



# THE ALTERNATIVE OLYMPICS

## THE EXPERIENCE

As legend has it, 3000 years ago, Zeus, King of the Gods, invited the greatest warriors of ancient Greece to compete in Games of strength and skill. For days on end, these mighty heroes clashed in epic contests of discus, javelin, wrestling and marathon – all for the honour of wearing the coveted laurels for the next four years. Their deeds became the stuff of myth, and their glory would inspire generations of worthy sportsmen down through the centuries.

These are not those Games.

## THE DETAILS

### Overview

The Alternative Olympics is about getting the different elements of an organization together for a day of fun and laughter. Participants build familiarity as they relax and cheer each other on through several decidedly non-competitive events. There are refreshments and plenty of opportunity for everyone to mingle and socialize.

### Events Include:

**Donut Discus** – He who throws the donut farthest wins.

**Noodle Throw** – Hurl the pool noodle as far as you can.

**Sumo Wrestling** – Using inflatable sumo suits.

**Suction-cup Archery** – Don't forget to lick the end!

**Dressage** – Just like the real event, except your teammates are the horse.

**Rotten Watermelon Shot Put** – It's not how far you throw it, but how far it splatters.

**Blind Fencing** – Careful where you stick that thing!

**8-Man Bathtub Rowing** – Just staying in is half the battle.

### Key Learning Points

- Mutual encouragement and support
- Understanding and valuing coworkers
- Hone analytical thinking
- Communication and social interaction

### Practical Details

- Large groups, 50+ participants
- Teams of 25
- All day
- Outdoor urban or rural
- Stand-alone event or kick-off to a large conference
- Whole organizations, great for including families

### Results

- Coworkers gain mutual understanding by seeing one another in an informal setting
- Positive feelings about company reinforced
- Internal bonds strengthened
- Break down communication barriers between management and staff

