

Tonight

1. Aspire Program
2. Objectives
3. Film
4. Equipment & Clothing
5. Medical/Consent Forms
6. Questions?



What does a day-by-day outline look like on Aspire? Expectations.

Short Film by Nic Covelli – viewable on website. Really great insight into the program, with students perspectives.

Aims and objectives – what is the purpose of Aspire?

Most importantly – our comprehensive equipment list requirements for this program.

Year 11 Aspire

- Culmination of sequential program
- Demanding course, focusing on leadership, communication, self-reflection and the environment
- High level of adventure & physical challenge: 30 metre waterfall abseil, 48-hour solo, Management Teams



Prepare for Year 12 positions, but general life skills

Establish short, medium and long term goals.

All leadership and running of the days is on the students (mainly the M-Team – management team).

Focus on Leadership and looking at and working with different leadership techniques and styles with support from peers and staff.

Communication – large emphasis on this through briefings, debriefing, giving self- and peer-feedback. Two Comm's talks throughout program (3-5 mins, then up to 15mins)

Reflection through daily quiet times and 48 hour solo.

Sample Program Days 1 to 5

1	2	3
DISCOVERING GOALS SHORT: COURSE	MOST SIGNIFICANT / SCAR	ENVIRONMENT
GEAR ISSUE IN SHED 8am	INTRODUCE COMM TALKS	
Bus @ 9:30am	EXPED. TO SAVANNAH	EXPED. TO NNFLG
EXPED. TO GAUGING STATION		COMMS TALK 1 (3-5mins)
REFLECTION TIME	REFLECTION TIME	REFLECTION TIME
COURSE OUTLINE	WATER PREP	
Personal Interview 1	FOOD FOR GORGE DELIVERED PM	ENTER GORGE (finish by 11)
LEADERSHIP/ COURSE BRIEF		
GOAL SETTING	LEADERSHIP ROLES	ENVIRONMENT SESSIONS
3	3	
GAUGING STATION	SAVANNAH	Nth Nth FRINGE LILLY GORGE
BYO / 1. SBOL hc	SB @ SL / 2. PES CR	SB @ SL MCR hc MB

4	5
FEARS AND BARRIERS	DISCOVERING GOALS: MEDIUM
SAFETY BRIEF	EXP TO DESCENT 630
EXP NTH THEN TO THE SADDLE	DESCENT FINISH BY 10.50
COMMS TALK 1 CONT.(3-5mins)	EXP TO WATER END
REFLECTION TIME	REFLECTION TIME
EXPED. TO CYCAD	ROLLING LUNCH ON ISLAND
RADIO SCHED ABOVE DINGO	
FEARS & BARRIERS	GORGE DAY & ENVIRONMENT
CYCAD Beach	HUGH GORGE (GATES)
SB @ BL TP hc	SB S SL VC hc C

Much quicker turn around on the first morning. Meeting at 8am promptly at the shed, departing by 9.30am. Effective and efficient packing in the morning and pre-trip meeting on Friday before hand assists with this – sizing and issuing of technical gear like wetsuits, pfd's, helmets, lilo's, potentially group gear happens on this day.

1st day – Outdoor Education Staff are leading. Then that night they hand over to the new M-Team (2-3 students). The M-team plans the day for the next day, briefs the group before bed, then runs the day.

Quiet time/reflection time daily

- With a focus established by the daily theme or staff
- Preparation for solo, time frames can start at 30mins and go as long as 1.5-2hrs

Travel back through Fringe Lilly on Day 3 – revisiting sites from Year 9. This time we are crossing past Razorback Ridge (turn right onto Irapinta trail here on year 9).

Day 5 – big day on Hugh Gorge. Early starts to the abseil, lots of briefing the

night before. Compulsory abseil in Term 2 is essential. There is no walk around. The only way is down. Don't put off the abseil practice, get straight in there and get ticked off! That way you may be able to do it more than once to get comfortable.

Sample Program Days 6 to 10

6	7	8
VALUES AND BELIEFS	Personal Reflection	Personal Reflection
	SOLO BEGINS 8am	
EXP TO STH HG TO SOLO Base		
DROP OFF DRY EQUIP @ SOLO BASE	SOLO	SOLO
SOLO BRIEFING	(Western Hugh River near road)	(Western Hugh River near road)
Personal Interview 2		
STAFF COMMS TALK		
GOAL SETTING: MEDIUM		
3	6	
HUGH SOLO BASE - WEST SIDE	GROUP ON SOLO	GROUP ON SOLO
SB @ SL / 3. SOUV VS	SB / 4. SOLO	SOLO

9	10
LOOKING FORWARD	
SOLO ENDS 7:30AM	EXPED TO ROAD VIA
SOLO DEBRIEF	6 MILE GAP
EXP TO 6 MILE GAP H2O DROP	CARRY EMPTY DRUMS OUT
AVOID SOLO SITES ON EXPO	
COLLECT H2O ON TRACK	BUS DEPARTS SCH. 10:30am Pickup 11:30
COMMS TALK 2 (10-15mins)	BBQ AT SHED
	Students Dismissed no earlier than 2:50pm
LOOKING FORWARD	
3	
6 MILE GAP	HOME
SOLO / 5.FC @ BL NAP MM hc	SB / 6.BBQ

Days 7 and 8 out on solo.

If doing the shortened version, you will be departing the program generally morning of Day 7. With the option to continue if you are loving it and want to stay on.

Solo – students are given a solo kit with everything they need for the 2 days. They stay in one area with very clear and explicit briefing instructions before heading out. Focus on these days is to reflect. A number of tasks they are set to complete, including preparation for their 10-15min comm's talk which happens on Day 9.

Most students sleep on the first day of solo, which is perfectly fine that is where they are at. It can be an intense program and this may be the recovery they need. Generally Day 8 students are completing their tasks.

Staff – leaders, including Backup staff and other staff from the college are regularly walking through solo sites checking on students. Filling up water bottles, a quick check in, and responding to any needs they may have.

Final expedition Day 9. Students finish up solo and lead their final long walk to last camp for the program.

Educational Objectives

1. To have students understand more about the **DYNAMICS OF LEADERSHIP**, including leadership styles and techniques, through theoretical study and practical experimentation.

- Leadership = awareness and fulfilment of responsibilities
- M-Teams
- Demanding situations
- Peer feedback



Management teams – 1st day is lead/modelled by the staff and then reflected (various leadership styles – poor ones, and in different situations)

M-Team hand over

Leading in demanding circumstances

Referred to the journal (group journal is the source of all information) or M-team – staff are a voice in the back

Spotting and utilizing strengths, drawing on strengths in situations

2. **COMMUNICATION SKILLS**, particularly when dealing with large groups. For students to learn, through theoretical discussion and practical experience, techniques that facilitate effective communication

- *'Comms.'* Talks
- Daily themes
- Debriefing

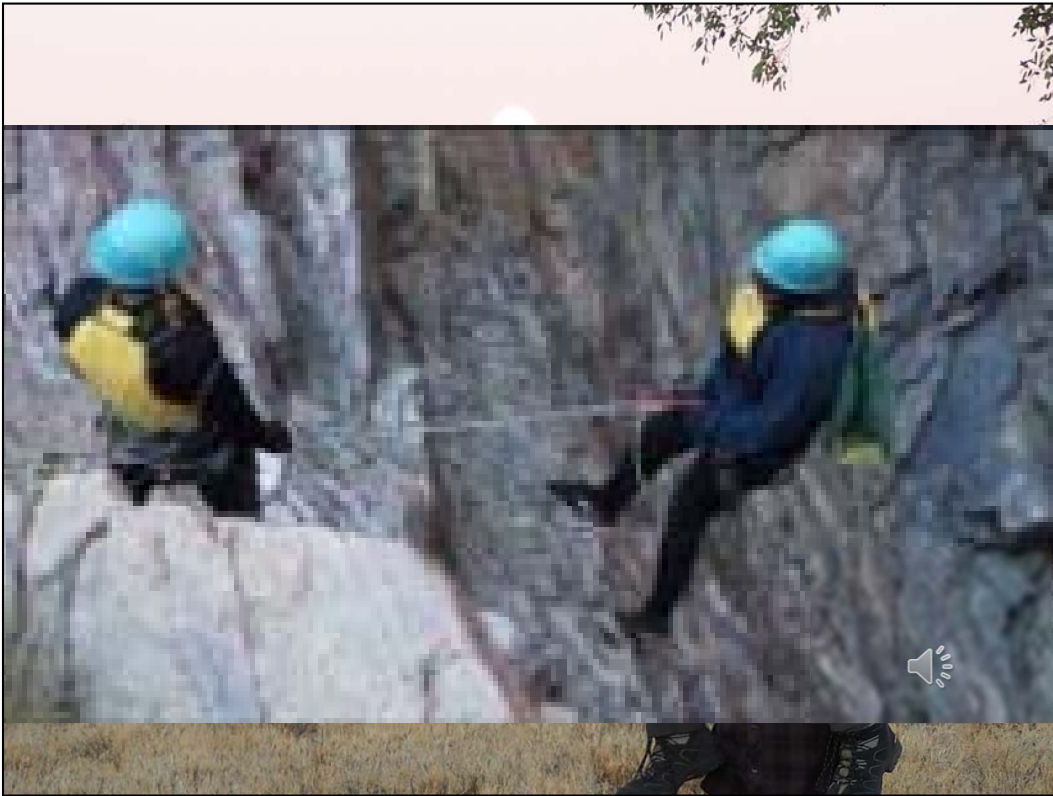


Comm talks

Daily themes

Debriefing of group led by students

Ideally learning how to communicate effectively



Nic Covelli – great footage – has led a number on our programs and has moved on with more of a focus on filming and very good at this
Beautiful environment

<https://youtu.be/7Z0qz2DaUcl>

3. SELF-REFLECTION

- **TIME** to assess who they are as a person, and where they are going in the near future.
- **INTROSPECTIVE** thought will be free from pressures. Will include setting goals for the future and 'on track' for life's journey

- Quiet time
- Personal journals
- Group journals
- 48-hour solo



Introspective: free from parents, teachers, friends, peers

Clothing & Equipment

- Equipment list is comprehensive
- Woollen jumpers or quality fleece jumpers essential. They insulate when they are wet
- Wetsuits and specialist equipment are provided




Crucial to engage with this and make sure you have all the equipment.
All technical gear provided.











Absolutely NO COTTON for water days. Please ensure you have wool or propylene thermals and woolen or fleece jumpers.

Clothing & Equipment cont'd.

- ⦿ Packed lunch for first day
- ⦿ Special dietary requirements on Operoo System

LONE DINGO STUDENT PRICELIST
St. Phillips Outdoor Program
2025

LONEDINGO 
LEAVE THE PACK

<p>THERMALS Sherpa Polypropylene \$25/ Wool \$93</p> 	<p>WALKING BOOTS \$179 One Planet Cobbler, OR 15 % off any other style</p> 
<p>FLEECE JACKET \$68 Sherpa Premium Fleece Top</p> 	<p>PASSAGE DINNERWARE SET \$33 Sea to Summit</p> 
<p>MERINO LITE HIKER SOCKS \$21 Sherpa</p> 	<p>HEAD TORCH \$42 Black Diamond Astro</p> 
<p>BEANIES \$12 Sherpa Tenzig or Chokpa</p> 	<p>WATER BOTTLE \$25 Nalgene Sustain 1000ml</p> 
<p>GLOVES \$21 Sherpa Fleece Glove</p> 	<p>SAFETY WHISTLE \$10 Coghlans</p> 

Pricelist will be included in the Information Letter with the equipment list.
Lone Dingo are great.

No extra food – just what you need for the first day. Anything else will be confiscated and take up unnecessary space in your backpacks.

Operoo – ensure student profile and form is filled out completely and actioned – earlier the better.

Student responsibilities

- Willingness to learn and to contribute to the success of their group
- Try new things
- Respect for SELF, OTHERS and ENVIRONMENT
- Be prepared
- Responsible for their own safety
- Following College rules
- Have fun!



Girls on camp

- There is a female adult with each group
- Briefing session with Instructor at pre-departure
- Encourage girls to talk to those that have attended
- The 'Rocket'



Periods on Camp letter provided on website to alleviate any anxieties.
This is not a barrier to participation.

Medical Information

- ▶ Updated via Operoo
Completed by 24 March
- ▶ Please ensure that you complete all medical information as accurately as possible.



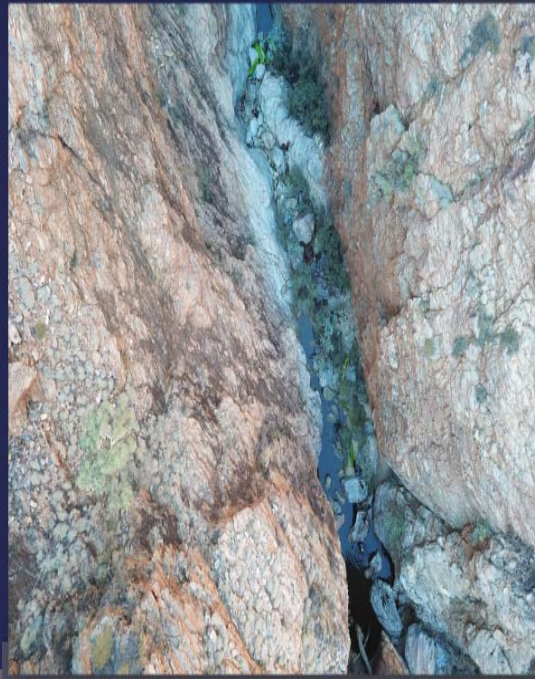
If required: inform us of departure date **URGENTLY**

Ideally you can leave on any day! But due to the public holiday this may not be the case. If you can leave on the public holiday, letting us know is very helpful.

You need to be aware you may not get the departure day you wish. This is due to lots of considerations we need to make with groupings – gender balancing, number balancing, friendship groups and dynamics, Head of House and Deputy Principal feedback

Abseil Practice

- Each student needs to have an abseil practice session – compulsory
- Long Break on set days in Term 2 (**12-14 May, Week 4**)
- Pre-departure meeting, 1pm-2:55pm **Friday 6 June, Week 7**



Abseil practice – ease the nerves and practice as much as you like
Compulsory practice so don't delay!

SACE Stage 1 Outdoor Education



As a bonus Year 11 Aspire Course can help you to pass Year 11!



Just by coming you are involved and enrolled in Stage 1 Outdoor Education



If you complete your 1000-word report at the end you can get a awesome score.



To Pass; Turn up with your gear, practice abseil, real abseil, get involved and report submit report.



Three assessment pieces, immersed within the program focus – Leadership, Communication, and Self-Reflection

1. Gorge Day – Abseiling reflection on planning and participating (completed out there)
2. Bushwalking – Plan and apply skills for safe and sustainable bushwalking. (completed out there)
3. Environmental Study – completed after the program and for 10-credits. (due in term time after program)

Departure dates



- All students pre-course meeting Friday, 6 June 1pm
- **Day 1 Departure** – Monday, 9 June to Wednesday, 18 June
- **Day 2 Departure** – Tuesday, 10 June to Thursday, 19 June
- **Day 3 Departure** – Wednesday, 11 June to Friday, 20 June
- PLEASE ADVISE IMMEDIATELY IF YOU NEED TO BE PLACED ON A CERTAIN DEPARTURE DATE

Question Time?

