

Challenge Adventure Group



CAG Information Evening 2014 - 2015

Dear All

At the start of this term we held an information evening for all members and parents about our activities from this point forward concerning evening meetings, trips, parent assistance, D of E etc – i.e everything you need to know.

As there were a significant number of parents that weren't in attendance I have produced a cut down version of the information provided. Please read the information on the following pages and I will be happy to answer any questions you may have following this.

Contents:

PROGRAM THIS TERM	1
PARENTAL ASSISTANCE	2
TRIPS THIS TERM	2
HOW TO FUND ALL YOUR CAG TRIPS, D OF E AND EVENTS	3
D OF E 2015 - 2016	4
KEY DATES AND EQUIPMENT INFO	5

Program this term

The program has been sent to you a few weeks ago and contains all the information you need to know about what is happening each week. Please make sure to read it before each week and make sure that members know what is going on beforehand. If there any changes to the program we will notify you beforehand.

Please note: CAG uniform is required for ALL meetings unless notified otherwise. Any member that doesn't have CAG uniform (at least their polo shirt) will be required to return home to get it. If wearing a non CAG sweater, they won't be able to wear it – everyone has a CAG fleece for this.

All activities this term are team based and will count towards the end of term prize for the winning team: going Karting or Paintballing on CAG! Highlights for this term:

- Physical Team Challenges
- Night Nav – planned by Yr 11
- Pole Engineering
- Go Karting at Teamworks Karting

- Swimming Pool challenge
- Ten Pin Bowling

Parental Assistance

We are struggling with leader numbers to run all the activities for the number of members that we have so we will need parents to assist for some events this term and in the future. We will require each set of parents to help at one point during the year so please will you consider how you can help and feel free to volunteer to assist if anything catches your eye. You will be notified in advance of when we will need your help – shown in the program that goes out at the start of the term and arranged for us by a volunteer parent who is acting as liaison to enable the program to happen.

Trips This Term

The trips we run are really a great adventure. Anyone who goes on them will enjoy them and there is only one qualification for anyone who wants to take part: do you want to go away for a weekend and have a blast? Being able to afford to take part should not be a consideration, just whether you want to go or not – details below.

The next trip coming up is our **Outdoor Adventures Weekend in Castleton**, Peak District pm November 7th – 9th. This is always the best trip of the year for anyone who takes part. We get outside and do Weasling, Climbing, Abseiling & traversing on the first day and then finish the day off at the fireworks at Edale. The following day is an awesome day out on the hills in the Derwent Reservoir area, which is spectacular.

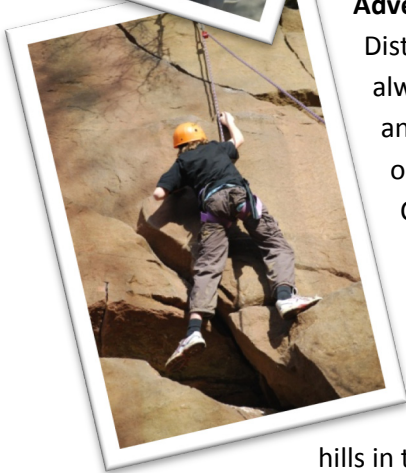
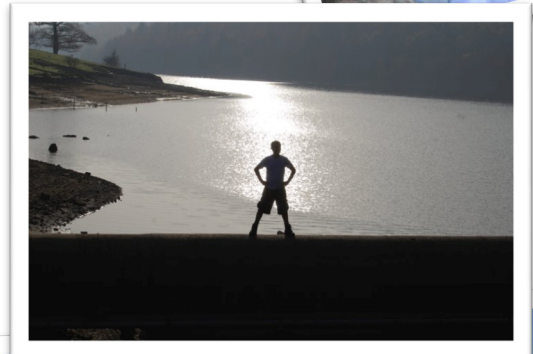
Details on this trip will be out in the next day or so and we really encourage all members to come along – but places are strictly limited so don't think about it too long!

Ski Trip 2016

In February 2014 20 CAG members and leaders went to Sansicario in Italy for a fantastic week of skiing.

Many of the trip members have been more than once before and many had also been on the traditional Arden Year 10 ski trip. **Their verdict on the best trip? They all said CAG of course!**

All the members and leaders paid for a large part of the trip cost by taking part in fundraising for the trip in the months leading up to it. There were various events: car washing, fun runs, jumble sales and bag packing.



We are running the trip again in the February Half Term 2016 and will release the information pack and application forms shortly.

This is the best ski trip anyone who has ever been on it has taken. Every member is welcome to take part regardless of ability. **If you have never skied before**, this is the perfect opportunity to learn to ski on the best ski trip you could take part in – that's why we go, you can't learn to ski in Birmingham! If you have skied before, we have access to 400km of pistes in the Milky Way resorts of Sestriere, Sauze D'Oux, Sansicario and Montgenevre. There is something for everyone.

The information pack will be out shortly so look out for it. If you want to come but you think you won't be able to afford it, read on!



How to fund all your CAG trips, D of E and Events

For the 2014 Ski Trip, CAG started a member sponsorship and fund raising system where all members of the trip paid for a large proportion of their ski trip by taking part in fund raising events such as car washing, jumble sales, bag packing, fun runs and more.

This program extended to all other trips that any other member took part in as well including D of E expeditions. The general principles are as follows:

- 1) A member takes part in a fund raising event to raise funds for CAG.
- 2) His share of the funds raised are allocated to a "member sponsorship account" held by CAG on his behalf.
- 3) The allocated funds can be used to pay for any CAG event or activity but NOT membership fees.
- 4) If the user leaves CAG before the funds are exhausted the allocation reverts to CAG general funds.

Some members have taken full advantage of this and not paid for any event or activity for at least a year or more.

The program of fund raising will start on October 11th 2014 with a regular Saturday morning car wash at Arden Academy. The program currently includes bag packing as well, dates to be announced.

In order to run the program we need your help, as follows:

- 1) We have a regular Saturday morning space to wash cars at Arden Academy which needs at least one adult to supervise this activity. We don't have enough adults involved to supervise every Saturday morning activity and required more adults to assist with this in order to make the most of this opportunity.
- 2) We need more suggestions of fun activities to run that members and parents can be involved in – and we need people to run them.

If you have any suggestions or can offer some time please contact us.

D of E 2015 - 2016

For general information about the D of E program that CAG runs please visit

<http://www.dofe.org/en/content/cms/doing-your-dofe/>.

The presentation went into some detail about the requirements to take part and **BE SUCCESSFUL** in the D of E program run by CAG. There are far too many details to cover here, but the major items are:

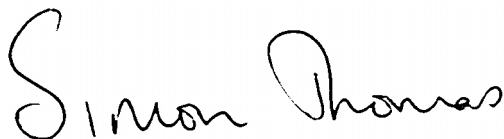
- Get your activity details uploaded to e D of E so we can see what you **PROPOSE** to do for your activities.
- When we can see what your proposed activity is we can approve or query the activity. If we approve it, **GET STARTED AS SOON AS POSSIBLE**.
- If we don't approve what you do before you start, you risk doing an activity that won't count towards your award.
- D of E is all about finding new activities to take part in and **ENJOY!!** If you don't enjoy what you do then **STOP and do something else!!**
- We are looking for success! All current Bronze participants must get all of their activities completed by May 2015 regardless of whether they would like to progress to the next award level.
- New participants must think about whether they would like to take part or not – they don't have to but it will require some commitment to getting started, finished and **ENJOYING** new activities or continuing those that they are already doing.
- New participants will be invited to register for D of E with CAG at the start of January 2015. We currently have spaces for this new group so please invite boys you know to take part with you.

The dates for the D of E expeditions in 2015 are on the next page. Please note: the March initial training exercise is not compulsory but is a significant part of the training program and we expect all members to take part. The July expeditions are **REQUIREMENTS** in order to take part and pass the expedition section – participants must take part in these weekends. **If you can't make those dates you need to let us know as soon as possible.** We don't have any other dates in the diary and these dates won't move, but there may be a small possibility of getting the expedition done with another group.

The suggested equipment for new members is listed on the next page as well. These are recommended items for taking part in the D of E expeditions.

That's it, if you have any questions please let us know!!

Kind Regards



Simon Thomas
Challenge Adventure Group

Challenge Adventure Group



Key Dates and Equipment Info

Personal Equipment:

Karrimor Tryfan 65 Rucksack

- £64.99 – HALF PRICE but won't last forever!
- <http://store.karrimor.com>
- Search for prod code: 793060



Karrimor Mat

- £9.99
- <http://store.karrimor.com>
- <http://www.sportsdirect.com>
- Search for prod code: 782136



Khyam Ultralight 1000 Sleeping Bag

- Comfort: -5C to +5C
- 1.4Kg
- £39.99
- <http://www.khyam.co.uk>



Vango Nitestar 350 Sleeping Bag

- Comfort: -2C to +18C
- 2.2kg
- £47.50
- <http://www.khyam.co.uk>



Trek Mates 2 Litre Hydration Pouch

- £11.99 with Discount Card
- Go Outdoors



Hi-Tec Ottawa WP Waterproof Walking Boots

- Discount Card Price: £39.97
- "Regular" Price: £90.00
- [Go Outdoors.co.uk](http://GoOutdoors.co.uk)



D Of E

- Main website for more info: <http://www.dofe.org>
- Progress site: <http://www.edofe.org>

CAG Dates

March 7th - 8th: Initial Training Exercise, Warwickshire, Bronze and Silver participants

July 3rd - 5th: Bronze & Silver Practice Weekend

July 17th - 18th: Bronze Assessment weekend

July 17th - 19th: Silver Assessment Weekend