

## SHGC Y10 Camp TSB TOPEC 1 (Feb 24<sup>th</sup>- 28<sup>th</sup>)

Activities: Yesterday after a lovely warm welcome to a windy, yet cloudless day, Josh Kirby (lead instructor of TSBTOPEC) and Alan? (long time helper and instructor) went through the kaupapa of TOPEC and the expectations of all parties that come to TSB TOPEC. The first activity of the day was the Mud Run, which only a few had glimpses of being any where near mud as they all swam/washed off, brrrrr, in the freezing river! Lunch, then change or warm showers were welcomed with sighs of satisfaction and achievement. The afternoon was filled with laughter & in some cases astonishment as they got to know their groups & instructors better through ABL activities. 4pm marks the end of the day & our girls use their free time to write their group diary, shower, clean cabins, play on the ropes, chill/relax. In this time the instructors told the girls is where accidents happen most.

TUES Feb 25 <sup>th</sup> : What a fun packed day this is for our SHGC group.
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**AKO** with Josh this morning are heading to Kaiaua, one of the bush walks on the way up to the Visitor Centre on our maunga. On their return after lunch, they were scheduled to do the High Ropes.

**Manaakitanga** with Grover & new instructor Sara did Water Safety & Bugs. On their return Ines, told me they had a great time, but the lack of water got them stuck in their bugs. However, Grover & Sara took them to the rope swings where our girls enjoyed the dips & bombs! After a snack they were off to the climbing wall, then after lunch it was to East End & a surf.

**Wahine Toa** with Zoe also worked with Grover & the Water Safety group but after the snack headed to the Bridge to abseil off. After lunch this group are heading to the maunga for the Bush Bash on the Mangatarata track with another new instructor Justin. Dinner is Spag Bol with Jelly & Ice Cream and our lovely overnight supervisors are Dean of Y13, Amanda Beige Brown & Y11PE icon Russy Graham. Thanks to last nights helpers Neil & Angel of Light-Wendy Mulligan. Dinner was Spicy Chicken on rice with Ice Cream & Choc self-saucing pudding- No leftovers!! Hot choc & baking for supper!