

Project Excel *Olympics*

The Scoop:

Teams will compete for “Olympic” Gold and of course bragging rights. All the activities listed below are fun, energizing and can at times be a bit silly. This activity is perfect addition to company outings and picnics.

What is this activity all about/ How will this activity energize my team?

- High energy
- Lots of laughs
- Spirited competition
- Great pictures
- Great stories for the water cooler

Is this activity very physical?

- This activity can be as physical (or not) as you want it to be. We encourage everyone on the entire team to participate. Participants can sub in or out as needed within any given challenge.

How many people can participate?

- Ranges from 10 – 500 people

How long can we play?

- Depending on the desired level of competition, this activity generally lasts about 1.5 - 2.5 hours.

We are really competitive! Can we score and announce winners?

- Yes, we can track scores and announce winners. We can also order custom medals for the top three teams. (An additional cost)

Can we include a team name and cheers?

- We encourage team names and cheers, they seem to reenergize the crowd throughout the day.

A sampling of the activities available (subject to change):

(These activities are either time based or point based OR Both)

Group Jump Rope:

The entire team (or parts) is challenged to jump two consecutive turns together **and** run through once with NO touches. This is a timed event.

Hula Pyramids:

A scored event based on the stacking ability of the group. Teams are challenged to stack as many hula-hoops as possible within a minute:

One level =1pt,

Two levels=3pts,

Three levels=5pts.

It's a fun, and a risk vs. reward activity.

Relays:

Our talented facilitators will set up a number of fun, challenging relay races that you won't believe. Activities will be a *barrel* of laughs.

Team Skis:

All aboard, all team members must use timing and a chant to travel as a team to a designated area.

Water Balloon Targets:

Toss the balloons using a thrower, and the rest of the team must catch the moving target. All scored.

Transfer Pipes:

Move the balls (ping pong balls, golf balls, playground balls, blow-up balls, super balls & pinkies, etc) from one place to the next. Sound easy? Wait until we share the rules!

Tug - of -war:

2way=strength; 4 way = strategy. Either way = fun.

Lycra Tubes:

Inside outside, using the whole team, move as unit to the designated end line.

DORAL ARROWWOOD

WHERE GREAT THINGS BEGIN

Chopsticks: Using chopsticks, empty the barrel and fill the bucket beyond the end line.

Knots: Tying knots, seem easy? Put your most patient teammates on this challenge.

Mastermind Challenge:

All mind twisters and puzzles...all correct answers are worth points.

Trivia Challenge:

Trivia (Business; fashion, celebrity, entertainment, TV movies etc) we have it all. We can also include specific information regarding your company.

On Target:

Runners. Throwers, retrievers...it's all about hitting the net and putting the ball in the basket. Not the traditional basket and the backboards are...you guess it, your team members.

Suck It Up:

Using only their mouth, participants must pick up a straw and using only suction of the straw must transport an M&M ® to an assigned spot.

Dizzy Izzy:

Toilet paper gets unspooled by a contestant completing a series of 360-degree spins causing the paper to wrap around their body. Participants must unspool all toilet paper squares not glued to the cardboard center.

Target Practice:

Participants must clear the table of cans using only rubber bands released from the hand.

Team Sport Events:

Basketball
Bocce
Wallyball
Volleyball
Horse Shoes
Tennis
Racquetball