

# Colo Bulletin

## 9 Colo 1

10<sup>th</sup> March 2018



### High Ropes Course

The Ropes Course was a fun and enjoyable start to our Colo camp. Before we had loads of enjoyment, we learned to belay. Belaying is assisting a climber so that they do not fall. We could all agree that most of the activities required cooperation and teamwork, especially the 'Giant's Ladder'.

This activity required climbing a moving ladder. You had 5 minutes to reach the 5<sup>th</sup> rung of the ladder. Most groups made it. Another fun activity was the 'Gut Wrencher'.

Whilst some were nervous at the start, all boys found it rewarding when they were dangling 20 metres above their peers. Most of us were able to stretch our comfort zone, and learn the importance of teamwork and cooperation with others.

By James Alchin

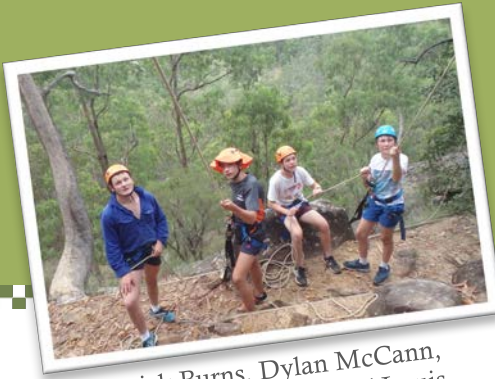
"This week I came to Colo with the challenge of helping everyone and being a leader. I definitely feel like I put others before my needs and helped out."



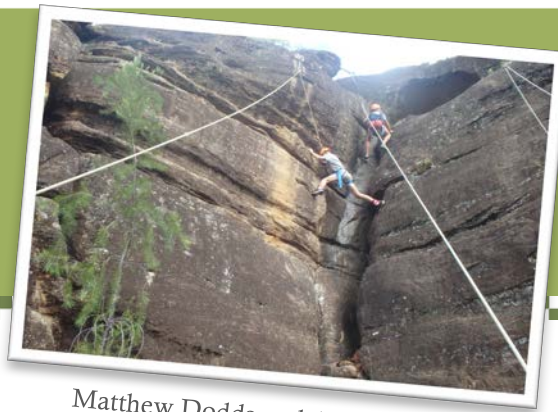
Top Right: Liam Stuart demonstrates the 'Gut Wrencher'

Top Left: Liam Stuart tackling the 'Giants Ladder'

Bottom Left: Louis Walton getting brave on the 'Leap of Faith'



Patrick Burns, Dylan McCann, Thomas McConville and Louis Walton belaying



Matthew Dodds and Angus Gourley climbing



Thomas McConville on 'The Slab'

# Rock Climbing

The rock climbing was a very daunting set of climbs, we were required to remember how to belay from Monday's session on the high ropes.

Mr Candy went through with us some of the basics to climb up the cliffs. Some of these were, to have your centre of gravity as close as possible to the rock face and looking or feeling around the rock face for any hand or foot holds to help you finish the climb.

Mr Candy taught us about the three different safety checks to do before lowering a climber.

These first check was the 'V' rope line where the rope could not be tangled, it had to be in a V looking shape. The second check was that the rope had 'no slack' left available on the rope, the

rope had to be very tight. The third check was the climber had to be in the 'abseiling position', this meant that the climber was able to come down safely. The abseiling position required feet to be flat on the rocks with legs straight.

The boys were all very eager to start the climbs with some nervous faces. The first set of climbs were what we thought were the easiest because of the height, however this was not the case as when some of the boys got up they found it quite difficult and everyone tried their absolute hardest. As a

result, almost all the boys were able to complete the three climbs.

Then came the second lot of climbs, which were very high and daunting. These two massive climbs were achieved by most of the boys and everyone got as far as they could.

The rock climbing really pushed us out of our comfort zones and helped us achieve our individual goals.

By Matthew Dodds and Fin (David) Grimmond

"The highlight of the camp for me was the Rock Climbing. It was a challenge and the positive talk from the boys all around me was great."

# Cooking On Fires

On the first night of Colo it was raining unfortunately so we had to cook inside on Trangia stoves. It was a great group activity as we had to make a group decision on what ingredients to put in and how much of them. We made some brilliant nachos that night.

On Tuesday night, we were lucky to get a break in between the rain to cook the classic 'Colo Burgers' on the fire. I feel that every group really excelled at cooking on the fires and everyone got

some delicious burgers. On the burgers we put rocket, cucumber, the beef paddy, cheese and some sauce. A couple of groups even got to cook some cheese toasties!

Cooking on fires has really helped many boys excel at the three challenges which are; the Maturity Challenge, the Individual Challenge and the Social Challenge. All in all, this has been an amazing experience.

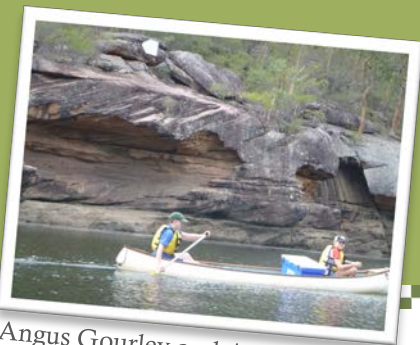
By Nicholas Baksa



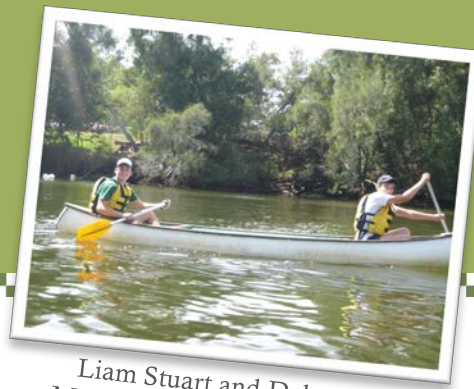
Noah Fogarty and James Alchin eating dinner



Ned Dalton and Patrick Burns on the Colo River



Angus Gourley and Austin Smith paddling past some impressive cliffs



Liam Stuart and Dylan McCann on the Colo River

## Canoeing

We set off in the rain on a bus with 12 boys and two staff with 7 canoes on the back of the trailer. When we got there Mr Bryant taught us the technique of paddling and how to do it. Then we got in pairs for paddling in the canoes. We then practised working together and turning.

We went down to the start of the Colo River where it intersected the Hawksbury River and paddled a

quarter of the 13 kilometre journey to a small nice sandy beach where we got two biscuits for mourning tea. We then paddled to where we stopped for lunch. We had 45 minutes to eat the sandwiches we had made earlier and have a quick swim.

We then went down a 4 kilometre straight to a bend in the river and had a quick afternoon tea. We started the

last leg of our journey which was only about 3.5 kilometres.

We got to the bridge and loaded the canoes back onto the trailer, and went back home. Today we were lucky because we had the tide rising with us and had a nice current and a tail wind the whole time. Everyone seemed to enjoy the 13 kilometre challenge. I know I certainly did.

By Hugo Rogers

## Mountain Biking



Oscar Ortolani in the Action Position



A well-earned rest



Dylan McCann

Our journey started at 9:00 in the morning. The boys and I watched some hype up videos in the dining hall to get a good idea of what to do. We got our bikes up at the top shed and did a good inspection to make sure everything was up to the minimal standard. We then started to do general or basics skills around the property riding some of the familiar tracks such as the 'Bunny Run' and 'Skills Park'.

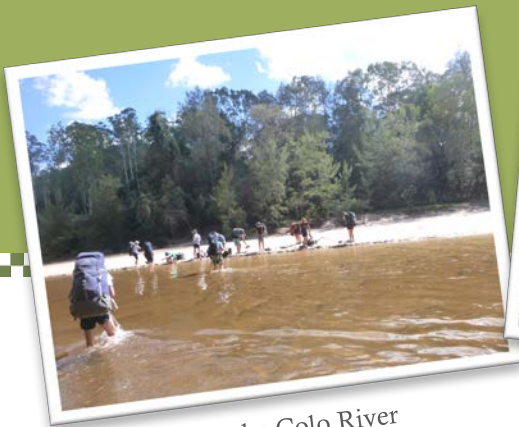
We then started the ascent up the most challenging part of the day which was the mountain. It was great to see every boy that was there giving things a red, hot crack. The encouragement was great on the day. Once we got to the top everyone was relieved to see the flat road.

Once we got to the final track every boy was in relief and excitement to see there was many jumps. As we

started our descent down the mountain we made a little detour to try out another off-road trail.

All the boys said that the best part of the mountain bike riding was the descent as we speed down the mountain in a number of minutes.

By Maximilian Kirkwood



Crossing the Colo River



Pausing for a group photo



The hike was steep at times

## Overnight Expedition and Campout

Our group set out at 11am and went out for the overnight camp. We went on an 8km walk getting to our campsite at 2:45. The hike included two people navigating the group in sections, rotating after each section. With loads of spare time everyone set up their tents and collected wood for our fire. We camped in a gully next to a creek which was low due to the lack of rain this summer. Getting the fire started and

putting on some 2 Minute Noodles for afternoon tea was the next activity we did to bypass some time.

The whole group was lucky enough to not get rained on while we were camping. Cooking dinner for the camp was next with Spaghetti Bolognese on the menu. The night was mostly clear for us to wake up in the morning.

Before we left, we all reflected on our experience at Colo and identified what we learnt, what we enjoyed and how we will use this experience in the future. The overnight walk and camp was a great experience for our group to have showing great potential leaders.

By Angus Gourley

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:

“The most challenging part was mountain biking up the massive hill. I just tried my best and kept pushing myself.”

“Mountain biking was my favourite activity by far because I could go fast, get air and have fun.”

“I didn’t find it a challenge to make above the line choices. All I had to do was think before I acted. I was proud when I took ownership for my mistakes”

“I feel very proud that I climbed all the rock climbs, did all the mountain biking trails, all the high ropes courses and made some good diners.”

“The most challenging part for me was the mountain biking. But I just told myself that I had to take all the opportunities that were handed to me”

“I think my group did extremely well. We had great leadership with support and communication

which was a major factor towards our success.”

“It was definitely a challenge this week to make ‘Above the Line’ choices, but really when it comes down to it, it’s pretty simple.”

“Our group went well and got to camp with plenty of time to spare. We all helped each other and were all positive.”

“I encouraged everyone when it was needed, particularly during the activities.”