

PAC BAY SURVIVAL CHALLENGE

AT THE ELITE TRAINING FACILITIES



2 – 3 HOUR EVENT (INCLUDES 15 MINUTE WALK TO AND FROM GROUNDS). RECOMMENDED FROM 2 TO 10 TEAMS.

The Wallabies train at Pacific Bay Resort for a number of months through out the year, and use the facilities at this Resort for bonding and team building. This is a unique environment for your team to do the same.

The grounds is a 15 minute walk from the main resort, and facilities include:

- Training Field and Goal Posts
- Line out field
- Sand pit for practising drills
- Grass Volleyball Field used for warming up
- Gymnasium, Meeting rooms
- Showers and Spas
- Toilets
- Covered pergola area

SURVIVAL CHALLENGE INSTRUCTIONS

- Teams meet at Reception, where their trainers (Activities Staff) will ensure they are in teams.
- Coloured bandanas are given to the teams
- Teams walk over to grounds. Approx. 10 – 15 minute walk.
- Group Tours the facilities with our Activities Team.
- Teams rotate around a number of team building activities suitable for all Fitness Levels and points are tallied through out the day.
- Refreshments are supplied half way through the afternoon.
- Final challenge brings all teams together.
- At the end of the day points are added up and a winning team is announced.

SAMPLE ACTIVITIES

We begin the afternoon with a tour of the facilities with our Activities Team.

GROUP FOOTY JUGGLE

All teams standing in circle start passing a footy around the circle, more and more balls are added until we have a team that can juggle the most footies.

VOLLEYBALL

Warm up like the Wallabies do with a game of Volleyball. Our variation is to use a big beach ball and this event is timed.

'WANNA BE A WALLABY'?, FOOTY THROWING COMP.

Teams dress up in Wallabies Footy Throwing Gear and must throw as many footies as they can through our footy target within a time. Team has to work as a team retrieving the footies and deciding who throws the footies.

QUICK SAND MINEFIELD – A TRUST ACTIVITY

Using the Wallabies agility pit we set up a minefield with a difference. You must trust your partner to lead you through the minefield and survive!

GIANT PUZZLE

Each team races to pick up the pieces to our big puzzle. The team then remove their blindfolds and put together the puzzle.

THE FINALE

Footy Catapult 20 – 30 minutes

Teams are given some timber and rope. They must work together to build a catapult. Once built the teams aim for a target and points are given for teams that can hit their target.

PAC BAY SURVIVAL CHALLENGE

AT THE ELITE TRAINING FACILITIES

ADDITIONAL ACTIVITIES WITH A TOUCH OF COFFS HARBOUR

BANANA HURLING (COFFS HARBOUR THEME)

Team is a banana packing company. They must work together to find the most productive way to hurl bananas into packing cases in two minutes. Packing cases are set up in 3 positions with the most points gained for the furthest. Teams have a few minutes to choose throwers, retrievers and plan. They may be given a second chance to work out the way to get their best productivity.

BANANA RELAY

A relay with a difference! Using big blow up bananas to add to the Coffs Harbour and Big Banana Theme.

ARCHERY CHALLENGE

Our Target is set up on the grounds.

WALK THE PLANK

You must race as a team over a designated course. If you do not work together you will not move at all. Variation is to use balloons.

CO-OPERATIVE CHALLENGE – SUITABLE FOR SMALL GROUPS UP TO 20 PEOPLE – 30 MINUTES

All delegates come together for this activity and are blindfolded. They have to find something on the ground (giant rope). They are asked to make a shape with the rope once it is found. This activity is filmed and talked about during the break. This activity can become very frustrating to the group as they work out how to solve this problem.

PRIZE WINNERS

Through out the day the scores are tallied and the winning team receives a certificate and one of our "I trained like a Wallaby" AT NOVOTEL PACIFIC BAY RESORT, T shirt.



COST OF PAC BAY SURVIVAL CHALLENGE

From \$50.00 pp. Minimum charge \$2500.00 (smaller groups up to 50 people). Larger groups from 60 – 100 from \$45.00 per head

What is included in this charge for you group?

- Exclusive use of the Elite Training Facilities.
- Bandana for each participant
- T Shirt and Certificate for winning side (t shirts valued at \$20.00)
- All equipment and Staff
- Over 2 hours of non stop fun and team building activities.

Refreshments for the afternoon – Water, Gatorade and Home Baked Cookies (\$7.50 per head).

INDULGE YOUR 5 SENSES

NOVOTEL PACIFIC BAY RESORT

