

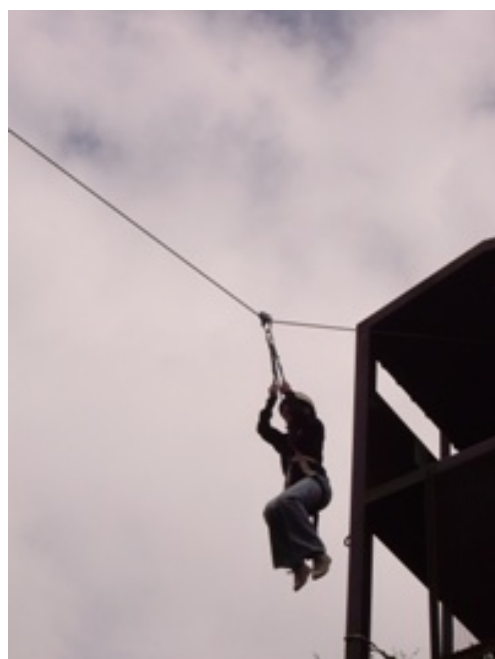
## LGGS SSCO

### YEAR 9 OUTDOOR ADVENTURE DAY YMCA LAKESIDE NATIONAL CENTRE - JUNE 2009

The day began with an early start of being at school for 8.00 to register into our groups. With the weather on our side (although looking a little cloudy) we knew we were in for an exciting day! On arrival we had a pleasant greeting from the leaders, and were showed to the rooms in which to leave our belongings. Once split into our groups, we all headed off to do different activities. Two of the groups started off by doing the low ropes course against each other. At first glance this seemed a fairly easy course- you just go round the ropes without falling off. But we were wrong. This activity was definitely a team work game, on top of the balancing we had to cross the other team who were coming on the same course, but in the opposite direction. There were stations between the ropes were fixed round trees. The clinch with this game was- if one person fell off, the whole team had to go back to where ever their last team member was. Unfortunately for us, Miss Broadfield's team won the race.

Next we moved on to the zip wire, although many of us were nervous, most succeeded in "zipping" across the lake. Although the climbing up the vertical ladder was scary, the worst part was the first swoop down once in the air. The feeling after the course was one of exhilaration and success, and I don't think any one would have said no to a second go! We were given 1.30hrs for each section, so after finishing the zip wire after only 1 hour we were happy to go for an early lunch. After really enjoying our picnic, we went to burn off the chocolate by playing netball. The lunch break was enjoyable, but I think everyone was eager for the next half of the afternoon to start.

Next came the initiative activity; this was again time to use team work. There were four activities to have a go at as a group; the spiders' web, the moon walk, the swamp and



the marble race. Few teams managed to fit all four into the time, but in everything we did, there was success. Andy (one of the leaders) said Miss Gates team were the first team ever to have completed the moon walk, with no time penalties or crates removed, and he has been working there 10 years.

And last, but by no means least, came the rafting. In teams we had to build up rafts using large barrels, wood, and rope. Then race them out, round a buoy, and back into shore. One of the laughs of the day was on the rafts, when Miss Gates fell into the water taking Lucy with her, and Miss Broadfield sliding off the raft to help push her group, with Miss Morris taking photos from the jetty. With Miss Broadfields team being disqualified; the winners were crowned as Mr. Bates group, and from the other race Mrs King's group. After pulling in the rafts and taking them apart, most people ran back into the freezing cold water for a swim. After we had been instructed to get out, there was a mad dash for the warm showers, and toilets to get changed.

Many of us were hoping the coach would break down before we had set off, so we could have longer at YMCA, typically no such luck came our way. The coach journey home was spent discussing the day, and the only improvement that could be thought of was to be able to have had a longer time spent there. The place itself was pleasant to be at because of the enthusiasm of the leaders, and the immaculate grounds. We would highly recommend the trip to any one going, as for all of us we can say it was an unforgettable experience!



**By: A Snalam, R Snalam and L Turnbull**



Over the week of the 15<sup>th</sup> June, Year 9 girls headed to YMCA Lakeside on the shore of Lake Windermere for an action-packed activity and problem solving day. Praying for sunshine and leaving the Ugg boots behind, we headed north.

We were greeted by the activity leaders upon our arrival and split up into groups – and then began the first few challenges of the day. From the dreaded Spider's Web to a mission across the rather questionable 'swamp', our ability to work together as a team was pushed to the limit – because only by co-operating and working together could we hope to do well. Some groups were more successful than others – several set new records at the centre, while others struggled to cope with challenges such as the human see-saw (while one group managed to stay balanced for thirty seconds, another could barely last for five!) The raft building proved more difficult than anticipated. It was our job to build the raft and then attempt to race it across part of the lake, whilst trying desperately not to capsize and end up face down in the water.

A quick lunch break, and we were back to the challenges – hanging from ropes, jumping across planks and clinging to trees. One of the bigger challenges of the day was the zip wire – where girls had to clamber up a thirty foot vertical ladder, and then jump off in order to fly through the air, harnessed into a speeding zip wire. But we swallowed our fears and stepped up to the challenge; and all of us agreed that if given the chance, we'd have done it a hundred times over! But there was no time – the day went so quickly, and we were soon boarding the coach to head for home; wet, muddy, exhausted, but having thoroughly enjoyed our day.

**By: L Lees**

**Compiled by  
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