

ULSPORT

ADVENTURE CENTRE

“Take your Team to the Next Level”

We at UL Sport believe that any team can achieve success. With the right training and support a group of players can be moulded into a winning team.

Our Team Building Packages are designed by leading experts in coaching and motivation and combined with our world class sports and adventure facilities **we have created the key to unlock the hidden potential in your team.**

A UL Sport Teambuilding programme can encourage a group of teammates to

- Develop team ethos and team spirit
- Break down barriers
- Increase social interaction and boost morale
- Experience good old fashioned fun in a new and exciting environment



Adventure Team Building Day

This full day adventure based challenge at our **Killaloe Adventure Centre** takes players out of their comfort zones and up to new heights. Teams are guided through the day by experienced outdoor facilitators who encourage team work at all stages and measure the team's performance. Feedback is provided at the end of each day to players and coaches ensuring that the experience is a constructive part of the teams road to success. A half day Adventure Teambuilding package is also available on request.

Activities

An Adventure Team Building Day comprises of 2 main activities, the High Ropes Course and Crystal Maze Challenge. These activities are designed specifically to encourage team work and have a proven track record in developing groups of players into winning teams.

High Ropes Course Challenge

UL Sport Adventure Centre is home to Munster's First High Ropes Course to add to its existing impressive facility on the shores of Lough Derg. The course is a series of physical adventure challenges requiring a combination of teamwork skills and individual commitment. This aerial obstacle course consists of six individual elements that focus on the individual achievements of participants as they challenge themselves. Climbing up to a high element and completing the challenge is adrenaline producing, high energy and exhilarating fun. Even participants who are at first scared of heights can accomplish what initially seemed impossible with support and encouragement from team members. With the reassurance of our professionally trained facilitators every event is about perceived versus actual risk, thus emphasising our policy of 'Challenge by Choice'.

Crystal Maze

Devised from the popular television show the aim of this activity is for teams to collect as many crystals as possible within the allotted timeframe. Crystals are awarded upon successful completion of a variety of both physical and mental tasks. Taking into account different team members attributes, teams must decide at the beginning of the challenge which tasks they are best suited to and which tasks they would have the best chance of successfully completing. Different aspects of teamwork including communication, planning and decision-making skills will be called upon in this challenge. The team with the most crystals accumulated when the whistle blows is deemed the challenge winners.

High Intensity Teambuilding

This all new package takes place on the main **UL Sport Campus in Castletroy**, Limerick. This is a high intensity 120 minute programme which will challenge the mental and physical team building ability of even the best teams. It is the team building equivalent to circuit training with small teams of players racing against the clock to complete challenges together. Each task requires concentration, communication and trust to be successfully completed. Teams collect points for completion of challenges as they race against the clock.

Locations

The HIT package is designed to take place indoors and outdoors. The outdoor location is the North Campus All weather pitches and the indoor location is the UL Sport Arena, both on the UL Campus in Limerick.

North Campus Pitches

This multi-purpose fully floodlit all weather synthetic grass park contains two full size 3rd Generation soccer pitches, one full size 3rd Generation rugby pitch and a full size 3G GAA pitch. This is the largest artificial grass development in Ireland and is designed to IRB, GAA and FIFA specifications.

The 3G All Weather surface plays like natural grass and is designed for full contact. Each full size pitch can be sub-divided to create smaller sized playing areas. Player comfort is a priority and this synthetic surface is unlike most others as it eliminates carpet burn and reduces the risk of injuries caused by the other hard or uneven surfaces.

In addition to the state of the art playing fields, a Sports Pavilion which contains a reception area, eight changing rooms, two squad meeting rooms and the Pavilion Bar & Restaurant.

UL Sport Arena

UL Sport Arena is one of the largest sports & events facilities in Ireland.

The Indoor Arena operates as four independent multipurpose courts .It also includes a 60m indoor sprint track and three lane 225m jogging track. We can cater for all your sporting needs.

Measuring over 3300sqm the space can be opened up to create one large floor area or divided into a number of smaller areas. This flexibility is the main reason why many high profile sport and event organisers have taken advantage of the modern facility. It can also be turned into a fully carpeted facility for sporting events, shows, exhibitions, events and concerts.

General Information

Sample Adventure Team Building Day* Timetable (In our Killaloe Adventure Centre, Co. Clare)

10:00	Arrive in Adventure Centre (Killaloe), Group Briefing
10:15	Crystal Maze
12.40	Lunch (see options below)
13.20	High Ropes Challenge
15:40	Debrief
16:00	Depart

**Half Day Adventure Team Building sessions are also available in Killaloe on request with a choice of either the High Ropes Challenge or Crystal Maze, please contact us for more info.*

Sample HIT Timetable (In UL, Limerick)

10:00	Arrive in UL, Group Briefing
10:10	First Half (4 x 10min HIT Challenges)
10:50	Half Time (Break to get refreshments)
11:00	Second Half (4 x 10min HIT Challenges)
11:40	Debrief
12:00	Depart

Please note: The above timetables are flexible and subject to each teams needs and activity location.

Cost

Please contact us for a quote.

Food Options

Meals can be arranged at any of the above locations, we work closely with a number of providers to ensure each teams dietary needs are met. There are also a range of price options to suit a variety of budgets.

Contact Us

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