



Sample- 5 Day Program

Outcome:

Below is a list of objectives given to us by one of our schools. We believe it is important to clearly understand the goals and objectives for your camp.

Building a Culture of Success-

Moving towards

Mutual Respect
Increased Resilience
Increase Determination
Accountability and Responsibility to self and community
Goal focused

Moving away from

Open defiance
Lack of care
No self- esteem
Lack of confidence
Bullying

The activities in the program have been chosen based on these goals.

Achieving this outcome:

Our programs are specifically designed to meet the desired outcome of your group. In our experience the best results have come from teaching basic life skills then putting the learning's into immediate action through activity. It is through the 'being' that students create actual change in their lives and behaviors.

Its often only from the outside that we can see how a group hold itself back. This camp holds a virtual mirror to any group and provokes an awareness of what must happen next for the group to achieve its goals.



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The Summits Models: To create a culture of Success.

The summit models are discussed on the first day of camp providing students with some basic strategies to use during the program. Our staff will regularly refer to the models below during the programs helping students to move forward beyond their own self limiting beliefs.

GAS- Do you have GAS?

GIVE IT A GO!!!

At the Summit we promote a culture of Give it a Go! Without this attitude, participants never really know what they are capable of. The program is designed to gradually increase the level challenge using activities to carefully coincide with the growth of the group. This ensures that the students feel they are fully equipped and capable of completing the challenge that is put in front of them.

It is quite amazing how hardcore students can get as they lug tyres around the Monster Course, jump off towers or crawl through tunnels. It is even more amazing the lessons that come out in the debrief when the students realize they have achieved something more than they expected of themselves, or saw something even greater in someone else in their group. In reflection students may acknowledge that there are things in life that deserve the same amount of effort and the next time they are looking at a task that looks too big or is out of their present skill level... they learn to at least 'Have a Go'.

ABLE

In our experience students are far more capable they often give themselves credit for. Often the only thing stopping them is the story they tell themselves, i.e. Our fear of heights, the fact that we had bad experience with a snake once, that we're too tall, too short, not strong enough, can't be bothered, too tired and as you can imagine the list goes on. This story can be so deeply entrenched to our identity, who we believe we are and what we are capable of that the story becomes our reality which ultimately limits our lives. The Summit teaches the students that they are ABLE and SECONDLY provides tangible strategies that they can use when their limiting beliefs begin to surface. Our goal is to teach strategies that students can utilize back in their lives outside of the Summit.

SUPPORT

The lesson here is simple, if you want to feel great, make others feel great! Whilst at the Summit, most people have at least one moment where they feel uncomfortable. The point is, in that moment we don't need to hear bagging or ridiculing; we need support, encouragement and a little understanding. To be able to do this well we first teach these models and then keep focusing on them during the activities. The program provides a natural setting requiring students to support each other in achieving the challenges put in front of them both as individuals and as teams.



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TARGET, STRETCH, SUPER STRETCH

At the Summit we use a three tiered goal setting strategy, This model allows for the students to achieve as individuals, understanding that people have different strengths and vulnerabilities and by setting their own Targets, students can all walk away with a win.

Our staff will ask students to set themselves 3 goals: a Target, a Stretch and a Super Stretch- meaning that if they have early success during an activity they are mentally ready to find out just how much they can actually achieve.

Advanced Goal Setting Workshop

The next level of Goal Setting is run as an advanced workshop. In the form of a short DVD, it delivers real life examples of some very successful individuals who achieved incredible goals and more specifically how they did it!

Furthermore it explores the knock backs and the driving force that constantly moved them in the direction of their ultimate goal. Participants are provided with practical tools, worksheets and strategies to create and clarify their own goals.

VALUES & IDEALS

Early in the program, students are asked in smaller groups to come up with 5 values that are important for them as a team. It might be values that already exist within the group or values that they collectively believe are important for getting the most out of the program. The Values or Ideals are written down and reflected upon at the end of each day. At the end of camp, one member of each group who lived and demonstrated these values over the program, as selected by their group members, gets rewarded for their effort and contribution in creating a new culture.

Rewards may be a drive in our Army Tank or a climb to the top of Rockets Nest.

Free time activities

The Summit has a range of activities to keep your students occupied during free time.

- 50 Meter water slide- Staff supervision required
- Water activities- Rope swing, pole jump, canoeing- Staff supervision required
- Tetherball competition
- Sports equipment- volleyball, table tennis, footy, soccer

Evening activities

We want to ensure that we have all aspects of your program covered. We have created easy to run activities that you may choose to facilitate during your evenings:

- Night walk - requiring students to spot many unique objects along the journey
- Trivia night- Can provide you with a set of Trivia question
- Red faces night- students create there own acts and are judged by a teacher/student panel



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- Minute to win it- Heaps of fun- students can compete in 6 different challenges (exactly like the game show)
- Movie night- we have 2 different areas in which students could relax and enjoy a movie. (you will need to provide the DVD's)

You will need to allocate a staff member to spend time with one of our team who will brief them on any of the activities above. We can provide a staff member to help facilitate any of the activities at an additional cost.

Staff Meeting on the First Night

Our Summit team along with your staff will meet on the first evening at around 5.30pm. This is an informal chat to answer any questions you or your staff may have. Generally we discuss:

- The roles of facilitators and teachers during program, how we can best support each other.
- How teachers would like to run meal times and any recommendations we have.
- Any requirements for your evening program
- How students are doing on the first day and what is coming up for them over the rest of the program.
- Any behaviour or challenges that need attention.

The entire camp experience is always best when both our teams are well informed and everyone has a clear understanding of their roles and expectations.

How that program works.

Groups

Students will need to be arranged for:

- Activities (approx 15 students/ group)
- Sleeping allocations (Cabins/ Tent Village)
- Duty Groups (often the same as activity group)

Activity Rotations

A rotation consists of multiple activities in which students move between every 45 minutes. The number of activities for each rotation will depend on the total number of students at camp. The program is designed to provide a different activity for each group of 15 students.

Example: For a camp of 90 students, rotations would consist of 6 groups of 15 students moving between 6 different activities every 45 minutes. (see program schedule below for full details)

The activities in the rotations are deliberately chosen in order to meet the desired outcome of camp. Activities consist of physical, social and creative challenges so that all students have the opportunity to shine in different areas.



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DAY 1 - LEVEL 1 ACTIVITIES / INITIATIVES

These activities break the ice and get students comfortable before attempting more challenging activities

Each group of 15 students will generally experience 3 of the activities outlined below during the first day depending on the arrival time

Spider

This is an adaptation of another initiative in which students lift each other through the holes in a spider's web made of rope. However this activity is more three dimensional and requires greater thought and co-operation.

Key Learning: Essentially a team building game to engage brains in preparation for bigger tasks later.

Muse

This is a game of crossing a space via planks and bricks, however what works at the start does not work at the end and confusion can reign.

Key Learning: Team and recognizing when to seek alternate views.

Truck Tow

Walking through a laid out course as a team attached two planks of wood- one foot on each plank.

Key Learning: Working together to achieve a common goal

Stones

A secret path exists among a huge series of concrete tiles students can walk on. Trial and error is the only way to discover the path but the moment you stop concentrating it disappears.

Key Learning: sharing responsibility, deliberate communication, memory, mental endurance.

Treasure chest

This is a simple circle which has a treasure chest in the middle which needs to be retrieved with the most minimal of resources. The most creative of thinking is required and real patience.

Key Learning: Creativity when confronted with the impossible.

Tiles

A hilarious game that has participants climbing all over each other as they seek to not touch the ground or lose their vital tiles as they move from point A to B on only 7 tiles.

Key Learning: Attention, communication, understanding, systems, physical contact.

Tyre Pole

A game by which a team needs to remove a tyre from various sized poles

Key Learning: Problem solving, trust, support, courage



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DAY 2 - LEVEL 2 ACTIVITIES

In the sample below, rotation A and B both consist of 3 activities (6 in total) which would all be running at the same time.

This sample program is designed for 90 students- 6 activity groups of 15 students. In smaller or larger programs, we simply add or remove activities depending on the total number of students.

E.g. 120 students = 8 activity groups of 15 students
45 students = 3 activity groups of 15 students

Each rotation consists of a **high** element activity, a **team** activity and a **unique** challenge providing various opportunities for students to grow and succeed.

ROTATION A

Flying fox (High)

A great introduction to being comfortable in a harness and learning to trust the equipment.

Key Learning: Introduction to high elements.

Snowy River Challenge (Team)

An obstacle course of ropes, mud pits and tunnels.

Key Learning: Many learning opportunities but team & co-operation are core.

Nail Walk & Snake (Unique)

Students get to both walk across a bed of nails and also hold a snakes as they are encouraged not to be brave but to instead control their internal dialogue.

Key Learning: Relaxing your fear instead of suppressing it. It is Ok to be uncomfortable.

ROTATION B

Sky Bridge (High)

A high activity that has much perceived risk but is actually a very simple task... unless you are too confident and we blind fold you.

Key Learning: Introduction to high elements.

Goal Setting Work Shop (unique)

This work shop gives students a tangible and inspirational techniques for goal setting which they can utilize back in there schools or homes

Pulleys

A tangle of ropes and a giant hook need to be coordinated to move a basket of "values" from one point to another

Key Learning: Problem solving, communication, listening



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DAY 3 - LEVEL 2 ACTIVITIES continued

Rotations C and D also consist of 3 activities each (6 in total) which would all be running at the same time. Activities are always increasing in their intensity ensuring the energy and excitement required to keep students engaged.

ROTATION C

Laser Tag (Team)

A unique experience with a strong focus on team building, communication and strategy towards a common goal.

Key Learning: Team building and strategy

High Wire (High)

A 10m high wire which has several tasks that require high levels of focus.

Key Learning: Mental focus and how to chip away at a task

Cave Crawl (Unique)

An introduction to controlling ones mental thoughts and bonding when scared. Students navigate a pitch black cave with no light as the control their internal dialogue and support each other.

Key Learning: Mental response to fear. Use of internal dialogue.

ROTATION D

Giant Swing (High)

A Giant swing rigged to two, 7 storey poles- Students need to release a pin before dropping 30 meters

Key Learning: Understanding the fear and the rewards associated to letting go.

Climbing Wall (unique)

There are 4 climbing walls each ranging from 5 to 20 meters high providing opportunities to stretch participant's abilities.

Key Learning: Skills give us greater power and control. Support. Persistence.

Bush Challenge (Team)

An obstacle course of ropes, mud pits and tunnels

Key Learning: Many learning opportunities but team & co-operation are core.



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Day 4 and 5 -LEVEL 3 Activities

Level 3 activities allow students to move onto the most challenging of activities. At this point we give students the opportunity to really stretch outside their comfort zone where they will often apply the strategies we have been teaching them.

Note - Students will not get to experience all level 3 activities due to time restraints

For this part of the program 3 groups will be completing the level 3 activities (**Rotation E**) while the remaining 3 groups will be playing a unique game of strategy called war games (**Rotation F**).

Each of the 3 groups completing Rotation E will sit down and decide which activities each of their team members is going to attempt. The goal for each group is to have every one of their group member attempt one of the level 3 activities.

Rotation E

Leap of Faith

Students jump from a 8m platform to a trapeze they need to grab..

Key Learning: Trust – achieving things we think we can't.

Abseil

Our huge 30 meter abseil tower will really test students commitment.

Key Learning: That what we learn earlier in our lives/camp, can help us do new and bigger challenges.

Sky Window

A high element activity that has students hang from a pole as they learn to relax instead of becoming tense.

Key Learning: *Anything possible!*

Rotation F

WAR GAMES:

A real game of strategy where teams compete against each other for points. Students begin to understand how their roles will influence the outcome of the game and unless they pull together, and strategize they will find themselves being dominated by the team with the most well thought out plan!



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MONSTER COURSE

This is an incredible activity (a school favorite) played by all students. In 5 day programs this is usually played at the end of day 4

Monster course is an outdoor team building game which has a very unique angle that rewards a groups growth margins rather than the most dominant and athletic groups always finishing on top.

Participants find themselves needing to solve a series of artistic, mathematical, physical and logistical goals over a long obstacle course. It's incredible and your student s will love it!

REWARDS

At the end of camp, one member of each group who lived and demonstrated the teams values as selected by the group gets rewarded for their effort and contribution in helping create a new culture.

Army Tank (most popular)

A reward of driving an Army Tank will be given on the Final day of camp to the student in each group who showed the most amazing qualities amongst there group. Whether they supported there team, or they continually stretched themselves. This person has definitely shown a lot of GAS!!!!

Rockets Nest

Participant climb a 30 meter high steal pole before reaching a small flat platform.

Participant then attempt to stand on one foot and maintain their balance

Key Learning- A personal experience requiring self discipline, courage and commitment.

Workshops by Mark Dobson (additional cost)

The Summit has access to an incredible speaker who works with schools all over Australia on subject ssuch as Best Day Thinking, Building Cultures of Success, Strategic Study and many more. For more information check out our website.



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Other Activity Options:

The activities listed below can replace any of the activities shown in the rotations above. We do believe the activities selected are a very good combination for most 5 day programs. We are always open to discuss alternative activities from the list below in order to meet your specific outcomes. (some time restraints/restriction may apply)

Level 2: Team Activities

Canoe Challenge (Team)

Students learn how to canoe around our lake, and compete in teams in our canoe- Iron man challenge.

Raft Team (Team)

Teams are allocated several pieces of equipment and are asked to create a raft. This raft is to then be raced around a designated course on the lake.

Key Learning: Skills of Team work, communication, problems solving are required to achieve this task

Level 2: Unique Learning Activities

Tattoo (Unique)

Using Leather and Soldering Irons the groups get to workshop and create a symbols around what makes them uniquely them

Key Learning: An opportunity to learn what great qualities an individual recognizes in themselves as well as what other qualities the group recognize in them

Goal Setting Work Shop (Unique)

This work shop gives students a tangible and inspirational techniques for goal setting which they can utilize back in there schools or homes

Level 2 – High Activities / Challenges

High Wire (High)

A 10m high wire which has several tasks that require high levels of focus.

Key Learning: Mental focus and how to chip away at a task

Climbing Wall (High)

There are 4 climbing walls each ranging from 5 to 20 meters high providing opportunities to stretch participant's abilities.

Key Learning: Skills give us greater power and control. Support. Persistence.



Level 3 – High Activities

Super Rock Wall

A very large 30 meter climbing wall building on their experience from the previous day

Key Learning: Persistence – Never Giving Up – Feedback vs Failure

Wobbly Ladder

Participants climb to the top of a 20 meter tower before starting their ascent up a 4 meter wobbly ladder. Participants can ring the bell if they reach the top

Key Learning- A genuine commitment is required to conquer the instinct to stop climbing

(Sample program provided on following page)



Sample- 5 Day Program

The schedule below is a sample of what a typical 5 day program may look like. As everyone schools schedule is different we simply customize your program based on your arrival and departure times.

	Day 1	Day 2	Day 3	Day 4	Day 5
8:00	-----	Breakfast	Breakfast	Breakfast	Breakfast
9:00	-----	Morning Meeting Target/Stretch/ Super Stretch	Morning Meeting	Morning Meeting	Morning Meeting
9:30 (45min)	-----	Rotation A & B begin	Rotation C and D begin	Rotation E and F begin	Rotation E and F Continued
10:15 (45min)	Arrival & Introductions	Rotation A & B continue	Rotation C and D begin	Rotation E and F Continued	Rotation E and F Continued
11:00	Small Groups : GAS Intro Game	SNACK	SNACK	SNACK	SNACK
11:15 (45min)	Initiatives All groups	Rotation A & B continue	Rotation C and D begin	Rotation E and F Continued	Rotation E and F Continued
12:30	Lunch			Lunch	Lunch
1:30	Meet at Stage	Meet at Stage Group Game All Groups	Meet at Stage	Meet at Stage	Meet at Stage
1.45 (45min)	Initiatives All groups	Rotation A & B continue	Rotation C and D begin	Monster Course	Debrief Values & Rewards
2:30	Rotation A & B begin	Rotation A & B continue	Rotation C and D begin	SNACK	Depart the Summit
3:15 (45min)	SNACK	SNACK	SNACK	Monster Course	
3.30 (45min)	Rotation A & B begin	Rotation A & B continue	Rotation C and D begin	Monster Course	
4.30 (45min)	Day De-brief	Day De-brief	Day De-brief	Day De-brief	
5.00	Freetime	Freetime	Freetime	Freetime	
6.00pm	Dinner	Dinner	Dinner	Dinner	

** This program can alter according to the group capabilities, arrival and departure times, weather conditions and some other unforeseen circumstances. We endeavor to give all participants the most phenomenal experience of their lives as well as to meet the outcomes outlined by the group, sometimes this requires flexibility and is the key to making our program so unique.