

ELITE ADVENTURE & DEVELOPMENT CAMP

ORIENTEERING

Orienteering is a family sport that requires navigational skills using a map and compass to navigate from one point to point in diverse and unfamiliar terrain. Participants are given a map, usually a specially prepared orienteering map, which they use to find control points. Orienteering is easy to learn but always challenging.

MOUNTAIN NAVIGATION

Our Mountain navigation is in the Knockmoldown Mountains; you will be shown how to orientate the map, understand relief in ground and explain up to use a route card. As well as enjoying the beauty of your surroundings.

ROCK CLIMBING

Rock climbing is a very enjoyable sport, exciting days hanging above breathtaking beautiful surroundings. It guarantees days to savour no matter what your age and ability. Climbing can be enjoyed as a commitment to athletic endeavours demanding regular training and practice. It can be a hobby or a way of life. Rock climbing is certainly much less hazardous than driving a car and the rewards are greater.

BOULDERING

In many ways bouldering is both the simplest and purest form of climbing, no ropes or harnesses are used and the only requirement is a piece of rock. Although practiced alone it is usually a very sociable activity with climbers taking turns to attempt a problem. So on a day out with us you will get rock climbing, absailing and bouldering.

ABSAILING

Is an important mountaerning skill but is also thought and practised as an activity in its own right. Absailing allows the descent of rock that would be too dangerous or to time consuming to descent on foot. Our absail is 120ft descent where you will be encouraged and helped by our experienced staff. It is a very enjoyable and breathe taking experience.

CANADIAN CANOE

The old town canoe is the most traditional graceful canoes, while maintaining fantastic performance for all users with its excellent handling characteristics. The old town canoe can be paddled solo or tandem. We have these fantastic canoes on the Black Water River which is a non graded slow running river to see the beautiful undisturbed nature or the river.

TEAM BUILDING

Creating a high performance teams can be a challenging task, and it does not happen overnight. Typically team leaders must rely on the process of team building to integrate individual skills and

resources into a unified effort. Team building involves encouraging team members to economise closely how they work together, portraying what ways of collaborating, exploring the gaps and weaknesses they currently suffer from and establishing action plans for implementing more effective ways of cooperating the intended result. Include a team that is open to new alternatives, aware of its own sources able to think and act independently and willing to explain the consequences of the current or proposed actions. Our aim at ELITE ADVENTURE & DEVELOPMENT CAMP is to assist in the positive journey to the team's development.

PAINTBALL

Paintball is the fastest growing sport in the world. It's a team sport, it helps motivate and communication in team building. Our paintball is woodland paintball which has a natural canopy. It takes about three and a half hours to play. You get 200 paintballs as a starter pack, a protective mask, hood, gloves, vest, camouflage overalls, battle belt and Tippmann 98 special marker.

AIR SOFT

Air Soft is a team sport it helps motivate and communication in team building. Our air soft is woodland area which has a natural canopy. Air soft games you will become a little bit more tactical aware and will improve your communication skills.

WORKOUT ON THE BEACH OR WOODLAND

It will work in six week blocks and continue on all through the year. We have full permission to do a workout on the beach or Woodland area as well as having insurance and certified instructors. The workout suits all levels of fitness with benefits for all.

The Workout will

- | | |
|--------------------------------|-----------------------------------------|
| 1. Fat Burn | 2. Tone |
| 3. Improve Aerobic & Anaerobic | 4. Core Training |
| 5. Improve flexibility | 6. Improve Posture |
| 7. Improve Posture | 8. Improve your life style and educate. |

BUSH CRAFT

Bush craft is a long term extension of survival skills. It is about surviving and thriving in the natural environment and the acquisition of ancient skills and knowledge to do so.

Bush Craft Skills include,

Tracking	Hunting
Shelter Building	Use of tools
Rope and Twine making	many others
Fire craft	

Many of these skills are still practical today as on everyday skill amongst native people around the world.

GI JANE & GI JOE

Is an event that we have made for all ages to pick a GI Jane or Joe from a group of people? We score this from how the person performs as an individual and in the group or team environment.

The games are

Obstacle Course
4 Non Physical games
Tug of War
Target Shoot
And other games

It is a multi game event which is scored with appoints system that is given to an individual that has completed in a team and individual games. We gat a GI Jane and GI Joe winner but this does not mean that he/she is the best at everything it's the best all-rounder wins.

4 Individual Tests

5 Team Tests

COMBO'S SCHOOLS

Morning 10.00am to 1.30pm	Afternoon 1.30pm to 5.00pm	Evening 5.00pm to 8.00pm
D	F	A
A	F	D
F	A	D
B	B	A
B	B	D
D	D	A
D	G	A
E	E	E
E	E	A
D	E	A
E	A	F
D	H	A
G	H	A
D	E	A
C	C	A
C	C	D
G	H	D

- A** Paintball Dungarvan
- B** Rock Climbing
- C** Mountain Navigation
- D** Canadian Canoeing
- E** Bush Craft
- F** Club Team Building
- G** Orienteering
- H** Non Physical School Tours

THREE EVENTS IN ONE DAY 10AM TO 8PM

Package C G A

Mountain Navigation

Arrive in Knockmilldowns at 10.00hrs,

Safety brief and an introduction to Mountain Navigation, where you will be showing map reading use of compass and basic skills. It is a beautiful soft mountain range and will suit all walkers of all grades. Arrive back at start point at 13.30hrs, move to orienteering location.

ORIENTEERING

Arrive at orienteering location 14.30hrs,

Break for lunch, start event at 15.00hrs this event is on forest tracks but for the enthusiastic they can find the short cuts. Out of time 16.30hrs, depart to Hawk Watch.

PAINTBALL

Starts at 17.00hrs, safety brief and get kitted out, you will play 4 games in three different games areas where you will become a little bit more tactical aware and will improve your communication skills. If you have been hit by paintballs you are playing it wrong

THREE EVENTS IN ONE DAY 10AM TO 8PM

Package B F E

ROCK CLIMBING

Arrive in the Comeragh Mountains at 10.00hrs, for Rock climbing, Absailing and Bouldering.

Safety brief and an introduction to kit and rock climbing technique. You will stay there until 12.15hrs. Arrive back at ELITE ADVENTURE & DEVELOPMENT CAMP and break for lunch.

GI JANE & GI JOE

GI Jane/ GI Joe competition starts at 13.45hrs where you will be run through a series of tests and will be marked with points system, as a team player and also as an individual and in the end there is a GI JANE and GI JOE winner. Break for tea and coffee.

BUSH CRAFT

Introduction to Bush Craft Survival, starting at 17.00hrs where you will be introduced to Fire craft, Shelter making, Water sourcing, Food sourcing and the physiology of survival.

THREE EVENTS IN ONE DAY 10AM TO 8PM

Package D F A

CANADIAN CANOEING ON THE BLACK WATER

Arrive in Lismore 10.00am

Safety brief, unload Boats in the water by 10.45hrs set off on 1 ½ hour journey in one of the most beautiful rivers in Ireland. Arrive in Cappaquinn at 12.15hrs, load boats and prepare for journey to ELITE ADVENTURE & DEVELOPMENT CAMP. Arrive at camp at 13.00hrs where you will eat your packed lunch or we can supply food but it has to be pre-booked.

TEAM BUILDING

Starts at 14.30hrs, you play four Non- physical games the obstacle course, team Tug of war plus the anti-terrorist game dealing with the moment. Team building finishes at 16.30hrs break for tea and coffee.

PAINTBALL

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MOUNTAIN NAVIGATION

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ABSAILING

CANADIAN CANOE

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BUSH CRAFT

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GI JANE & GI JOE

OUTDOOR WORKOUT

AIR SOFT