

Colo Bulletin

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22nd June 2018



High Ropes Course

On Monday afternoon it was time for the high ropes course. It is one of my favourite activities to do at Colo and one of the most challenging. This time on the course we did different activities, like the Giant Swing, the Leap of Faith and the Milk Crate Stack. We got sorted into 4 groups of 5 people each and started our day off. My group started at the log challenge where two people helped each other up a stack of logs hanging above us. It was harder than it sounds with both of us trying to balance at once.

We proceeded to go on the Giant Swing and then to the Milk Crate Stack and then the Leap of Faith. From the ground the leap of faith doesn't look that hard and scary. But, I am really afraid of heights so as I started to climb up I began to get very anxious. On the top of the pole it is really high up, I saw the bar in front of me and slowly built up enough courage to jump. I caught the bar and a massive flow of relief ran through me, and with my friends down the bottom supporting me all the way. The Leap of Faith challenge really pushed me outside my comfort zone. Looking back on it I was really proud of myself.

By Xander Phillips



Top Right: Liam Keady and Edward Shortis

Top Left: Zack Knight and Harvey Keady

Bottom Left: William Tarlington waiting to jump....



Climbing 'Yellow Streak'



Henry Ledingham and Liam Keady
Belaying during the Rock Climbing



Cameron Merrick and William
Tarlington Belaying during the
Rock Climbing

Rock Climbing

On Tuesday afternoon, we split up into two groups and went rock climbing. It was really challenging, as the weather was not what we had hoped for as there was heavy rainfall and it was cold.

Rock climbing was a great learning experience as we learned how to belay and backup belay. We were also shown different calls for if we were climbing and a rock fell off the rock face, it could really badly injure someone so we would call out 'Below' for the safety of others.

Our safety is as important as the safety of others.

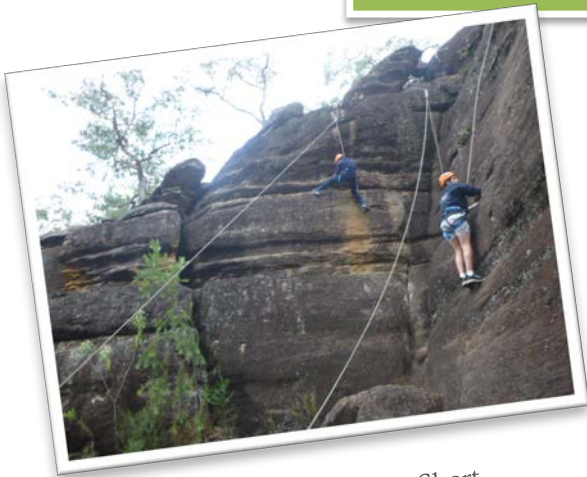
I was really surprised with how I pushed myself so far out of my Comfort Zone as I am terrified of heights, and I still did it. It made it better for me as the belayers cheered me on all the way to the top, so I was really thankful to them.

My favourite climb was 'Sub Tuum' as it was extremely challenging for me. It was

the highest climb and the name of the climb was pretty typical of Joeys as it was called Sub Tuum. Overall I am just happy to be on the ground.

By Harrison Di Girolamo

'I was proud of when a boy was rock climbing and I helped him to make the right decisions to get to the top'



Rock Climbing at the Short
Climbs



Thomas Pogonoski and Damon
Candrick Belaying at the short climbs



Passing a stunning cliff while paddling on the Colo river



Stopping for a break during the Canoe trip



William Tarlinton and Cameron Merrick canoeing together down the Colo River

Canoeing

On Tuesday we rocked up at the river waiting for a good dry day ahead. We unpacked all the gear and learnt a few paddling techniques and mapping techniques.

We then got on the water we paddled downstream for about an hour and a half coming across old boats and massive cliff overhangs. We then turned around and went back to an island to have a feed and light a fire.

We got on the island and rain started bucketing down on us so we all pitched in and quickly got a fire started. Everyone helping made it a lot easier and gave us something to do to stay warm.

We were sitting by the fire cooking sandwiches over it and keeping warm. We then decided to paddle home in the rain. The tide was on our side and made it easier to get

home. We packed the boats on to the trailer and headed home for a warm shower and a hot cup of Milo.

By Zack Knight

Mountain Biking



Edward Shortis gaining some views on the ridgeline trail



William Tarlinton riding in to a fire trail out in the national park



Jack Busch navigating a corner on 'Magic Carpet' trail

Mountain Biking today was very fun. We experienced many challenges, from pushing yourself to go up a steep hill, to speeding down a long hill. My personal favourite course was "O Deere".

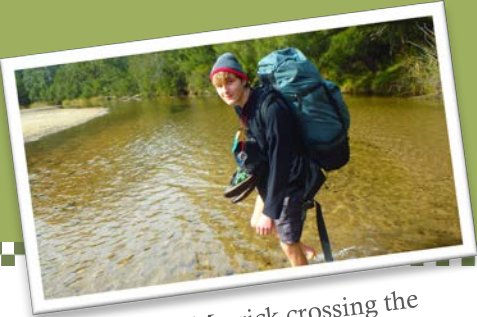
Once we had finished going through the courses around the camp we left Colo on our bikes. We went on a twenty-five-minute uphill challenge,

I tried to make it all the way but I had to stop. The trek was worth it because once we hit our destination there was an amazing view with another great track to ride.

Then the fun part came, riding down the hill whilst picking up a lot of speed, it almost cut the time of the uphill in half.

Mountain Biking has been my favourite activity at Colo so far. After coming back from the hill, we went to the top shed to clean the bikes.

By Harry Bowden



Cameron Merrick crossing the Colo River during the hike



Hiking in the Wollemi National Park



Undertaking some navigation work and deciding where to go

Overnight Expedition and Campout

We set out for camp at 11:00am, it was about a three and a half journey and covered 9km. As a group of 10 we needed to get 10 markers which were scattered all over the area. We all had a map, compass and access to a watch.

Each person got to lead the group twice. Some people got the group lost and some got us there quicker than the estimated time. Xander Phillips and I lead the group twice (marker 4-5) and (marker 9-10).

When we arrived, we got straight to work, pitching tents, collecting fire wood and prepping food for the night ahead. We had two minute noodles, milo and packed pasta for dinner. The night was cold and ended up wet from dew.

I found it hard to sleep and so did the other boys. It was cold and wasn't the most comfortable night but it wasn't too bad. When we woke up everything outside was wet, the grounds, tent and wood. It was hard to start the fire but

we eventually got a flame, it was weak but had just enough heat to cook our bacon for breakfast.

Packing up our equipment was slow, everyone was tired and it was cold, our hands were freezing but we pulled together and packed everything up. Mr Candy got us together to reflect on the night and hike.

By James Makris

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:

'During the campout, the cooperation from everyone was amazing, because when everyone was doing something it was so much easier and more efficient'

'The riding was the most challenging time for me as I haven't ridden much at all. I dealt with it by listening to the instructions carefully'

'I stepped outside of my comfort zone when pushing myself to ride up the hill'

'I am proud that I worked well with everyone (Social Challenge) and that I had a great overnight camp'

'I loved the overnight camp because everyone worked well together and we got there quickly'

'I will try to be the best person that I can be from now on'

'During the canoeing the scenery was beautiful'

'Mountain Bike riding was great, riding all of the trails and having a laugh with mates'

'I didn't get jobs all of this week and I am proud of myself'