



YMCA Camp St. Croix

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Greetings from the Saint Croix Teambuilding Center and YMCA Camp St. Croix!

Thank you for your interest in the exciting opportunities offered by the Saint Croix Teambuilding Center at YMCA Camp St. Croix. The Saint Croix Teambuilding Center is regarded as the region's leading provider of teambuilding experiences for people of all ages. Each year, thousands of people experience personal and professional growth by participating in a teambuilding and self-esteem building program.

We pride ourselves in the ability to deliver outstanding personal and professional development trainings to a wide diversity of clientele. To date, we have worked with hundreds of teams, including: Dominion Investments, General Electric, Hamline, Pillsbury, St. Thomas University, University of Minnesota and many Middle and High Schools. We hope to add your group to our impressive list of Saint Croix Alumni!

Why choose YMCA Camp St. Croix and the Saint Croix Teambuilding Center? We offer:

- **Location** - 30 miles east of Saint Paul (just off I-94)
- **Facilities** - Meeting spaces, lodging and meal service for 8 – 220 people
- **Setting** - 400 beautiful, woodland acres overlooking the St. Croix River
- **Custom Programming** – Based on the long-term goals and outcomes of your group
- **Wide variety of program and training options.**
- **High Integrity** - We provide high quality, relevant and safe learning experiences

The Saint Croix Teambuilding Center has assembled the enclosed programs and teambuilding experiences for the 2002-03 season. If you would like more information about a specific program or would like to talk to one of our professional staff about designing a program to meet your organization's needs, please do not hesitate to contact us.

Thank you once again for your interest in an experience with the Saint Croix Teambuilding Center. We are eager to consult with you to design a high quality program that will have concrete benefits for your group! Please call if we may be of further assistance.

Sincerely,

Barry J. Rudesill
Program Director for Outdoor Education

Corporate Teambuilding Programs

These activities are intended for our Corporate clientele or for organizations that are looking for a truly unique teambuilding experience. Each activity can be tailored specifically to meet the goals and objectives for each group and can be modified to accommodate the skills and abilities of the participants.

Corporate Scavenger Hunt

Do you have a problem with communication between departments? If you are facing the “specialization crisis”, we can help. Through a study of your company’s physical and organizational structure, we will create a unique scavenger hunt, within your corporate facilities, designed to promote awareness between employees and departments. This serves as a great training tool for your new employees and provides an opportunity for leadership by long-term employees.

Leadership Institute

This exciting new program is centered on local area leaders and building connectivity between companies within our community. This program consists of a teambuilding session at St. Croix, and then five “classes”, one per month, at local hospitals, corporations, etc. Each class will include a guest speaker to address current issues facing Minnesota and Wisconsin businesses. Please call for details and enrollment information.



Mystery Weekends

Tired of the common corporate retreat weekend? Looking for more than a motivational speaker to enhance your organizational retreats? Then let the Saint Croix Teambuilding Center create a customized crime for you! With activities ranging from detective mysteries to “locked room” puzzles, we guarantee to keep your staff guessing. Your staff must work as a team to solve the mystery before the end of the weekend. Costumes and props for your staff are available for an extra fee. Make your next retreat a truly memorable experience!

Community Treasure Hunts

Like a unique challenge? Want to draw from your limitless wealth of trivia and facts? Want an excuse to explore your town on foot? Then let the Saint Croix Teambuilding Center create a Treasure Hunt just for you! With activities and clues specifically tailored to your organization and employees, we will provide a game that will provide not only a thorough knowledge of your community’s trivia, but also a chance to enjoy all that your city has to offer.

Structured Teambuilding

In our Standard Teambuilding Programs, our trained Facilitators will evaluate your group’s performance and move the participants to the activities that would best meet their needs. In a structured program, however, we simulate a “real world” atmosphere. Tasks are assigned with deadlines, acceptable outcomes and quality expectations. Groups learn to work together, based on set time frames, focusing on teamwork as it relates to efficiency in systems. As a part of the “Structured Teambuilding” program, we encourage organizations to provide information about a current issue that their organization is facing. Our Facilitators will walk your staff through the problem, encouraging open communication and ultimately seeking an acceptable solution that can be implemented upon return to the workplace.



Television Production

Looking for a teambuilding program that is unlike any other? Then let the Saint Croix Teambuilding Center bring out your staff’s creative potential! From script writing to lighting, presentation to the finish work, this program puts your staff and their creativity to the test. Utilizing recording equipment ranging from studio video cameras to mixing boards, your organization will design a commercial from start to finish. This video can either market your company’s products, or can be used as a staff-recruitment piece!

YMCA Volunteer Service Corps

Do you want to make a difference in your community, whether on a local or a global scale? Then let the Saint Croix Teambuilding Center help you find a place to start. From turning garbage pits into parks down the street to building houses for the homeless in another country, we can find the place where your volunteers can help meet the needs of people from around the world or right next door. All projects are geared for your organization’s abilities and resources. Come join us and help to change one corner of our world!



Standard Teambuilding Programs

While these activities are called “Standard Teambuilding Programs”, that does not mean they are ordinary! These programs are the basis for our teambuilding outreach and have been used successfully for over 20 years by groups ranging from schools to corporations. These programs improve performance, enhance communication, develop leadership skills and promote teamwork.



Climbing Progression

This program is for people who want to learn more about rock climbing, but aren't sure where to begin. We start with the basic theory of climbing and teach techniques that are applicable for all climbers. Participants begin by practicing on our Bouldering Wall and, once they are comfortable with their skills, will work on one of our thirty-foot-tall, multisided Climbing Towers. Groups choosing to participate in a two-day program can choose the option of rock climbing at beautiful Taylor's Falls.

Climbing Tower

What is your goal? What is it that motivates your staff? How do you get from Point A to Point B? All of these questions can be answered through the Climbing Tower. Participants are encouraged to set their own personal goals and, through group encouragement and support, accomplish them! We discuss goals set for the organization and how the employees can work to achieve them. This activity is especially relevant to anybody who wants to see his or her organization grow. (Some Initiatives and Low Ropes activities are included as part of this program.)

High Ropes – Personal Challenge

Shared experiences are the foundation for a successful team. For any organization, there are times when people are forced to step outside of their comfort zone to adapt to new situations. The High Ropes – Personal Challenge program creates a unique, shared experience that will allow your staff to develop a deeper understanding of themselves, their fears and their ability to move beyond them. Through positive encouragement, group support and mutual respect, participants in this program will have a chance to grow, not only as a team, but on a personal level, as well. (Some Initiatives and Low Ropes activities are included as part of this program.)



High Ropes – Team Challenge

If you are ready to take your teambuilding skills to a whole new level, then we have the program for you! Through our High Ropes – Team Challenge program, participants learn to work together to reach new heights, literally! Obstacles average 25-feet off the ground and are designed so that it takes two people to complete the task. You and your partner, secured by mountain climbing gear, will only succeed by working together in this exciting Ropes Course. (Some Initiatives and Low Ropes activities are included as part of this program.)



Initiatives and Group Challenges

Structured to meet the needs of groups that prefer less physical challenge but would still like to participate in teambuilding, this program offers obstacles that require more mind than muscle. Groups work through a series of teambuilding games and smaller Initiatives. This isn't to say that the activities are easily accomplished; this program can offer the same level of challenges and promote the same positive outcomes as that of its “larger” companion, “Low Ropes”.

Low Ropes

This program offers a combination of mental and physical challenges designed to promote group teamwork by developing the 3 C's critical for any team: Communication, Cooperation and Caring. Our skilled Facilitators will evaluate your team and, through careful sequencing of obstacles, help them to develop into an effective team. With over 25 obstacles and 100's of Initiatives, we can guarantee you will never have the same experience twice!

Orienteering

It has been said that the only constant in life is change. If your staff is looking to find their direction, why not look in our direction! From programs incorporating basic compass skills to advanced orienteering techniques, we can help your group follow the path successfully to their goal. Our focus is on teamwork and developing leadership skills, with activities carefully structured to accommodate all ages and abilities. (Some Initiatives and Low Ropes activities are included as part of this program.)



Portables

Do you need to build your team but aren't sure how to move a large group of people to our facility? Let the Saint Croix Teambuilding Center bring the program to you! A Portable Program, while similar to the "Initiatives and Group Challenges", "Low Ropes" and "Structured Teambuilding" programs, is designed to be brought to your organization or even to a nearby park. We provide all of the staff, materials and obstacles necessary for your group to grow into an efficient team.



River Canoe Trip

Although most people do not realize it, canoeing is very much a team sport. We begin by teaching the basics of canoeing and water safety. After that, we climb into our canoes to retrace the route of the Voyageurs! With options for a picnic lunch and/or an overnight campout along the river, your group will have a fun and memorable trip exploring the beauty of the Saint Croix River. This is a great activity by itself or can be combined with "Survival Simulation" for an added challenge! (Some Initiatives and Low Ropes activities are included as part of this program.)

Sailing

Is your organization looking for a place to "get away from it all"? As a team leader, are you trying to find a place where you can have development meetings with your group leaders and, at the same time, build your staff into a team? Then the Saint Croix Teambuilding Center has a way to meet your needs. We begin by training your staff in the basics of sailing. After the orientation period, we will shuttle your group up to Lake Superior for the ultimate sailing adventure aboard our 41-foot ketch, *the Gavia*. Accompanied by a trained, US Coast Guard Certified Captain, you and your crew will set sail for an unforgettable experience! Do you want to bring more than your team leaders? Call ahead and we can arrange to charter a boat that can comfortably sleep up to 20 people!

Sensory-Based Experiences

Get in touch with your self and with nature through our sensory-based teambuilding programs. From activities like "Hug-A-Tree" which encourages a tactile approach to environmental studies to predator-prey simulations, this program can provide a very memorable experience for our younger program participants! Schools should book early, as there are limited program slots available. (Some Initiatives and Low Ropes activities are included as part of this program.)

Survival Simulation

Have you ever wondered how to survive if you were stranded in the wilderness? Let the Saint Croix Teambuilding Center help you find out! We can create a 1 – 3 day Survival Simulation with as much realism as you desire. Our trained, professional staff can provide instruction in basic survival techniques from finding and purifying water to shelter building, edible plants to first aid techniques and much more! (Some Initiatives and Low Ropes activities are included as part of this program.)



Waterfront Teambuilding

Get your swimsuits on and let's play! With a series of special challenges from raft-building, river racing, group challenges and much more, this is an exciting and relaxing way to build team spirit, encourage communication and have some plain, old-fashioned fun! Certified lifeguards supervise all activities. Spring, Summer and Fall seasons only, weather permitting.



Wilderness Trips

Designed to promote teambuilding skills and to provide an exciting corporate retreat, these trips can provide all of the adventure and team spirit that you are looking for! Trips include: **Iron Mountains Backpacking** (backpacking and climbing), **Tennessee Trip** (climbing, mountain biking, rafting and spelunking) **West Virginia Trip** (2-day rafting and climbing), and **Whitewater Canoeing** (1-day local trips on the Flambeau, Wolf and Peshtigo). We are also willing to coordinate a specialized program to meet your group's specific needs.

Looking for a program not listed here?

Call us at (651) 436 – 8428 ext. 15 and let us design a program specifically for your group!

Teambuilding Training Programs

Is your organization looking for a way to develop their skills? Through our customizable trainings and simulations, the Saint Croix Teambuilding Center can create a program that will give participants the opportunity to move from theory into practice. All trainings and simulations should be booked at least one month in advance.



Crisis Simulations

How do Emergency Medical Service Personnel practice when there is no crisis to practice with? Talk to the Saint Croix Teambuilding Center and let us create a “crisis” to meet your organizations needs. From basic rescue techniques to large-scale emergencies, we are willing to tailor a program that will push your group to new levels. Groups may even choose to have us create “realistic” injuries to provide situation-specific medical responses.

Initiatives and Teambuilding for the Classroom

This program is designed to teach teambuilding techniques for large groups with limited props and limited space. While our focus primary focus is on teachers, this program is applicable for Counselors, Day Care Staff, Pastors, Social Workers, YMCA Staff, Youth Pastors and anyone else who interacts with children during the course of their job.

Summer Camp Teambuilding Training

Looking for a way to spice up your Summer Staff Training? Trying to give your counselors some additional activities for their “bag of tricks”? We can help! The Saint Croix Teambuilding Center can arrange to send our trained Facilitators to both lead and teach Initiatives that involve low or no props! These activities, designed for groups of 6 to 25 participants, can be led for Rainy Day games, time-fillers or to develop teamwork and leadership skills among your campers. We can help you make the summer season more memorable for both you and your staff!

Youth Specific Teambuilding Programs

Looking for programs specifically for youth? The Saint Croix Teambuilding Center has specialized programs for all ages and abilities. Whether your group chooses to come to our facility or our programming is done on-site, it is our goal to provide life-changing experiences for local area youth.

At-Risk and Adjudicated Youth Programs

As part of our YMCA outreach, YMCA Camp St. Croix and the Saint Croix Teambuilding Center are proud to announce a new program specifically designed to reach out to the youth that are classified as “At-Risk”. Through a series of half-day to full-day programs, each designed to reinforce the concepts of positive peer interactions, self-esteem building, teamwork, enhanced interpersonal communication and leadership development, youth begin to grow in an environment that fosters acceptance and motivation toward positive change.



Physical Education Teams Program

The Saint Croix Teambuilding Center is pleased to announce an exciting opportunity for local area schools. Through a partnership program with YMCA Camp St. Croix, we can offer classes in teambuilding to the youth in our communities at our facility and/or at your school. These classes teach youth of all ages the basic skills necessary for effective communication, positive peer pressure, conflict resolution and leadership development.

Teen Summit

Attention teens! Every winter, the Saint Croix Teambuilding Center, in conjunction with YMCA Camp St. Croix, the Saint Paul YMCA Association and local youth organizations, is proud to sponsor a Teen Summit. This program will teambuilding activities, motivational speakers, discussion of current issues facing teenagers and opportunities for teens to get involved and make a difference in their communities! Please call YMCA Camp St. Croix for more information.

If your school is looking for a way to attend, contact YMCA Camp St. Croix to find out about our new Corporate Scholarship Program!

How Can Teambuilding Help My Organization?

In my years of teambuilding, I have encountered a number of people who are skeptical about whether an afternoon on a climbing tower can really improve the teamwork and potential of their group. How could something like a scavenger hunt or a canoe trip promote better communication and cooperation in a group of individuals?

How important is teambuilding? Bob Taylor, Taylor Guitars, is quoted as saying, "Building the team is as important as producing the product." John C. Maxwell, a recognized expert on leadership and teamwork has observed that, "You will never develop common ground with your teammates unless you share common experiences."

Teambuilding programs have been in operation for decades and there are literally hundred of organizations dedicated to their own brand of staff development and team training. Each program offers their own unique styles of activities and focus, but all programs are centered around the concept of shared experiences as a basis for developing understanding, "common ground" and awareness of the importance of goals and goal-setting.

At the Saint Croix Teambuilding Center, we provide safe, fun, quality experiences that provide the shared experiences and the interactions that are foundational to promoting dialogue between individuals. Our goal is not to provide a one-day recreational experience but to create an atmosphere of acceptance and understanding that will improve group performance for weeks, months and even years after the event. As our mission statement says, "We aspire to be a catalyst for exciting, productive change and seek to provide leadership that will help people create the future they desire."

This change is brought about through dynamic, hands-on experiences that promote creative problem-solving, group discussions, personal goal-setting and a realization of the limitations, both real and perceived, for program participants. Through the successful completion of tasks and the increase in self-esteem, group acceptance and cooperation that results, participants are provided with life-changing outcomes that can be applied to school, work, family and society.

Call us today to find out what the Saint Croix Teambuilding Center can do for you!

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