



TEAMBUILDING 2012

Corporate Sports Challenges

We can organize a Sports Day for groups of 40-600 with each team being required to compete against the other teams in a choice of sports disciplines: All team members will be encouraged to participate in at least one of the events –competing for the numerous medals and ultimately the trophy for “Best sporting team for the Day!”

We can arrange celebrity appearances, venues, food and clothing as well as an MC for the day, equipment, set up and break down. Sports such as the following are available: Soccer, touch rugby, hockey, netball, tennis, cricket, fun walk, fun run, action cricket, pool, darts, golf, volley ball, basketball, softball, bowls, le boule, ten pin bowling etc.

4-Way Volley Ball

4-way Volley ball is chaotic, exciting and fun and can involve up to 60 players at once. A high energy game where competition runs high, 4-Way Volleyball requires 4 teams of 6 to 16 players simultaneously competing against each other. Four regulation volleyball nets extend outward 12 meters from a common centre pole to 4 outside poles. Ways of scoring points can vary, depending on program design. For example, if a team fails to return the ball, the other 3 teams may gain a point. Two different colour balls may be used simultaneously throughout the game to increase the challenge, and one colour ball may score higher points than the other. Using beach balls makes the game easier and fun for everyone. Each round is comprised of a set number of consecutive serves, 4 per team. Otherwise, the rules are the same as the traditional game.

Putt a Clue

Golf with a twist. Team of 6 players. On completion of each hole, the team is presented with a clue that will direction them to one of eight team activities. Team has to complete the activity before moving on to play the next hole.

The team who completes the full nine holes and the activities in the shortest time wins a prize.

You can choose any eight of the following activities:

- Eating challenge
- Gumboot race gumboots
- Strictly come dancing
- The graffiti wall
- Interactive quiz game
- Build the highest tower with jenga blocks
- Land ski-ing race
- Drinking competitions
- Rubber rope soccer
- Jukskei / Le boule
- Archery
- Ad design
- Darts
- Water bottle relay
- Volley ball game
- Wheelbarrow race

Fear Factor

This is *Fear Factor*. The stunts you are about to see were all designed and supervised by Sportsman facilitators. They are extremely fun, exciting and should only be attempted in a group!" Our facilitator will meet your group and get the atmosphere set with a ice breaker. Each team must successfully completed all four stunts to compete in the final. Sportsman will choose the final stunt for the teams. Examples of the stunts will be:

- Take away bag: With this activity each member of the team will reach into the bag and draw a number, whatever number they drew will mean they have to eat whatever is in that numbers bucket, some will be lucky and some not so lucky!
- Trust Fall: Fall backwards into your team mates trusting arms whilst being blindfolded.
- Spider Wall: Get as many of the team members as high as possible up the climbing wall whilst being blindfolded.
- Fear Factor Cuisine: Teams has a designated amount of time to grab a sardine (or whatever you choose to use) in their mouth, run across the room and drop it into the empty container. They must transfer as many food items as possible in the amount of time given but can only transfer one at a time.
- Slimy Slip & Slide: students slide through the slime, grab a flag at the other side and bring it back to where they started. They can only grab one flag at a time and must get as many as they can within a designated amount of time.
- Worms & Pennies: Contestants must place their hands in a bucket of live worms and find as many pennies (pre-placed) at the bottom as they can.

Urban Rally

We select 5 different experiences ranging from Adrenaline, to Cultural, to Culinary, to relaxation, to mind shifting ... Teams can be formed by Sportsman or supplied strategically by the client. Teams are required to complete a series of 5 unique experiences en route. Experiences are staged at various points of interest in an around the north west of Johannesburg. Getting from experience (station to station) requires navigating and solving riddles in the form of a treasure hunt. Scoring is on a basis of time, but also on effectively completing respective experiences as a team. The scoring is weighted more heavily to the latter as we don't want to encourage "speeding" in any way. The rally culminates in a finish and prize-giving at an appropriate restaurant.

Experiences are either adventure related, cultural or a team building nature etc.

Examples:

- Fear Factor / croc farm
- Play with lion cubs
- Visit bird park
- Paint ball
- Horse Ride
- Archery
- Go – Karting
- Wine tasting
- Ten pin bowling
- Rowing on a lake
- Ice skating
- Quad Biking
- Amazing Maze
- Adventure Golf 4 holes
- Cheese Tasting
- Inflatable world

Picnic baskets, bandannas and petrol voucher are optional.

Amazing Water Race

.Based on the Popular TV Series, our facilitators will meet your group and create the atmosphere with some Ice Breakers to set the tone for the Trip. We will allocate rowing boats, give a Race Briefing and distribute Travel Packs and Race Passports before a short Brain Teaser to break up the Field for the journey.

From here it will be a Day of wits and speed in whichever direction you choose, based on your budget and interests we will compile a Jam Packed adventure with activities. Along route we will have compulsory Road Blocks for the Odd Snack or Drink until our return trip back home. The URBAN RALLY can be as competitive and physical as you like or as casual as your needs, and is adaptable to any age group, ability, sex or fitness level. It can occur over 1-6 hours depending how much time you have available and can be split before and after lunch.

Irish Olympics

This fun and humorous event helps develop team play and motivation skills as well as allowing individuals draw on their personal skills to develop a cohesive team spirit. Loads of fun in this event helps create the memories of a great day out.

- Bale Pushing - Let the games begin! Team relay race pushing large bales of straw.
- Wheelbarrow pushing - Against the clock - blindfolded driver being guided by passenger through an obstacle course.
- Straw Tossing - Individual task - using a pitch fork to toss a sheaf of straw over a bar.
- Puc Fada - Individual task using a hurley stick to strike a ball.
- Welly Throwing - Everybody's favourite - throwing wellies over a distance.
- Tug 'O' War - The big team challenge - testing team strength and co-ordination using a large rope as team pulls against team.
- Turf Stacking - Has your team got the engineering skills to set a new record in this challenging event. Not as easy as it looks!
- Hourican's Challenge - Oran O'Hourican has left your Team an encrypted message. It is up to you to decode his hidden message, and release his Pot of Gold from the Tree Tops above.
- Drinking Competition - Depending on the social vibe Sportsman facilitates a host of fun games.

Sports Olympics

It's not how you play the game, it's if you win. Sportsman's Olympics provide the ultimate in friendly competition and world class fun. Designed to promote team spirit among people of all ages and abilities, our Olympics are suitable for all types of meetings -- from sales conferences to spouse programs and family events. Group sizes range from 50 to 1,000 or more participants.

In customizing each program, we consider the demographics of the group and select from our list of more than 10 games. A revered torch runner highlights the opening ceremony in grand Olympic tradition. Each event is judged by our professional staff and ribbons are awarded to the top four winning teams. Let the Games begin!

Games:

- Water Slide Competition
- Archery
- Walking race
- 100m relay
- 100 m sprint
- 200 m sprint
- Zorb ball race – inside inflatable balls
- Chess
- Rowing

- Swimming relay
- Raft Building.
- Balloon popping competition
- Climbing challenge
- Quiz challenge
- Wheel borrow race

Silly Olympics

- Survivor Water Challenges – Amongst other games, using a series of wooden pipes and guttering, the team has to figure a way to channel water from a highpoint to full a bucket at the low point.
- Obstacle Course - Teams transport water (in leaky Buckets) across a large inflatable obstacle course to offload at the other side.
- Gumboot Race – A team relay race, over a slippery tarpaulin and obstacles, using Gumboots (on your feet of course) as the chosen method of carrying water.
- Rubber Rope Soccer - A set of rubber ropes keeps you off-balance while you move across the wet surface to score a goal – with hilarious consequences.
- Multi Way Tug –o – War (on Water slide) – The very popular Tug-o-war, but on a slippery Tarpaulin
- Raft Building – (An activity in an activity) Even if there isn't a lake or large pool, teams are required to design, construct and then race their rafts from start to finish.

Boere Sports

A series of tradional boere games ranging from 3 legged racing, tug of war, wheel barrow racing and other "lekker" games to determine the best team or competitor for the day.

- Egg Throwing
- 3 legged racing
- Land Ski-ing
- Egg spoon race
- Sack Races
- Tug of war
- Jukskei
- Katty shooting
- Bokdrol spitting
- Pillow fighting
- Apple dunk
- Arm wrestling
- Wheel borrow obstacle race

Suikerkaskenades

We setup 5-8 stations and competitors have to negotiate their way through slippery water challenges, carry water over and through inflatable's. It's a great day out, but remember to bring a spare change of clothes.

Water Suikerkaskenades

A combination for boere sports and suikerkaskenades

Indigenous Games

South Africa and our African continent is home to a variety of cultural indigenous games that require lots of tactful consideration and skill. You and your team need to test the barriers of what it takes to be a born and bred champion! With traditional games such as Marabaraba, Blikkies, Jukskei, Kgati, 10 Stones, Stokkies and more, we'll bring you back to your childhood roots. Aimed at working together as a team and accommodating ones diversity this activity is adaptable to any age group, ability, sex or fitness level and promises to be both fun & unique.

Reality Bump

A combination of challenges picked from the various reality programs, including Fear Factor, Survivor, Idols, Strictly Come Dancing, Boot Camp etc. These challenges are more cerebral of nature – i.e. they test more brain than brawn!

Bar Olympics

Bar Olympics is an indoor, interactive social occasion perfect for getting company staff to interact in an enjoyable and relaxed yet facilitated atmosphere. The concept borrows from the general theme around an "olympics" with various "sports" disciplines, medals, anthems and competing countries but instead substitutes traditional sports with those associated with "bars" and arcades.

Games include: Foosball – "Table Soccer", Boat races (the Drinking Type), Playstation games – (F1, Rugby etc) and finally traditional "BAR" sports such as Pool & Darts, Quiz– Sports Trivia Quiz.

In addition to the conventional dart boards, Sportsman facilitates a unique game whereby participants aim at different targets, including Money, vouchers, and even on board of a different kind – "DART CRICKET"

Potjiekos Cookout

The Sportsman action crew puts teams through their paces in a series of fun Group Dynamic exercises, including learning the finer arts of Potjiekos cooking, bribery and corruption! Teams fight it out for ingredients, utensils, food and drink in a series of fun games devised by Sportsman and used effectively in most of our Sports and Fun Days.

Zoo Quest

ZooQuest is a problem solving activity in which teams solve clues and to locate hidden treasures inside the zoo.

Typical treasure hunts provide clues and set your team loose to find answers and provide puzzles and require creative thinking... Typical treasure hunts are just that...typical. But ZooQuest is unlike anything you've ever experienced before.

Points are awarded for those who find each of the hidden answers. The faster you find the items, the more points you receive. ZooQuest gives people the opportunity to work together to achieve their goals.

Cake Toppers

Baking a cake is the perfect metaphor for teamwork. But even better, the cake itself becomes the symbol of the team itself.

Imagine the creativity, teamwork, and effective communication that are required to design and decorate a cake that symbolize the team itself.

Now, you don't have to imagine... You Take the Cake! Lets your group learn and play together.

Human Foosball Challenge

The human foosball is a giant format of the table soccer. In an inflatable perimeter wall and goal posts. Each participant puts on a waist harness and is attached to a rope to allow them to move from side to side. Teamwork is essential to get to the ball and to pass the ball between team members while trying to score a goal.

Karaoke

Why leave your singing for the Shower? Rather join us for a fun filled evening of entertainment and laughs with a few “famous” singers! It’s a great way to break the ice and make a few memories with colleagues on the opening night of a conference or just to add some spice to a function. We supply the Sound System, Projector, Screen, Music and an MC for the night.

Amazing Maze Challenge

Team building exercises with mazes help to build trust and encourage group thinking and problem solving. Giant Maze event: Teamwork and group thinking come to the fore as the giant maze activity combines navigation with problem solving. Various stations located throughout the maze require teams to stop and work together to answer questions or complete tasks. The difficulty of the questions can be adjusted to suit any age group or line of work. You will be doing our Elemental Reed Maze - With 1.8km of pathways and 5 secret gardens, themed on the 4 Elements : Air, Earth Water and Fire; and, the Garden of Reflection. Played with a general knowledge quiz to answer, this maze is very popular with all ages.

Duration : Teams generally come to the maze for a half-day activity during the week, usually arriving around 12noon. Bookings are for a 4 hour slot.

Format : Staff are divided into teams of 4 people per team as large teams do not work in the maze.

- Teams are briefed on maze task
- Teams do a couple of small tasks at tables to stagger the teams going into the maze
- All the teams then do the giant maze, takes 90 minutes
- All teams hand in their answer sheets, and the sheets are marked
- Small prize giving, prizes supplied by you
- Lunch, served approx 2 hours after the start of your event, food options see below
- There are a number of smaller mazes, logic puzzles and games around the staging area that teams can solve as teams or entertain themselves on
- Group departs 4 hours after start of the event

Minute to win it

Looking for fun indoor team building activities? You’re in luck, our Win It In a Minute program is the ultimate selection of teamwork games and activities. Be prepared for plenty of laughter and fun with Win it in a Minute. Based on the hit TV show “Minute To Win It”, teams will compete in a number of 1 minute challenges / teamwork games varying in difficulty to earn points for their team. The aim is to earn as many points as possible over all of the teamwork activities and the team that manages to score the most by the end of the night will win.

Activities will include:

- Movin on top : Player must hold a stack of blue cups with 1 red cup at the bottom. Player must move cups 1 at a time from the top to the bottom of the stack, trying to cycle the red cup back to the bottom of the stack.
- A bit dicey : Balance six dice on a popsicle stick held in your mouth
- Don’t blow the joker : Player must blow off 52 cards, leaving 1 on top of a glass bottle.
- Egg roll: Move eggs across the floor and into the target area by fanning the eggs with an empty pizza box.

- Face the cookie: Using only the face, move cookies from the forehead to the mouth.
- Mad dog: Empty two breath mint boxes attached to the ends of a ruler by shaking your head.
- Johnny Apple stack: Stack 5 apples on top of each other.
- Dizzy Mummy: Unwind a roll of toilet paper by executing a series of 360-degree spins.
- Candy Elevator: Use an "elevator" made from 2 pencils and string, to lift 3 candies into the mouth.
- Floatacious: In a big bowl of water, balance a tower of 5 empty soda cans on top of a plastic plate.