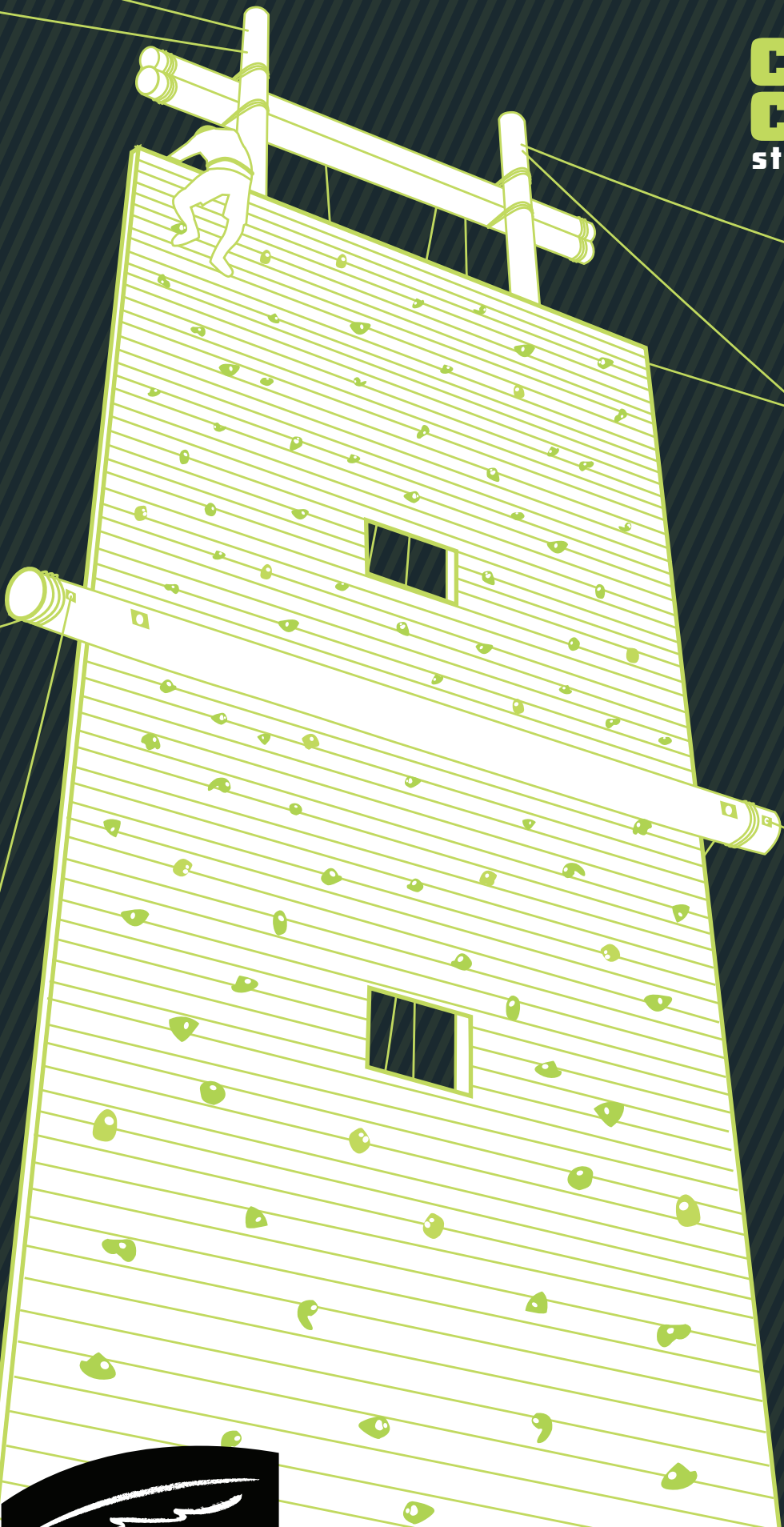


challenge course

stout adventures



conflict resolution

trust

cooperation

group dynamics

teamwork

communication

▶▶▶ **Inside:**

High Adventure

**Team-Building
Solutions**

Testimonials

Stout Adventures Challenge Course
Located on the UW-Stout Campus
Menomonie, WI



UNIVERSITY RECREATION - STOUT ADVENTURES

Room 56 Sports & Fitness Center <http://urec.uwstout.edu/adventures>
715.232.5625 stoutadventures@uwstout.edu

High Adventure

▶▶▶ the ascent up the tower

Imagine you just arrived at the Stout Adventures Challenge Course. Immediately you're confronted by both of our 50-foot towers, rising high above you. Your group members decide *you* are to climb first... Connected by a rope only 11mm in diameter, you begin your ascent up the massive Alpine Tower. Hand over hand and with careful placement of each foot, you inch your way up.

You doubted yourself at first, but halfway up it becomes clear that you are accomplishing a feat never before imaginable. With each bit of elevation gained, your senses become more and more focused. The sounds of your friends cheering, the birds chirping, or the jets flying high above gradually fade away. Your only concern now lies in the task at hand - get to the top!

Your concious tells you of the danger that surrounds you, but the curiosity and determination inside pushes you to perservere. As you reach the top of the towering structure, you realize you have exceeded even your own expectations and done something that you never thought you could. Now, standing on the top platform, the crowd below cheers as you raise your arms in triumph and take in the view.

You are connected by a rope
only 11mm in diameter

▶▶▶ why the high elements?

The High Elements on the Stout Adventures Challenge Course are designed to safely encourage participants to step outside of their comfort zone and experience the freedom and excitement of climbing a 50-foot tower. There are obstacles to overcome en route to the top and you will truly feel alive while problem solving your way through them. After all, maneuvering yourself high above the ground is no simple task.

▶▶▶ step out of your comfort zone

The high elements are great for birthday parties and groups whose aim is to have fun and experience something new. Activities include the Swing by Choice (up to a 30 foot drop), a NEW pamper pole, the 50-foot tall Carolina Climbing Wall, and the 50-foot tall Alpine Tower. Participants will be in situations that challenge their comfort level, while our staff will ensure safety through the use of a harness, helmet, and belay system. The participant can choose the level of difficulty.

◀◀ Carolina Wall

Alpine Tower ▶▶▶

Team-Building Solutions

▶▶▶ team-building at its best

Whether you come to the Stout Adeventures Challenge Course with coworkers, students, friends or a newly-formed group of strangers, the low initiatives are precisely designed to promote teamwork, communication, trust, and leadership. It is quite amazing to witness a group of individuals transition into a solid team. Together a team can accomplish much more than any individual.

Our trained facilitators will foster an environment in which challenges are presented and the group must work together to achieve a common goal. During the challenge process, participants will have the opportunity to express their strengths as a leader while others find that they function better as communicators or task managers.

Emotions run high as a group's abilities are challenged. Through trial and error, frustration and laughter, the Low Elements create and test the cohesiveness of a group. Once elements are accomplished, the Stout Aventures Challenge Course staff will facilitate guided discussions encouraging participants to reflect on the experience they just encountered. At the end of the day, many groups discover commonalities among teammates. Bonds are formed and memories are created. The Low Elements provide a very positive and educational experience. Who would have thought creating a team could be so much fun!

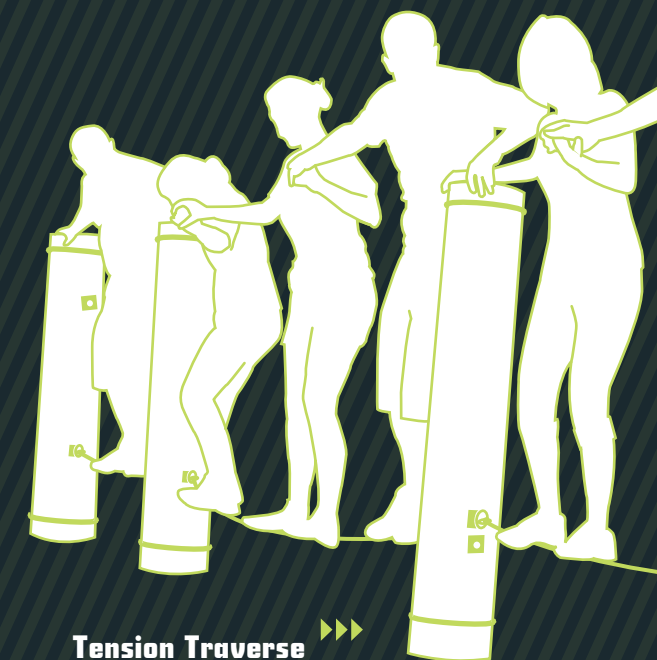
Emotions run high as a group's
abilities are challenged

▶▶▶ big challenges, minus the ropes

The Low Elements on the Stout Adventures Challenge Course do not require ropes. Instead, you rely on your team and the strengths of each individual to problem solve and achieve common goals. The group will test their characteristics such as communication, trust, and leadership with each initiative.

▶▶▶ why the low elements?

The Low Elements course is perfect for groups that would like fun and interesting activities that aim to promote teamwork skills, decision making, leadership, planning, communication, and trust. The activites are all problem-solving oriented and require group cooperation and teamwork to accomplish. The Stout Adventures Challenge Course staff guides debriefing discussions, allowing the group to talk about their experiences with each of the activities that are completed. This leads to a better understanding of the meaning of the activities. All games and activites are performed on or close to the ground. The Low Elements course is ideal for school, church, corporate, and groups that want to focus on team building.





▶▶▶ challenge by choice

Challenge by Choice encourages everyone to participate, regardless of physical ability. Our challenge by choice approach enables each participant to experience his or her own success in the context of their own aspirations. We have found that on the challenge course, the greatest gains are rarely measured in terms of the number of feet climbed, but rather through reflection, laughter, and self-realization.

▶▶▶ customizing the course

Because groups are so diverse in their needs, all reservations are customized to meet the demands of your group. We can help you choose which elements of the course to participate in and how much time is required to meet your goals. Remember that group size will also influence the amount of time necessary to deliver a great experience. A minimum of two hours on the course is required, but the longer the time slot, the more it helps a group to better identify their strengths, weaknesses, and gives more time for debriefing discussions.

The **greatest gains** are rarely measured in feet climbed, but rather through **reflection, laughter, and self-realization**

▶▶▶ about the facilitators

The first step in setting up your reservation is to speak with the Stout Adventures Challenge Course Lead Student Manager. The manager will answer all questions you may have, as well as ask a few to assess the group's strengths, weaknesses, and determine its goals. The more information given, the more powerful the experience will be.

Once your reservation has been made, a team of facilitators will be assigned to your group. Stout Adventures Challenge Course facilitators are the most skilled and specialized staff working in University Recreation. They are proficient in the art of communication, managing group dynamics, and creating challenging events. Our facilitators are leaders in times of conflict and, most importantly, are trained to deliver an enjoyable and experiential opportunity.

The role of the facilitator is to establish the context for each activity, monitor participant's safety, and help the team recognize valuable insights throughout the day. For example, participants appreciate the opportunity to interact with their teammates in a very different and influential way. They may realize that many of the scenarios the facilitators design reflect real-world situations. On the Challenge Course, many individuals discover empowerment and confidence they never realized they possessed. The Stout Adventures Challenge Course has the ability to take a group of individuals with different agendas and form them into a team with a unique identity and shared goals. In a sense, the facilitators become a part of your group. They will share in your successes and help you respond to challenges. The facilitator sets the stage for an unforgettable and rewarding experience, but it is up to you and your group to perform on that stage together as a team.



Challenge Course Rates (per hour) :

Group Size	7-12	13-18	19-24	25-30	31-36	37-42	43-48	49-54	55-60
University	\$44	\$69	\$84	\$101	\$118	\$135	\$152	\$168	\$185
Non-Profit	\$84	\$118	\$152	\$185	\$219	\$253	\$286	\$320	\$354
Corporate	\$152	\$202	\$253	\$303	\$354	\$404	\$455	\$505	\$556

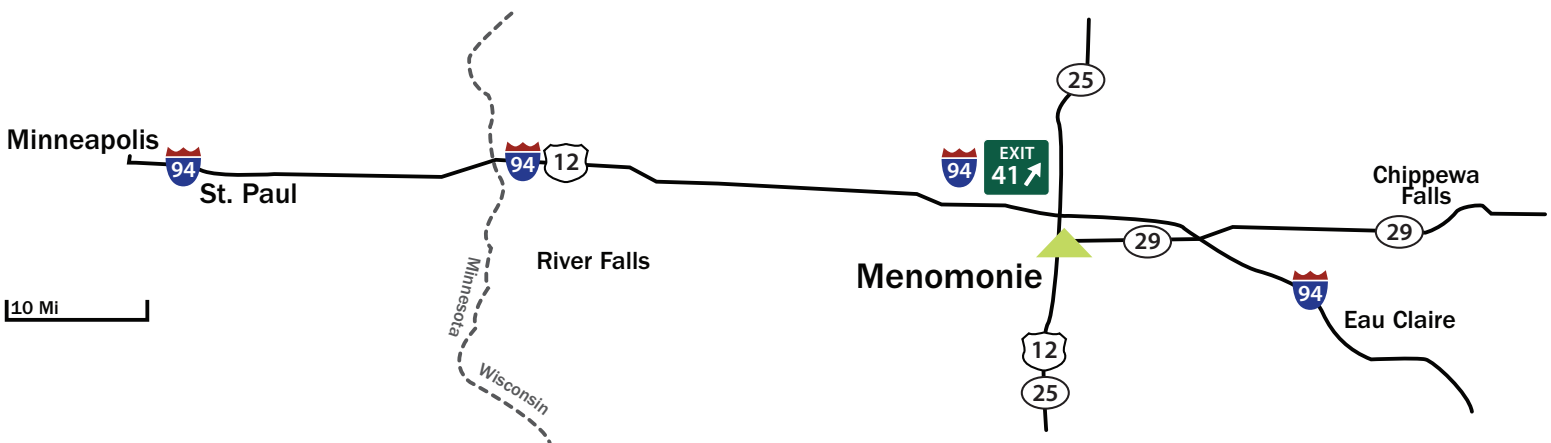
Winter Special Rates: (November 1 - March 31 / Indoor Low Initiatives)

Group Size	1-10	11-20	21-30	31-40	41-50	51-60	61-70
University	\$34	\$43	\$50	\$58	\$65	\$73	\$80
Non-Profit	\$45	\$58	\$65	\$73	\$80	\$88	\$95
Corporate	\$70	\$83	\$90	\$98	\$105	\$113	\$120



Location:

The Stout Adventures Challenge Course is located on the University of Wisconsin - Stout campus. UW-Stout is easily accessible from the East and West on Highways 12, 29, and Interstate 94, and from the North or South on Highway 25. Menomonie is located approximately 60 miles east of Minneapolis - St. Paul and about 30 miles west of Eau Claire on Interstate 94 (exit Highway 25 South).



Make a Reservation:

To make a reservation for your group, please complete the online booking request form, or contact us at least two weeks in advance.

SA Reservations Contact:

Phone: 715.232.5625
 Email: sareservations@uwstout.edu
 Stout Adventures Website:
<http://urec.uwstout.edu/adventures>

Testimonials:

▲ “Our leadership classes consistently return from the ropes course with a new sense of “team”. The staff does a great job of pushing both individuals and teams to new levels of understanding their strengths and weaknesses, the benefits of communication and cooperation, and a greater acceptance of all involved.”

Donna H. Stewart, Ph.D.
College of Management
University of Wisconsin - Stout

▲ “The staff was upbeat and welcoming to our students. They were patient and relaxed with us, making it more possible for the kids to have fun and try new things.”

Nita Fitzgerald
1st Congregational United Church of Christ

▲ “The Stout Adventures Challenge Course is a hidden gem on Stout's campus and in the Menomonie community. I have booked a group on the course at least once a year for nearly a decade. I am equally comfortable bringing middle school youth organizations or a graduate school class to practice teamwork, communication, and problem-solving on the low and high challenge course equipment. I know that participants will have a safe, fun, appropriately challenging, and personally satisfying experience at Stout Adventures.”

Barb Flom, Ph.D.
School Counseling: Professional Orientation Class
University of Wisconsin - Stout

▲ “I would recommend the Adventure Challenge Course to any group. It was a great boost of confidence for the students and easily related to difficult tasks in their lives. The facilitators were encouraging and a lot of fun. I would definitely do it again!”

Jessica Gruber
Ellsworth High School

▲ “When we came into the ropes course, one of our goals was to find each others' strengths and weakness and use them to work better together as a team. The ropes course pushed us to our limits with problem solving and communication to help us reach our goal. We left the ropes course feeling better connected as a group and confident that what we learned about each other would help us have a successful year.”

Linda Atkinson
National Residence Hall Honorary
University of Wisconsin - Stout

▲ “For the last five years, STEPS for Girls, an engineering camp that UW-Stout sponsors for 12 year old girls, has included the Stout Ropes Course as one of its activities. The ropes team expertly handled our 40 energetic campers for over three hours on each of four Sundays. It is such a superb icebreaker and team builder that it set the tone for cooperation, confidence, and enthusiasm for the rest of the week. The ropes team is a group of true professionals; they know how to work with people and provide a very safe and helpful environment in which participants can learn and test themselves. The girls loved ropes! They would have stayed all night had we let them.”

Pete Heimdahl, Ph.D.
College of Science, Technology, Engineering, and Mathematics
University of Wisconsin - Stout

▲ “There was never a dull moment or a bored, tired face within our group. From the moment we began with group activities to when we finished with high ropes activities, we were engaged, encouraged, and challenged.”

Dang Yang
School of Education T.E.A.C.H. Precollege Program
University of Wisconsin - Stout

▲ “The middle school students at Chetek had a wonderful time at your challenge course and it was a great opportunity for them to do something that they wouldn't have done before. The experience was a real self-esteem and confidence builder for many of the students. We had personal goals reached that the students never thought they would accomplish. I would recommend any group to bring their students to the course and challenge their students.”

Sara Lorenz
Chetek Middle School