YOUR GUIDE TO TRAC

TEAM ROPES ADVENTURE CHALLENGE

TRAC

Motivate · Energize · Lead

Florida International University
It is a tailored program used to turn personal and relational challenges in your group into opportunities.
Climbing is one tool among many used on a challenge course. Some climb to the top, others do not climb at all.

**ADVENTURE**
FiU's Biscayne Bay Campus is perfectly located for our kayaking program, integrating team dynamics with a day on the bay!

**CHALLENGE**
Challenge is everywhere. TRAC provides a safe, controlled environment for challenge; facilitated by a professional staff that is committed to a worthwhile experience.

**WHAT IS TRAC?**

**TEAM**
Team assessment, leadership, trust, communication, transfer of information, and conflict resolution.

**ROPES**
Climbing is one tool among many used on a challenge course. Some climb to the top, others do not climb at all.
SKILLS YOU WILL LEARN

AWARENESS
- Improved individual and group awareness

LEADERSHIP
- Development of skills that enhance group decision making and leadership

PLANNING
- Improved goal setting, planning, and vision

COMMUNICATION
- Enhanced communication skills

APPRECIATION
- Increased appreciation and respect for the differences that exist within the group

COMMITMENT
- Strengthened commitment to team goals
WHAT YOU NEED TO KNOW ABOUT TRAC

OVER
1300
GROUPS HAVE VISITED TRAC

TRAC CAN HOST ANY GROUP

We can host a wide range of groups! We’ve hosted corporate groups, birthday parties, recovery groups, groups of friends, you name it! No matter how big or small, TRAC is for everyone. Identified by category, the following lists some of our past customers, and how many groups have visited in the past few years.

339 BUSINESSES
Miami Heat | Whirlpool | Royal Caribbean Cruise Lines

385 FIU DEPARTMENTS
College of Medicine | College of Business | School of Hospitality Management

407 EDUCATION
Ransom Everglades | University of Miami | Barry University

261 NON PROFIT
James Jones Legacy Foundation | Greater Miami Chamber of Commerce | YMCA of Broward
OUTDOOR CLOTHING
When choosing your outfit, dress according to the weather.
No open toed shoes allowed.

SUN PROTECTION
Bring a hat, sunscreen, and a pair of sunglasses.

YOU DON’T...
• have to be fit.
• have to climb.

YOU CAN...
• participate in TRAC if you have a disability.
At the James Jones Legacy Foundation, we take pride in providing our students with unique opportunities and challenging experiences that encourage teamwork, leadership and personal growth. The FIU ropes course provides all of that and more - and every year I’m pushing myself through right alongside the kids, just as engaged and excited as they are. It’s an adventure everyone should embrace.

James Jones, three-time NBA champion
James Jones Legacy Foundation
In 1995, Jennifer transferred to the FIU Wolfe University Center where she has held various roles in Reservations, Operations and most recently TRAC.

In the mid 1990’s, Greg built and still maintains the Ropes Course. His over 20 years of team building experience grew from an extensive adult and juvenile therapeutic background.

Clay was introduced to Ropes Challenge Courses and experiential learning about 10 years ago in Southwest Missouri. He is the lead facilitator at FIU TRAC.
WHO TO CONTACT

Jennifer Cooper
Program Manager, TRAC
3000 NE 151st Street, WUC 325
North Miami, FL 33181
tracinfo@fiu.edu | 305-919-5912

HOW TO BOOK

Visit:
http://trac.fiu.edu

✈ Click “Reservation Form”

KEEP UP WITH TRAC

@fiutrac
DIRECTIONS

- Turn onto N.E 151st street towards Florida International University Biscayne Bay Campus
- Continue onto N.E 151st street past the Florida International University Biscayne Bay main campus entrance
- Follow the signs to TRAC
- Turn left at the Koven’s Conference Center entrance
- Turn right and follow the road to TRAC