

Teams Challenge Course

Build a Strong Team With Us

Build trust • Learn cooperation • Increase effective communication



Trying to build trust or learn better team cooperation and communication skills? The Teams Challenge Course at Ron Beese Park is a great way to bring your team together.

Purpose & Philosophy

The Teams Challenge Course is a series of outdoor events that stresses the importance of team cohesiveness, cooperation, and the development of values and skills. With the guidance of a trained facilitator, participants are welcomed into a relaxing and supportive environment, where they are challenged and encouraged to break away from standard routines and find new ways to solve problems. By facing challenges together, participants are encouraged to build trust and learn appreciation for the importance of teamwork to achieve common goals.

Offered by the Park District in cooperation with the Illinois Nature Preserve and Citizens for Conservation, the Teams Course is designed as part of an 80-acre Illinois Nature Preserve and park district facility adjacent to Baker's Lake. The site provides an ideal setting with wooded and marsh areas, tall trees, and ponds.

How the Program Works

The Park District's trained facilitators initially assess the group's goals and objectives, then design a program to fit those needs. Programs are either four or six hours, with a variety of outdoor adventures offered throughout the 19 stations in the course. During the day, the facilitator works closely with the group, taking the members through a series of events, including cables, ropes, platforms, and a 12-foot wall.

The Teams Challenge Course is ideal for any group wishing to achieve greater cooperation and communication, including:

- Sports groups or teams
- School groups (5th grade and up)
- Scout troops
- Neighborhood groups
- Service organizations
- Boards/Club leaders
- Church groups
- Task Forces
- Corporate Teams/Co-workers
- Volunteer Groups

GROUP RATES

Groups may include from 8 to 15 people. Pricing is per group.

	Youth, Schools, and Nonprofits	Corporate
Four-Hour Session	\$180	\$270

For more information, call Jamie Dioguardi at 847-304-5276 or e-mail jdio@barringtonparkdistrict.org.

"The Barrington Teams Course is a great way to start building relationships when you get a new team of people together. The activities are very good at bringing out the true characteristics of my athletes before they even get on the court. I always get positive feedback when it's over. Thanks to all the facilitators who have led my teams to a great start every season.

Guy Lum

Westminster Christian School Head Varsity Girls Volleyball coach

"The professional facilitators at the Teams Course have been incredible in the areas of leadership training, team building activities and tolerance training. Our physical education teachers refer back to the students' experience at the course throughout the entire school year, always referencing what our junior leaders learned during this field trip experience.

**Mike Godlewski, Department Chair, Physical Education
Maine West High School**