



PILGRIM PINES

CAMP AND CONFERENCE CENTER

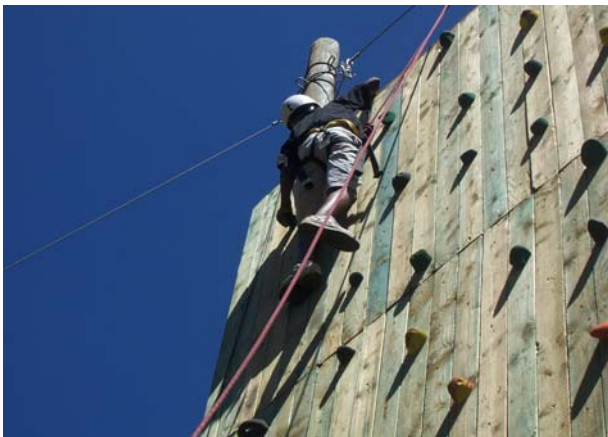


Programming Package

Teambuilding Initiatives



'Challenge By Choice'



Five Element High Ropes Challenge Course

labyrinth

Seven Element Low Ropes Challenge Course



40 FOOT, THREE FACE CLIMBING WALL AND ZIP LINE

hiking

CERTIFIED FACILITATORS

to ensure safety and who motivate groups to explore issues such as **team dynamics, communication, goal setting, trust and commitment.**

Pilgrim Pines Camp and Conference Center

39570 Glen Rd.

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Phone: (909) 797-1821 or 1-800-616-6612

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Pre - Course Questionnaire

Pilgrim Pines Camp and Conference Center Team Challenge Course

This form must be filled out by the Group Leader and returned at least 2-weeks prior to your scheduled course date in order to receive the maximum benefit. To better serve your group, please be as specific as possible when answering the questions.

Name of Group Leader: _____

Organization: _____

Day Phone: _____ Cell phone: _____

E-mail: _____

Total participating: _____ (# of returning): _____

Describe any pertinent identities of your group (i.e. all retired executives, youth groups, etc.)

Learning Outcomes:

Describe the most important learning outcomes for your group during their experience with us (i.e. 'The most important thing we should learn is teamwork'):

Describe the biggest issue your group faces together (i.e. 'Our biggest hurdle is that we always argue'):

Is there anything else we should know about your group to prepare for your experience with us (i.e. 'We're all brand new to the company' or 'We have a new coach for the team')?

Team Challenge Programming at Pilgrim Pines

Why A 'Team Challenge Course'



Interpersonal growth is enhanced as groups understand the importance of following through with commitments made on the course, in school, the office and in life. Participants listen to each other's opinions to develop a plan of action which requires teamwork, communication, and an understanding of individual strengths and weaknesses as a part of the team. Group decision making, conflict management, trust and leadership development are all components of engaging and effective activities.

'You learn more about a person in one hour of play than in a year of conversation.'

- Plato

Team Challenge Courses help groups work in a more cohesive manner, strengthening team spirit and cooperation. Elements enhance communication among group members in order to deepen trust in self and with others, developing an atmosphere of mutual support. Pilgrim Pines Camp and Conference Center provides the perfect setting for developing high performance teams of individuals.

'Challenge By Choice'

Pilgrim Pines Camp and Conference Center takes pride in our 'challenge by choice' approach to our teambuilding initiatives, ropes courses and climbing wall. 'Challenge by

Choice' enables each participant to understand that they can measure their own success by his or her own standards and goals. There are no failures on the ropes course, activities like belaying spotting and offering support to your team members are vital to the groups overall success.



The Team Challenge Program developed at Pilgrim Pines is specifically designed to help group, teams, corporate offices, students and a wide variety of others explore issues such as team dynamics, communication, goal setting, trust and commitment. Group initiatives, challenge course elements and experienced facilitator feedback provide our guests with a customized experience they'll never forget!

Leadership Training and Development

Team Building Initiatives (A prerequisite for the Low Ropes Challenge Course)

Certified and thoroughly trained facilitators will lead groups of no more than 12 participants each, 8 years old and up, in movement and fun activities, get acquainted games and group skills initiatives. Through hands-on experience your group will learn on-the-spot decision-making, effective group dynamics, innovative thinking, teambuilding, and leadership, including problem-solving, communication, critical thinking skills and team work. A 'trust fall', whereby an individual makes the choice to let his or her teammates catch them as they fall backwards in a safe and supervised environment.

Benefits

Groups develop communication and group interaction skills by engaging in physical and mental challenges, which require trust within one's team. Activities draw on collective knowledge and cooperation of the entire team for success. After completing each activity and attempting to solve each challenge, our facilitators motivate groups to reflect upon their experience, explore how they functioned as a team and ways in which to become more effective.

Note: The development of strong teambuilding, which these initiatives produce in a group, is an essential prerequisite for the Low Ropes Challenge Course elements.

Low Ropes Challenge Course

Our very unique low ropes elements are never more than three feet off the ground, with most making use of the beauty of the mountainside. The low ropes course, intended for those 8 years old and up, with parental consent (for those under 18 years old), **focuses on the team.** Low rope elements are performed close to the ground, and gradually increase in difficulty. Team development and leadership concepts are taught through a series of action-based learning activities. Individuals will push themselves beyond their comfort zones in a safe and supervised environment, being able to find new confidence and realizing new potential. Elements draw on the participation and cooperation of the entire team for success.

Benefits

An individual's small investment will yield a huge return in terms of significantly improved teamwork and leadership. Teams will learn from their successes: building trust, confidence and communication skills as obstacles are overcome. The Low Ropes Challenge Course is intended to create an open discussion where both participants and instructors share in a non-threatening environment.

Elements Include:

Acid River
Mohawk Walk

Nitro's Crossing
Wild n' Woozy

Spiders Web
The Wall

Whale Watch
Trust Falls



Leadership Training and Development Contd.

High Ropes Challenge Course

Our 40 foot high, five element, High Ropes Challenge Course may look like an obstacle course, complete with cables, ropes, logs and telephone poles, but unlike an obstacle course it's elements are not intended for physical conditioning or competing with others. The High Ropes Challenge Course is intended for those 13 years old and up (with parental consent (for those under 18 years old), and focuses on the individuals within a group in the context of a common experience to be overcome by all. Participants are able to be up 40 feet in the air, protected by harnesses, helmets and ropes and secured on belay by one of our certified facilitators. A high ropes course element such as the Postman's Walk or Pirates Crossing provides an individual challenge where a person must overcome fear, doubt, self-consciousness, and preconceived notions of failure, which can block personal and group development. The individual challenge still maintains the cohesiveness of the team as individuals learn to trust and depend on their teammates for support.



Benefits

High ropes elements develop trust, concentration, commitment, a sense of accomplishment and confidence. The self-esteem gained cannot be taught, it must be experienced, as individuals learn they can overcome future obstacles in their lives with persistence and hard work. The high ropes course is intended to create an open discussion where both participants and instructors share in a non-threatening environment.

Elements Include:

Postman's Walk
Line Traverse

Pirate's Crossing
Leap of Faith

Multi-
Tarzan

Climbing Wall and Zip Line

Our 40 foot, three face climbing wall complete with an incline, decline and vertical playpen faces along with a rewarding zip line experience at the end, helps to strengthen those 12 years old and up, not only physically and mentally but socially as well. Climbers must interact with those team members and certified belayers who are encouraging them from the ground, in order to properly and safely brave the ascent.

Benefits

The essential communication during the activity will ensure that groups grow together as a unit, not limited to individuality. The multiple challenges will develop trust, concentration, commitment and a sense of accomplishment. The Climbing Wall is intended to create an open discussion where both the participants and instructors share in a non-threatening environment.

Meditative Teambuilding

Labyrinth

The labyrinth can be a great reflective tool after a day of teambuilding with Low or High Ropes.

The most basic metaphor for walking a labyrinth is that of Life's Journey. The term labyrinth came to be applied to any unicursal maze with a decisive turn brought our again from the center. A labyrinth ritual is a structured experience designed to celebrate life. It creates a container in which we can learn more about ourselves and our relationship with others, it deepens our connection to our psychological and spiritual center.

A labyrinth is almost always approached one of two ways. The first being with a very serious attitude and is walked in a slow, solemn and deliberate manner. Rituals using this technique are most often associated with "Goodbye" ceremonies. The second ritual is one of joy. A "Joy Walk" can enliven a labyrinth experience with the inclusion of music, drums, colorful scarves, bubbles or other festive things. The Labyrinth can be thought of as symbolic forms of pilgrimage; people can walk the path, ascending toward salvation or enlightenment. Walking among the turnings, one loses track of direction and of the outside world, and thus quiets his mind, relaxing his mental attitude and being free of internal dialog.

Groups are encouraged to contact the Program Director at Pilgrim Pines to discuss how best to mold a ritual to meet their retreats needs.



Note: If there are more than 20 people in a group, rituals can be done in half an hour rotations.

Outdoor Exploration

Hiking

Pilgrim Pines Camp and Conference Center has a variety of hikes to offer. Whether you want to climb with your group up the Boyscout Trail, hike with them up to the Helicopter Pad or plan a decent on the Bear Trail. Whatever your skill, we are sure to have just the right trail for you. Our trained facilitators are able to lead early morning, daytime and even night hikes! Facilitators are equipped with knowledge of some of our local surroundings, such as plants, wildlife and animals. We encourage groups to work together to inspire their teammates in pushing everyone to meet their goals.

Hikes We Offer:

Bear Trail

Helicopter Pad Trail

Boyscout Trail

Pilgrim Peak Hike

Waterfall Trail

Ids Canyon Trail

Little Falls Glen View Trail

Groups are encouraged to contact the Program Director at Pilgrim Pines to discuss which trail will best match their group.



