

# FSU Campus Recreation

## FSU CHALLENGE

Thank you for inquiring about the **FSU Challenge** Program at Florida State University. As a University-based program our primary focus is on FSU students, faculty and staff, though we also design and facilitate programs for off-campus groups. Our program includes group games and initiatives and a low and high Challenge Course. This experiential learning program is an excellent addition to traditional management training, teambuilding and staff development programs.

The FSU Challenge facilities are located in the natural park setting of the FSU Reservation, just five miles southwest of FSU's main campus. Our low and high Challenge Course presents challenging tasks that help groups focus on their communication, trust, cooperation and fun. By involving individuals in complex tasks that require group cooperation, our program stimulates attention to the group process while spending time reflecting on the experience. This format allows participants to examine teamwork, communication, problem-solving skills, leadership styles, trust and cooperation issues among group members. This experiential approach to training and development provides quick learning, increased group cohesion and improved communication among participants. While we encourage participants to push their perceived limits, our "challenge of choice" philosophy allows each participant to determine his/her own comfort zone and participation level. Benefits include enhanced group support, trust between group members and having fun, all in an outdoor setting.

The standard programs we offer range from two to eight hours with Challenges that may include games, group initiatives, and our low and high challenges. We highly recommend the full day program – with more time, we feel more positive results are possible. We do not offer high only challenges, so groups need to participate in the low challenge before moving onto the high. We encourage a preliminary visit to FSU Reservation to see our facilities, discuss your group's goals and to schedule a course suited to your needs.

To continue the process of scheduling your course, please fill out a [FSU Challenge Request Form](#) in order to schedule a date for your group.

We invite you to "**Take the FSU Challenge**" and reap the benefits for your group. If you have any questions, feel free to call us at the FSU Challenge office @ 850-644-6124.

Sincerely,

Jordan Merrick, MS  
Director, FSU Challenge  
FSU Campus Recreation  
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# FSU Challenge Program: *General Information*

## Participation Benefits May Include:

- Group cooperation
- Decision-making skills
- Self-confidence
- Group cohesion
- Risk-taking
- Trust

## You May Experience:

- Increased awareness of self-esteem
- Group support
- Insight into personal strengths and limitations
- Leadership skills
- Building trust
- More effective group communication
- Fun!

## Potential User Groups

*The following groups have already participate in the FSU Challenge Program:*

- Student Sport Clubs
- Registered Student Organizations
- Greek Organizations
- Athletic Teams
- Residence Life Groups
- Faculty/Staff Development Groups
- Business Groups
- Civic Groups
- School Groups

## Group Size

The **minimum group size** for our programs is 8 participants. Ideally, we look at one staff member for every twelve to fifteen participants. Groups of 15 and larger are usually divided, to best accommodate everyone.

## Scheduling

The FSU Challenge program **must be requested** at least 2 weeks (10 working days) before the requested course date. Programs range from two hours to eight hours long and vary with each group depending upon individual and group goals. Courses are available throughout the year, during daylight hours. Sundays are available only in the afternoon. Overnight accommodations, picnic space and waterfront activities are also available at the FSU Reservation but must be arranged separately from FSU Challenge by calling the FSU Reservation Facility Coordinator at 850.644.6892.

## Safety

Safety is the primary concern for all participants and voluntary participation is emphasized. No special physical strength or conditioning is necessary to participate; however individuals with high medical risks may choose to skip some activities. Staff will give special attention to warming-up, spotting and safety procedures and attention to safety is required of all participants. Prior to participation, **each participant must complete** our Medical Information Form and Statement of Voluntary Consent/Waiver of Liability Form. Individuals under age 18 must also have their parent/guardian sign this form. Minimum Challenge Course participation age is 12. Minimum Climbing Wall participation age is 8. Staff reserves the right to deny access based on safety concerns.

## Fees

The following fees are **per person** & require at least 8 participants.

<b>Group Type</b>	<b>Teambuilding Session [2 hours]</b>	<b>Low Challenge [4 hours]</b>	<b>Low Challenge [6 hours]</b>	<b>Low &amp; High Challenge [6 hours]</b>	<b>Low &amp; High Challenge [8 hours]</b>	<b>Climbing Wall [3 hours]</b>
FSU Student	\$8	\$15	\$20	\$25	\$35	\$150/group
Government Agency	\$12	\$20	\$30	\$35	\$50	\$200/group
Non-Profit Agency	\$16	\$30	\$40	\$45	\$60	\$225/group
Corporate Group	\$20	\$40	\$55	\$60	\$75	\$250/group

We are looking forward to working with you. To begin this process, the FSU Challenge Request Form must be completed and turned in to the FSU Challenge Office, to see if your requested date is available. After confirming your group on our calendar, we will then begin to coordinate and staff your program. The Request Form must be completed **two weeks** prior to the date of the course to ensure adequate staffing and preparation.

*This information is available in alternate format upon request.  
If accommodations for people with disabilities are needed, please contact us at 850.644.6124.*