



# Outdoor Wisconsin Leadership School

## Sports Team Sample Schedule

Goals: Teambuilding/Communication and a physically challenging experience

| Time     | Activity                               | Notes  |
|----------|--|--|
| DAY ONE: |  |  |
| 8:30     | Meet w/ team                           | <b>INTRODUCTORY ACTIVITY</b> - Develops a level of energy that will set the tone for the duration of the group's visit. Introductions and basic rules are made at this time.   |
| 8:45     | Team Name Cheer/Dance                  | <b>INTRODUCTORY ACTIVITY</b> - Develop a name and cheer for the team. Then put it to a line dance. During this time OWLS staff can often distinguish who the natural leaders are.  |
| 9:00     | Values Nametags & "5 Elements of Team" | <b>TONE &amp; GOAL SETTING ACTIVITY</b> - Good way to learn names and a little more in-depth info on the team.   |
| 9:10     | Look up/down/out                       | <b>ENERGIZER</b> - Used as an energy boost and to help participants choose new partners for the walk to the next program area.   |
| 9:15     | Nametag info swap to next location     | <b>AMBULTATOR</b> – Each shares their most embarrassing sports moment with their partner on the walk. Then the group shares stories. Good laughs all around for a bonding experience.  |
| 9:30     | The Cube                               | <b>PROBLEM SOLVING INITIATIVE</b> – The group is given a challenge that blends physical and mental objectives. With some groups this activity may take awhile, but it develops great teamwork.   |
| 10:45    | Lunch Retrieval                        | Challenges the group to work together to achieve in the face of real consequences: if they break the rules or don't execute their plan, they lose a part of their lunch! (A coach-mandated initiative!)  |
| 11:30    | Climbing Tower                         | <b>HIGH ELEMENT</b> - Climbing in teams of three challenges the group to work together. The outdoor elements can make this activity even more challenging.   |
| 3:45     | 14 ft. wall                            | <b>TRUST/PROBLEM SOLVING ACTIVITY</b> – Requires that the group develop and agree on a strategy for two teams, who are working together, to get all participants up and over a 14-foot wall without mechanical assistance and within a strict framework of rules imposed by OWLS staff. They are given approximately 10 minutes to plan. |
| 4:50     | Walk/Reflect                           | <b>PROCESSING</b> – Challenges them to think about the day, what they learned and how they earned their challenge bead for the day.  |
| 5:00     | Closure                                | <b>DEBRIEF</b> – An example of a debrief would include the team talking about meeting/missing goals with "5 elements of team" and explaining how and why they earned their challenge bead for day one.   |
|          | <b>DAY TWO:</b>                        |  |
| 8:30     | Power Poles                            | <b>HIGH ELEMENT</b> – Two participants are tethered together and climb to reach a tiny platform 25 feet in the air.  |
| 12:00    | Debrief                                | <b>PROCESSING</b> - Debriefing in the dorm with a "give one, take one" challenge bead closure.   |
| 12:30    | Lunch                                  | Healthy, tasty, with lots of choices. And dessert!   |

Example