**T E A M R E T R E A T**

**August 25th, 9am – 1pm**

**Bus Details:**

**7:10am Load (stadium loop)**

**7:30am Depart**

**Everyone will be sharing a seat so pack efficiently. If you have a bag or cooler that you will not need until we arrive at Cornell – it can be transported in bus storage area or Coach Emily’s vehicle.**

**Destination:**  [Hoffman Challenge Course,](https://goo.gl/maps/nPzejPMftw4o7udP8) 466 Mt Pleasant Road, Freeville NY 13068

**Low Elements Program**: Engage teams in unique activities where they brainstorm, plan, implement, evaluate, work together, and improvise. These activities are conducted in a supportive environment designed to invigorate and integrate your team. Facilitators are intentional about creating opportunities for team collaboration and leadership. After each exercise, group members reflect on their experience and draw out lessons regarding trust, communication, and high-performance teamwork. Examples are walking on cables 2-feet above the ground, balancing on boards, strategically passing objects, crawling under ropes, maneuvering through a spider’s web, up and over a wall, whale watch, maze, islands, and more!

**High Elements Program**: These challenges range from heights of 10 to 40 feet above the ground. Participants have the opportunity to grow through personal challenges while being supported by their team. Participants stretch their comfort zone, step beyond perceived limits, and “reach new heights” with the support of their teammates. The centerpiece of the Hoffman Challenge Course facility is a 64-foot high replica of Cornell's McGraw Tower, complete with a "tree fort" platform, rappelling stations, and a 400-foot double Zipline. Other high elements include high Balance Beams, Pamper Poles, a Flying Squirrel, and many others. Every participant will be wearing a waist harness and a helmet, so long shorts and leggings are appropriate.

**Challenge By Choice Philosophy:**

While encouraged to leave your comfort zone, **challenge by choice** means that every activity is an opportunity, and that at no time will any participant be obligated to do anything they do not wish to do.

**Wear for the event:**

Long or knee length leggings or sweatpants; NO SHORT SHORTS!!

Sneakers!!

Any “Vestal Field Hockey” t-shirt.

Any “Vestal Field Hockey” long sleeve tee or sweatshirt.

**Bring in a cooler/backpack:**

Breakfast for the bus ride to Cornell.

Plenty of healthy snacks for 2-4 hours.

4-6 (16 oz) healthy beverages (water, Gatorade, Liquid IV)

Sandwich

Bug Spray, Sunscreen, Hat

Medications that you will need between 7:30am – 5pm

Small hand towel or Wet Wipes package for personal hygiene cleaning

Meal Money for Chipotle/Panera Bread on the way home

**Restrictions:**

Cell phones are allowed on the bus.

Cell phones will be handed into the coaches upon arrival of the Cornell property.

For emergencies, families can contact Coach Sax at 315-750-0255 or Coach Emily 607-321-7678.

**Result Expectations:**

* **Cohesion:** The team leaves more unified, with a stronger sense of “we” over “me.”
* **Trust:** Members feel confident in each other’s abilities and intentions.
* **Clarity:** Everyone understands shared goals, roles, and values.
* **Commitment:** Renewed motivation to work hard for collective success.
* **Communication:** Stronger habits of openness, feedback, and support.
* **Energy:** Team feels refreshed, positive, and ready to tackle challenges.
* **Memories:** Shared experiences create lasting bonds and a sense of tradition.