

The Adventure Learning Center at YMCA Camp St. Croix

We aspire to be a catalyst for exciting, productive change, and seek to provide leadership that will help people create the future they desire.

What is the Team High Ropes Course?

The Team High Ropes Course gives participants the opportunity to take their individual and group challenges to a new level. Constructed on telephone poles at the edge of Camp St. Croix's 20 acre restored prairie, three unique elements await those interested in a high adventure challenge. High ropes elements challenge the group to work together to reach their goal. The participants work together up on the element in pairs. Their teammates on the ground stay actively involved as rope managers, ballasts, and coaches. After completing the element, participants are lowered to the ground and received by the "greet team," the peers which have been supporting them both physically and emotionally in their challenge. Before the next pair begins the High Ropes element, participants are encouraged to give suggestions to help each group "go as far as they can" and pursue their personal best.

The Team High Ropes Course includes four components.

- ◆ One, the day begins with an overview of the goals for the experience and some warm-up activities to get the team feeling more comfortable with one another.
- ◆ Second, the team will experience a brief sequence of trust building and problem solving challenges to build some foundation for the High Ropes activity.
- ◆ Third, the group will be geared up in harnesses and helmets and given the opportunity to challenge themselves on one of the Team High Ropes Course elements.
- ◆ Lastly, the program will conclude with a review of the day's goals and the learning gained by the team.