

The Squad Day training at Lady Northcote recreation camp was off to a great start with ominous looking rain clouds holding off and the weather staying fine.

Mick gave an opening address reminding us of the importance of the preparation required for horses and riders for the Nationals in 2012. We were then handed over to the camp organisers and the fun began.

The squad members were divided into 5 groups and the activities commenced. On offer was Raft Building, Mountain Bike Riding, Rope Climbing and last but not least The Leap of Faith.

Our group started with Raft Building and we soon discovered we were about to get very, very wet. Our group was split into two with the girls pitted against the boys.

Our team got off to a great start with the girls spending much of the time strategising and planning our raft's construction. Brad Cooper and his team jumped straight in and built their raft including a quick dip by Brad as a barrel escaped into the dam. Once the rafts were built the race was on. First raft round the island won. In true polocrosse competitive spirit both teams were off to a great start until just round the island the rafts collided. After much interference, splashing and straight crash and bash, Brad's team came off victorious just.

After a good old soaking we moved onto the second activity mountain bike riding. The junior members of our group leading the way as we rode our way round a bush track, followed by time trials. A few team members hugged some trees along the way (due of course to faulty brakes and gears) but other than a few scrapes and cuts we emerged unscathed.

After a well deserved lunch we moved onto the Ropes Course and Leap of Faith. After one look at the height of the ropes course, some of us volunteered to be the masters of the supporting ropes. The younger members of the team jumped up and climbed all levels of ropes with great effort. After the wind picked up nicely those who were brave enough completed the Leap of Faith which entailed climbing a very tall telephone poll, standing up using support ropes while balancing and leaping to catch a trapeze bar before being lowered by the team.

That concluded the activities for the day and an enthusiastic and somewhat weary team headed home.

On behalf of all those that attended a big thank you goes out to Victorian Polocrosse for putting on the event and to everyone that helped make it happen. We need to continue to support the efforts for national preparation and team building as our state can only benefit going forward.