

# PEAK PERFORMANCE SOLUTIONS

INSIDE OUTDOOR EDUCATION



## DoE Calendar

### OPEN COURSES

02 July to 03 July  
Gold Training  
Auckland

02 July to 03 July  
Silver Training  
Auckland

03 July to 05 July  
Gold Practise Journey  
Auckland

03 July to 05 July  
Silver Practise Journey  
Auckland

07 July to 10 July  
Gold Expedition  
Hunua Ranges, Auckland

12 Jul to 14 Jul  
Silver Expedition  
Waitakere Ranges,  
Auckland

**TO BOOK VISIT**

[www.ppsnz.co.nz](http://www.ppsnz.co.nz)

## July Newsletter

### Gold Award Ceremony

On Saturday the 21st of April, Lisa and Mark were the invited guests of Emma Cavanagh from Pinehurst School to the Duke of Edinburgh's Hillary Award Gold Presentation Ceremony held at Government House in Auckland. The ceremony celebrated the hard work and devotion that the students have put into completing the Duke of Edinburgh Gold Award.



From left to right: Emma Beardsell, Lisa Weaver, Emma Cavanagh, Mark Noack, and Jacquie Rea

It was a very beautiful ceremony and it was awesome to see many of the Epsom Girls Grammar School girls gain their Awards as well. Lisa and Mark are extremely proud of all the students achievements and would especially like to take the time to wish Emma the best for her future.

### Frequently Asked Questions

**Q. Do the Practice Journeys have to be the same length as Expeditions?**

**A.** No. The focus of the Practice Journeys is not about distance, but to explore and critique what you have learnt from training camps in readiness for your Expedition.

**Q. Why do I need a pack on training camps?**

**A.** Packs are used on training camps to give the students an idea of how a pack feels while tramping, correct pack fitting techniques & packing of packs.

**Q. As a direct entrant, what are my requirements for training?**

**A.** You need to undergo the training camps for the levels you have missed, so if you are a Gold direct entrant you need to undertake Bronze & Silver training camps as well as the Gold.

**Q. Can I share equipment?**

**A.** Yes as this helps to reduce your pack weight as well as having to manage and distribute equipment between group members.