

October 2008



TWO ANNOUNCEMENTS

providing transformative group experiences using tailored challenges and guided reflections.

1 HIGH Challenge Course Training THIS Weekend

Can you help someone cope with their fear of heights? Can you promote teamwork? Are you a person willing to try and learn? Come to the **HIGH Team Challenge Course (HTC) training on Oct. 18th and 19th** at Venture's HIGH Challenge Course.



Two days of Training: Saturday and Sunday 8:30am—4:30pm

This training is open to everyone, however please call 704.687.4787 or email Brian Capron at bkcapron@uncc.edu to reserve your spot in this training.

See page 2 - 3 for agenda and directions.

All current HTC staff should expect to attend Sunday Oct. 19th at 2:00 to review and practice rescue simulations.



#2 VOLT MEETING Sunday 6pm-9pm

ALL student staff of Venture earning \$\$ or AMPs are expected to attend unless you have made arrangements with Sarah.

Interested students welcomed.

Cone Building room 225.

Food and Drinks will not be served at this months meeting.

SPECIAL POINTS OF INTEREST:

Davidson College is offering:

Wilderness Advance
First Aid (WAFA)
January 3 - 6 \$250

&

Wilderness First
Responder (WFR)
WFR Bridge: Jan. 8 - 11

To register:

Send check for full amount, payable to Davidson College, to:

WAFA (or WFR) Registration
Davidson Outdoors
Box 7182
Davidson, NC 28035-7182

Venture offers:

SCHOLARSHIPS

Ask Sandy for details!

High Team Challenge Training

October 18-19, 2008

Saturday

8:30am: Meet at Course- Orientation- Waivers and Med. Forms

Philosophy talk – Choice – Safety - Flow , Optimal Arousal Theory

Comfort & stretch zone and personal choices **combined with** working as part of a small team and supporting and receiving support from others

9:00am: Do the course (with goal setting within pod)?

- Set up procedures
- Harnessing
- Ground School
- Trust Sequence for Matrix, Team Traverse, Complex Y
- Do lower level/whatever makes sense timewise And include pod debrief using tools.



12:00pm: Lunch –

1:00pm: Do the rest of the course

2:30pm: Rescue Lowers - non-emergency. Demo and practice.

- From the tree houses
- From events



3:30pm: Coaching/debriefing in process - useful beliefs - choice, encouragement vs coercion

- Intervention- stress vs eustress, when to be more assertive
- Direct staff coaching and indirect staff coaching (coaching other participants how to support peers)
- Lower level - work with someone to really try something scary to them
- Role plays at the practice area: Injury, Exhaustion, Fear paralyzed
- Includes interventions with struggling participants up to the point of rescue lowers

3:45pm: Take down, close the course

4:15pm: Review of day. Logistics for Sunday.

4:30pm: End

Sunday

8:30am: Meet at the course - Course set up –

- Practice lowers from everywhere
- Review facilitator responsibilities @ each position
- Which sequence model using and how impacts on responsibilities
- Which Transfer model using and how impacts on responsibilities
- Supervision levels and how impacts on responsibilities

12:00pm: Lunch /

1:00pm: Past Accident/Incident Reports

1:30pm: Cut –away demonstration

2:00pm: **Cut-away practice and/or Emergency Simulations**

**** Current HTC Staff expected to attend. ****

4:00pm: Debrief experience

- Next steps

4:15pm: Clean-up

4:30pm: Depart



Directions from Campus to: Hospital AUX Parking Lot

1. Take Cameron Blvd (*by the Belk Track and Field*) heading south to University City Blvd [route 49]
2. Turn RIGHT on Toby Creek Road (*Alumni House on the corner*)
3. Drive to end of road and take a RIGHT on Harris Blvd.
4. Take NEXT IMMEDIATE RIGHT (which puts you behind the hospital)
5. Pass the first parking lot (University City Library Parking)
6. Turn RIGHT into next parking lot.
7. Drive to the upper left section of the parking lot and find a spot. You should see a telephone pole / wire gate / two orange cones.
8. Walk on the dirt / gravel road that bends to the left. About 60 yards will be an all gravel road going down hill. Follow that and you should come to the HTC Course.

You may want to Map quest to this location

University City Regional Library
301 E. W.T. Harris Boulevard
Charlotte, NC 28262

Directions from "OFF CAMPUS" to: Hospital AUX Parking Lot

1. If coming from Interstate 85:
 - a) Exit 45A .
 - b) Second LEFT after North Tyron Street.
 2. If coming from South W.T. Harris Blvd
 - a) Second RIGHT after passing over Rt. 49 bridge.
- Please do NOT park in the University City Regional Library's parking lot. Take NEXT right into a bigger parking lot.
- Either direction you come from should you behind the hospital)
5. Pass the first parking lot (University City Library Parking)
 6. Turn RIGHT into next BIG parking lot.
 7. Drive to the upper left section of the parking lot and find a spot. You should see a telephone pole / wire gate / two orange cones.
 8. Walk on the dirt / gravel road that bends to the left. About 60 yards will be an all gravel road going down hill. Follow that and you should come to the HTC Course.