to see a great view of the Colo Valley which was very rewarding after a hard ride.

By Joshua Clark & Henry Arthur

Mountain biking was a challenge. I can't claim I was one to complete it without hopping off but I can say I had a good time. The ride up the hill was the hard part; 30-degree heat, lack of skill in gears, and a steep hill all played their part in creating a challenge.

The ride down the fire trail was great. Just the feeling of speeding through the wind, maneuvering around rocks and climbing hills is something I will cherish and hopefully recreate. The view at the end was great. We could see across the Colo Valley and just standing at the top, having conquered it is both satisfying and rewarding.

By Kobi Russell



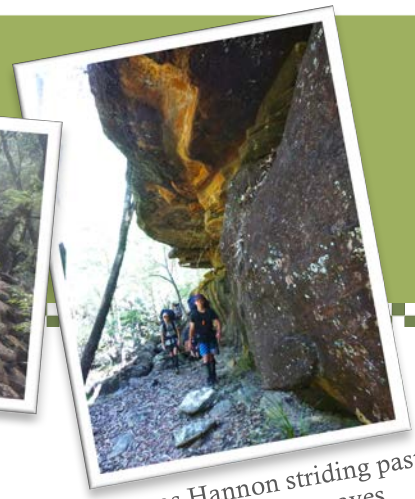
Joseph Doherty surveys the Upper Colo valley



Henry Arthur and William Page cross the Colo River



Jack Anderson and William Page check their maps



Thomas Hannon striding past some impressive caves

Overnight Expedition and Campout

A big journey

The Overnight Expedition and Campout was a challenge but my group and I pushed through and accomplished all of our goals. They were: to beat the other group to the campsite, not to get lost and to work and communicate as a team. We did all of these the best we could and pushed through all the aching in our backs, shoulders and our legs.

It was fun because I got to talk to people I wouldn't usually talk to and make some new friends, go out camping, make a fire, eat some food cooked from the billy and sleep in a tent which was fun.

But it was also hard because during the hike we had to go up through steep hills and rocky cliffs which hurt my legs but it was worth it because the views we got to see were amazing.

I got to see how far I have come and see what I have accomplished over my time at Colo. This has been a very special experience for me because I get to see where my limits are and my weak points.

By George Johnson

The day started with a long walk out to the campsite. We set off at 11:30 on an eight kilometer walk. It was long and tiring considering that it was 30-degree heat but also a good challenge for us.

The walk was teaching all of us how to navigate. There were ten checkpoints and at each checkpoint two people in our group would take turns to lead. Walking up and down the mountain was also a challenge for a lot of us especially going downhill - having to go a certain speed, dodging and going over rocks with our packs on our back with all the things we needed for the night.

After we made it down the hill we were guided to where we were spending the night in our groups of four. Then we all headed over to the Colo River for a swim and admired the beautiful scenery. After our swim we set up camp. As night fell we were in our groups, having a yarn and experiencing the outdoors.

By George Scarf



Kobi Russell



A brief stop for lunch

What the Students of 9 Colo 7 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 Anderson and Matthew Nielson improvise a pole-free tent



Bottom Left: A well-earned view of the Upper Colo Valley

'I made a friend with someone I wasn't really with before.'

'Looking up at the stars and chatting with my mates at the campout. I felt happy, complete, like I was where I belonged.'

'I think learning when to not push people is a bit hard. When someone is being lazy and I ask them to help I need to be sure I am not being as lazy as them.'

'Stop and think before you do something in everyday life.'

'I should think before words or actions come out of my mouth.'

'Our group functioned really well. I feel like the social interactions and working together helped a lot.'

'I loved the mountain biking. Being able to push myself up the hill and enjoy the view at the top.'

'I have overcome my fear of heights.'

'At some stages it was challenging to stay 'above the line' but overall I think I managed.'

'The highlight of the camp was the rock climbing and the mountain biking because it was challenging and fun.'

'The most challenging time for me was the campout because I was working with people I wouldn't normally work with.'

'The most challenging time for me was the 'Leap of Faith' and trusting the belayers.'

'I was nice towards the other students and I helped people by encouraging them.'

'Our group went well on the expedition and we worked as a team to keep on track.'

'The highlight for me was getting in the river after the canoeing.'

'I think I was encouraging towards other students.'

'Thanks for creating an interest in rock climbing, bush walking, camping and hiking for me.'



Mr Candy and the mountain bikers