TEAMBUILDING & CHALLENGE COURSE

[Image of a person climbing a rope net with a helmet and sunglasses on]

[Logos for RecSports VCU and Richmond Recreation & Wellness]
VCU Rec Sports Outdoor Adventure Program’s new Teambuilding and Challenge Course program is committed to helping your team achieve its greatest potential. We are pleased to be partnering with University of Richmond’s Department of Recreation and Wellness to bring high-quality teambuilding experiences to our campuses and the Richmond community.

Whether you have a class of students who are about to begin working on a challenging project together, your department is struggling to communicate effectively, or you are wanting to build stronger leaders within your community, our trained staff is available to help you increase trust, communication and work toward a common goal.

Trained student leaders from Virginia Commonwealth University and the University of Richmond facilitate the programs. We focus on developing a customizable program that will serve the needs of your group. Visit our website for more information on all programs, fees and registration.

**Portable Teambuilding Programs can occur at a location of your choosing.**
- Meet and Greet (1 hour)
- Teambuilding Program (2-3 hours)
- Trust Program (2 hours)

**Challenge Course-Based Programs are held on the University of Richmond's campus.**
- Intro Synergy Program (4 hours)
- Full Synergy Program (6 hours)
- Night Climb Teambuilding (2-4 hours)

**Adventure Hybrid Programs** combine a local adventure trip with teambuilding at the Challenge Course.
- Mountain Ram Program (8 hours)
- River Ram Program (8 hours)

**Custom Teambuilding Programs**
- Designed to best suit your group’s structure, schedule, and needs.

To learn more, visit [recsports.vcu.edu/programs/outdoor-adventure-program/teambuilding-and-challenge-course/](http://recsports.vcu.edu/programs/outdoor-adventure-program/teambuilding-and-challenge-course/)

To schedule a teambuilding program, contact Sam Albert, Teambuilding Coordinator, VCU Outdoor Adventure Program.
804-828-8473
scalbert@vcu.edu