

## **ExCEL**

### **Arkansas 4-H's Outdoor Leadership Program**

**WHAT:** The ExCEL program is an exciting outdoor leadership program designed to teach all aspects of team building. The program focuses on teaching communication, problem solving, listening, crises management, and helps develop self-confidence.

**WHO:** Group size ranges from 10 to 20. The program is for ages 7<sup>th</sup> grade and older. Larger groups can be accommodated with one facilitator per every 20 participants.

There are basically two parts to the program. The first part takes place in the morning and includes warm-up activities, low rope initiatives, and problem solving. The second part of the program is the high ropes course. This is a multi-obstacle course built 25 to 40 feet up in trees. Each participant is safely secured in his/her own set of safety equipment. This part of the program is designed to challenge the individual as he/she receives support and encouragement from the group. This group support and caring creates a positive environment where anything becomes possible.

Another portion of the program is the climbing tower, which consists of three rock walls that individuals can climb while being supported by their teammates on belay. The Giant's Ladder is also available to participants; it involves two participants helping each other climb a 35-foot ladder suspended by cables between two trees. Each ladder rung is further apart than the one previous to it. The last two ladder rungs are about six feet apart. The Giant's Ladder provides another tool to enhance teamwork and cooperation.

**WHEN:** Year-round with the exception of severe winter weather.

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