



THE ULTIMATE  
**TEAM**  
EVENT PLANNER

The   
**Adventure Park**  
AT LONG ISLAND





# GET THE TEAM **OUTSIDE** AND INTO **ADVENTURE!**

## **Every team is looking for that slight advantage over their**

**competition.** Whether it is better teamwork, a higher level of focus, better conditioning, or an overall confidence—a solid team means success in the game. Here's how the Adventure Park supports that:

**1** The environment is unique, different, and fun. It gets everyone working together, helping each other, and laughing together.

**2** Engage all their senses, challenge their mind *and* bodies, and get them thinking more creatively for problem-solving.

**3** Break down communication barriers within your team through each rope challenge.

**4** Nurture leadership skills within each athlete, captain, even fellow coaches.

**5** Encourage goal setting with everyone involved, and watch as they thrive on a job well done.

**6** Give your athletes a day of fun! They work hard together—it's time to play hard together, too.

**Ready to start planning?**

Give us a call to talk about your school's event! **(631) 983-3844**

**LongIslandAdventurePark.org**

# Ready to Uplevel your Team?

## Here's what you can get...

### Did we think of it all? We'd like to think so!

- 3 hours of climbing and zip lining
- Complimentary tickets for coaches (10:1 ratio)
- Free bus parking
- All necessary climbing equipment
- A safety briefing and practice time
- Reserved picnic tables
- Fun times for everyone!

### Support for Individuals with Special Needs

In most cases, we can offer one-on-one support for any athletic team member with special needs through the assistance of a hired guide. Please mention it when we begin planning your team event and we'll offer you all the details.

### Let's talk about food!

Everyone is welcome to bring their own food, snacks, and drinks. Or ask us about catering options: there are local restaurants who are happy to deliver.



**“The Adventure blew me away! This was the perfect venue to bring my team together and watch their confidence grow. It was amazing to see them work together and encourage each other without being told to do it. It is a natural event if a team wants to take it to the next level!”**

**—C. Amos**



**Give us a call to talk about your school's event! (631) 983-3844**

**[LongIslandAdventurePark.org](http://LongIslandAdventurePark.org)**



# DID YOU KNOW...

Bringing your athletic team to the Adventure Park can be a huge team building experience.

With over 140 climbing challenges, 5 difficulty levels, and many zip lines, there is something in the trees for every kind of athletic team...

- Lacrosse
- Track & Field
- Gymnastics
- Basketball
- Water sports
- Snow sports
- Rock climbing
- And so much more...

And more than that, we have additional options to help you plan an immersive experience!

---

Get a **Private Fire Pit** if s'mores and fireside chats sound like the perfect add-on.

---

Offer **Adventure Park Gloves** as a take-away souvenir for your athletes.

---

We have **Go Pro Rentals** for some added fun!

---

Give your athletic team an exclusive experience with our **Black Diamond Package**.

---

We can help you turn your lesson plan into a fun time! **(631) 983-3844**

**LongIslandAdventurePark.org**

# FUN TEAM BUILDING ACTIVITIES



# FUN TEAM BUILDING ACTIVITIES

We've gathered some of our favorite activities you can do with your athletes in addition to their time at The Adventure Park!

## ACTIVITY: BUDDY ROPES

**Equipment Required:** Segments of 5' rope with overhand knots in each end.

**Team Sizes:** Best for large teams of 10 or more. Can work with smaller teams.

**Description:** Have a length of rope for each player. Begin with the players standing close together face to face. Have each player grab the end of a rope from someone across from them. Players may not hold more than two rope ends, including their own.

Once all of the rope ends have been grasped, the task is to untangle the entire group without anyone letting go and breaking the chain.

**Variation:** Try this JUST by holding hands; this provides an even greater challenge.

**Focus:** This is a fun cooperative challenge that requires communication and teamwork.



# FUN TEAM BUILDING ACTIVITIES

We've gathered some of our favorite activities you can do with your athletes in addition to their time at The Adventure Park!



## ACTIVITY: LIMITED SENSES

**Equipment Required:** Blind folds for all participants.

**Team Sizes:** Any size.

**Description:** Give each player a number and tell them to keep their number to themselves. Each participant puts on a blindfold.

The goal is for the players to arrange themselves in numeric order. Example 1, 2, 5, 8, 13, 15, 19, 27, 89. The participants are allowed to speak, but again must never say their number. Frustration will occur when players use various methods to communicate, like foot stomping, clapping, tapping, etc. After a length of time, some players may give up. If you tell the group that numbers are missing, they may come together quickly.

**Variation:** Have your athletes order themselves by birth date.

**Focus:** Limiting visuals helps your team hone in on each other in an entirely new, creative way—strengthening the bond and trust.

We can help you turn your lesson plan into a fun time! **(631) 983-3844**

**LongIslandAdventurePark.org**

# FUN TEAM BUILDING ACTIVITIES

We've gathered some of our favorite activities you can do with your athletes in addition to their time at The Adventure Park!

## ACTIVITY: TEAM PUSH UP

**Equipment Required:** None.

**Team Sizes:** Any size.

**Description:** The team must perform a single push-up in unison. Only one team member may have both his/her feet and hands in contact with the ground. This is done by the players elevating their feet onto one of their teammates. Once every one is set, the group executes a 'team' push-up.

**Variation:** Offer them this challenge, but don't tell them how to do it. Let them figure it out together!

**Focus:** Creative thinking, communication, leadership, and teamwork are the common points this hits upon.



We can help you turn your lesson plan into a fun time! **(631) 983-3844**

**[LongIslandAdventurePark.org](http://LongIslandAdventurePark.org)**

# FUN TEAM BUILDING ACTIVITIES

We've gathered some of our favorite activities you can do with your athletes in addition to their time at The Adventure Park!

## ACTIVITY: THE YURT CIRCLE

**Equipment Required:** A long rope; both ends are tied together with a suitable knot that will hold. Do not use a knot that you are unsure will hold considerable weight; a Figure 8 Bend would work well, but a Double Fisherman should be adequate.

**Description:** Lay the rope out in a large circle and instruct the participants to stand outside the rope circle equally spaced. Hold the rope with hands and legs shoulder-width apart, and then lean back creating tension on the rope. Everyone slowly bends their knees until everyone makes contact with their rear ends on the ground at about the same time. Next ask them to stand together. If they coordinate well, they should be able to maintain equilibrium and stand at the same time.

**Variation:** Play around with different movements for the entire team to do.

**Focus:** This exercise demonstrates how cooperation makes things happen in a much more efficient manner.



Give us a call to talk about your school's event! (631) 983-3844

[LongIslandAdventurePark.org](http://LongIslandAdventurePark.org)

# COACH'S CORNER

## A word to the wise...

With this type of “Adventure Learning,” the coach is there to facilitate the activity—which means ensuring that not all answers are provided to the team.

**As the facilitator, your challenge is to know when and when not to involve yourself.**

The nature of the aerial rope courses and these team building activities involve a certain amount of unpredictability. You are in the unique position to know when it's best to get out of the way of your athletes and let them sort out the problem by themselves. If the group is having too much difficulty and a high level of frustration is setting in, it may be time for the leader to step in, give advice, or move on. This is where your judgment is key.

This is your team's time to shine; to learn from each other as they navigate the aerial rope courses, or participate in ground team building activities. Their successes and failures provide unique teaching opportunities for them to grow as individuals and as a unit.

**And this is your time to shine as an observant coach.**

Yogi Berra once said, “You can observe a lot by watching.” These activities will provide a different insight into the individuals that make up your team and their dynamics. Pay close attention and you'll learn an incredible amount about each teammate—which, in turn, will let you make intuitive decisions when it comes to performances.

Give us a call to talk about your school's event! **(631) 983-3844**

**[LongIslandAdventurePark.org](http://LongIslandAdventurePark.org)**

# PREPARATION CHECKLIST

## To get things ready...

- Determine what you'll need to make it fun and successful.**  
Think about any items (i.e. additional items for fun team building activities on the ground) you may need to bring along. Please discuss this with us when you are ready to make your reservation.
- Send this PDF to all decision-makers for your team.**  
We are available to answer any questions anyone on your team may have.
- Once you have approval, pick a date and call us to make the reservation.**  
Remember that some of the more popular times for (such as 9 AM) fill up really fast, so you'll want to get the approval and reservation made as early in the year as possible.
- Prepare the communication to participants and/or parents: we have waivers all kids must complete before arrival.**  
This waiver is available through a unique link we'll send to you once your deposit is made to guarantee your reservation. This waiver can be filled out easily by everyone online.

## And when you get to the Park...

- Drop off supplies and athletes in our unloading zone, near our Park Store, and let us know you're here.**
- Set up your reserved picnic table and area.**
- Get ready to have a blast!**

Give us a call to talk about your school's event! **(631) 983-3844**

**LongIslandAdventurePark.org**

# AND DON'T FORGET...

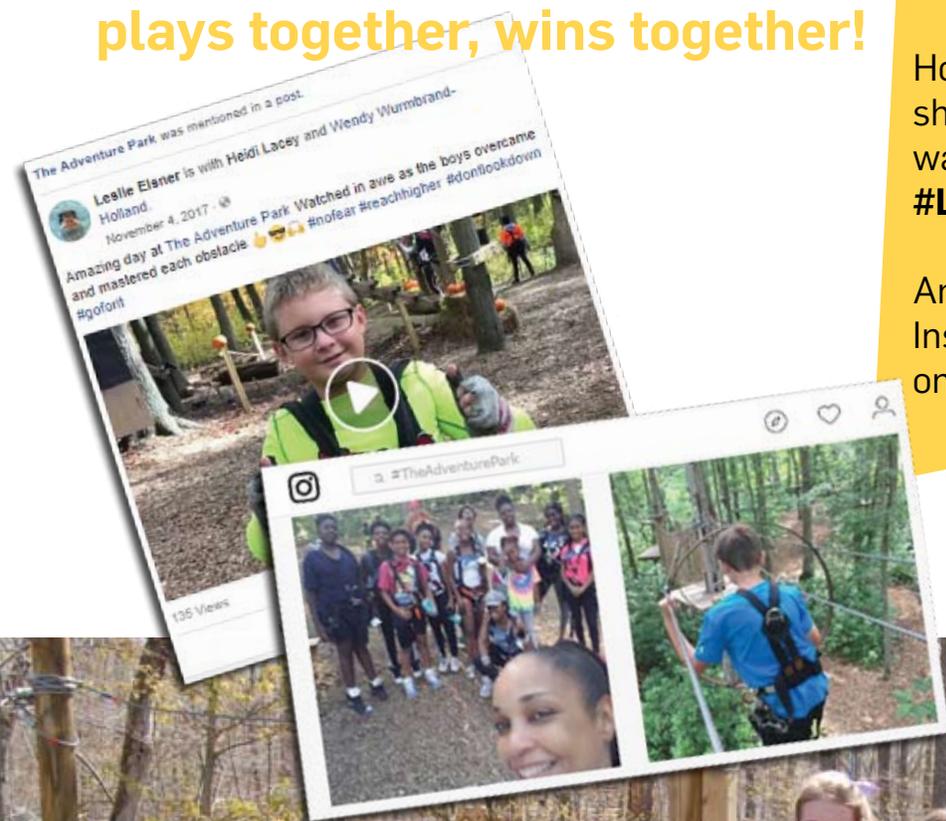
This day is the kind of day that makes a lasting memory for your athletes!

Because the team that plays together, wins together!

Share the fun of the adventure! ;)

Hop on to Instagram or Facebook and share your adventure at every step of the way! Be sure to use **#AthletesWhoZip** **#LongIslandAdventurePark** ...

And tag us either at **@ZipLongIsland** on Instagram or **@LongIslandAdventurePark** on Facebook so we don't miss it!



Give us a call to talk about your school's event! **(631) 983-3844**

**LongIslandAdventurePark.org**



**GET THE TEAM OUT FOR  
SOME FUN IN THE TREES!**

**Give us a call to talk about your options!  
(631) 983-3844**

**Or visit our website for more information.  
[LongIslandAdventurePark.org](http://LongIslandAdventurePark.org)**

The   
**Adventure Park**<sup>SM</sup>  
AT LONG ISLAND

*See you in the trees!*