

# Residential

## Kettering Team 25 News



The second week of the prince's trust course involved the whole team spending a week in the Derbyshire Dales in order to build on and improve skills such as communication, problem solving and confidence both individually and as a team. The overall aim is to bond the team members as a unit for the rest of the twelve week program so that they are aware of their strengths and weaknesses, every member's role within the team and individual skills that can help them work more efficiently.



The first activity on Monday night of the residential was a night walk over Mam-Tor in the Dales. Team 25 got off to a flying start by being aware of flagging members and showing patience and being encouraging enough to help them through.



On Tuesday of the residential the team faced real fears and concerns during the caving activity. Many people experience claustrophobia and chose not to explore the particularly small caves but everyone managed to climb into the main cave with help, encouragement and understanding of the rest of the team. Also, after a nights stay, they were able to smooth over any mistakes made on the previous night and ensure more efficient planning for the week ahead.

Both the abseiling and rock climbing activities on the Wednesday was where the real hesitation occurred from the team members who were wary of heights and had not experienced anything of this nature before. The abseiling was the activity that required individuals to face fears and overcome personal barriers. Remarkably, everyone had at least one go successfully at this and improved their confidence greatly having achieved something so scary. The rock climbing was an excellent activity to improve trust between the team who had to rely on each other to belay the climbers and to secure the knots attached to the harnesses.



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Thursday swathe teams ultimate challenge, to construct and use a Tyrolean traverse with as little supervision as safely possible. The traverse was built over a thirty foot drop and took the team just under two hours to put together. Later in the day, the last activity, called weaselling which is moving forward following a path set by the instructors through small gaps and over boulders, showed the entire weeks improvement in individual's strengths and weaknesses and team confidence.



If anyone is interested in the Team programme feel free to attend Tresham College's open evening at Windmill Avenue 04/02/10  
17:30 till 19:30



**Tresham**  
College of Further & Higher Education

Prince's Trust Delivery Partner for Northamptonshire