

Team and Leadership Center Facility and Activity Descriptions

MCPDI exist to assist our local, national, and international communities in developing leadership, management, skills through academic excellence and experiential opportunities custom designed to fit the needs of our clients.

Activities utilized in the Team and Leadership Center are designed to be used to create an atmosphere in which it is safe to be yourself and to get to know others.

The goal is to transfer knowledge, insight, and creativity from the adventure, back into the work place. Activities allow us to engage groups in activities focused on resource management, effective feedback, exploring diversity, conflict resolution, problem solving skills, play/fun, achieving group consensus, environmental studies, coordination, confidence, decision making, timing, team spirit, trust, communication, spirituality, balance, cooperation, motivation, group focus, visualization, creativity, teamwork, peer respect, etc...

Challenge Tower

60 ft tall, 2 levels, 5 sides

These elements involve individual and partner challenge.

1. “Low Angle Climbing Wall”

This has two climbs, allowing one or two participants at a time. It is accessible to participants with limited lower body mobility and includes an optional counter weight system to assist participants with limited strength and mobility.

2. “Staple Climb”

One participant at a time ascends to the top of the 60 foot tower.

3. “Vertical Climbing Wall”

One or two participants can climb at a time. There are two climbing routes with varying difficulties. This activity promotes trust, communication, following directions, problem solving, and risk taking.

4. “Vertical Play Pen”

This includes three elements: “Giants Ladder”, “Dangle Duo”, and “Helicopter Ladder.” A partner exercise is an option here, promoting interdependence, trust, communication, problem solving, and risk taking.

5. “Giant Swing”

This element is utilized by one participant at a time. The participant asks the rest of the group to pull him or her up to the desired height (participants’ desired height,) then asks the group to stop. The one in the swing then releases the haul loop and freely swings. This element is

designed to address: fear, trust in equipment and people, and receiving help from others.

6. “Rappelling Tower”

Two participants at a time can rappel down the tower. Half of the tower has a wall for the participants’ feet and half is a “free” rappel. Outcomes include trust, risk taking, respect, confidence, fun, and focus.

7. “Cargo Net Climb or Net Tube Climb”

This element gives multiple participants access to the 1st level of the climbing tower and the swinging platforms. It provides a unique place to brainstorm, promoting creativity.

8. “Swinging Platforms”

This is a two-person event in which participants negotiate a series of swinging platforms that vary in distance and height from one another. Each team is encouraged to creatively assist each other to make a round trip out to the end of the element and back. The element is designed to address: cooperation, fear, problem solving and critical thinking, giving and receiving feedback, self-confidence, challenge, and interdependence.

9. “Pamper Pole” or “Leap of Faith”

15 Ft. Telephone Pole that a participant climbs, then stands on (10” diameter) then jumps off to grab a trapeze.

High Teams Courses

60 feet tall with 2 levels, allowing for 8 group initiatives, with a zip line exit. The course allows up to 32 participants to be active in the course at a time.

“High Teams Course”

This has two levels. Both are accessed by climbing large cargo nets up to the beginning of the course. The lower level is 20 to 25 feet from the ground. The upper level reaches a participant height of approximately 50 feet from the ground. Participants are protected from a fall by being harnessed to a set of “crab claws” (ropes attached to overhead safety cables.) Each level consists of four problems. Each problem is designed for a group of two to eight people. They are challenged to reach the end of that element using group problem solving skills. The course ends with 400 ft zip line across a large field.

Group Initiatives

These are comprised of 12 different problems for groups of 6-12 participants. Problems are either on the ground or within 18 inches of the ground.

Danger from a fall is very limited. Low fixed initiatives foster communication, creative problem solving, giving and receiving feedback, listening and communication skills, risk taking, learning from failure and success.

These activities are especially good for the natural debriefing of team dynamics in ***a less intimidating environment***. Benefits include, but are not limited to: resource management, effective feedback, exploring diversity, conflict resolution, problem solving skills, play/fun, achieving group consensus, coordination, confidence, decision making, timing, team spirit, trust, communication, balance, cooperation, motivation, group focus, visualization, creativity, teamwork, and peer respect.

Activities include but are not limited to:

1. Whale Watch (Accessible)
2. Giants' Finger (universal)
3. Nitro Crossing / Proudys' Landing (adaptable)
4. Hanging Teeter Totter
5. Three Peeks
6. Energy circle
7. TP Shuffle
8. Under / Over
9. Log Jam
10. Wild Woozy
11. 12 ft Wall
12. Centipede (two in different locations, one is adaptable or universal)
13. Nitro Slide
14. Mohawk walk

Portable Team Building

We also offer activities that can serve large or small groups; both indoors or outdoors. There are literally hundreds of possibilities. Activities are chosen based on group goals, physical capability, and comfort level of the participants. Activities can be used to introduce a topic for a meeting, or prep a taskforce for upcoming changes. We offer 30 minute to multi-day programs.

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