



Bretton Woods Recreation Center
Office of Bretton Woods Leadership Academy

Bretton Woods Leadership Academy provides athletic teams with our signature Teamwork and Sportsmanship program which focuses on sportsmanship, self-reliance, and confidence building. It is no secret that teams that have high-functioning on field performance also have strong community while celebrating communication and wins off the field. Our Teamwork and Sportsmanship program empowers individuals and teams and brings performance to the next level. Our staff focuses on accessibility and inclusion for groups of all ages, abilities, and interests. We tailor each program to meet group and individual needs both and can accommodate programs on our property or at your practice.

Bretton Woods Recreation Center, located along the C&O canal on a 285-acre property, was created in 1968 to provide attractive and non-discriminatory recreation opportunities for members of international organizations. We have maintained that legacy while adding many sports and recreation opportunities at Bretton Woods.

In December 2016, we started construction on a challenge course on 18-acres of deciduous forest on the Bretton Woods property. Since then, we have constructed 1.8-miles of nature trail with over 150 educational signs, environmental lessons, a 60 foot Giant Swing, two zip lines, and a number of team building elements.

Director of Outdoor Education and Team Building, David Ritter is the founder of the Bretton Woods Leadership Academy. David has over 25 years of experience in the outdoor trip leading, summer camp, and team building industries. He joined us after 12 years of building elements and zip lines, developing programs, and training staff at a local outdoor adventure camp. Here, David relishes the opportunity to build and create his dream challenge course and outdoor programs and is constantly seeking to build bigger while providing a more accessible and inclusive experience for our participants.

Our staff work with team leaders, coaches, and referees to make sure learning, fun, and team building goals are met with each different program. We are invested in the personal success of each participant as well as the community and unity of the entire group.

Signature Teamwork and Sportsmanship Programs

The Bretton Woods Leadership Academy signature Teamwork and Sportsmanship creates a supportive environment to foster mindset training and open-up conversations for teams, individuals, and coaches while covering a wide range of topics. Topics include but are not limited to trust, leadership, sportsmanship, communication, overcoming weaknesses, and team commitment. We take teams to the next level.

Programs are designed specifically to meet client needs, themes, and goals. Our staff have access to numerous, permanently installed elements on the property in addition to hundreds of “mobile elements”. When planning a Challenge Course Program through the Bretton Woods Leadership Academy, the director will work with team leaders before the program to get a better understanding of goals and themes and then facilitators design a program to fit the team’s time restraints, budget, and location.

Sample Challenge Course Program during Practice hours (On our property or at practice):

4:00-4:15 Intro and Ice breaker to focus the group for the day

4:15-5:00 Team Building Element: Sportsmanship towards a common goal

Example Debrief: Success Through Effective Communication

5:00-5:45 Team Building Element: Leadership in everyday interactions

Example Debrief: Using strengths to overcome weaknesses (including open dialogue with team about how this applies during practice, on the field, and during training)

5:45-6:30 Team Building Element: Motivation and Team Commitment

Sample Full-Day Challenge Course Program for Day during Off-Season, School Breaks, and Weekends

9:00-9:30 Intro and Ice breaker to focus the group for the day

9:30-10:30 Team Building Element: Sportsmanship towards a common goal

Example Debrief: Success Through Effective Communication

10:30-12:00 Giant Swing

12:00-1:00 Lunch

1:00-1:45 Team Building Element: Leadership in everyday interactions

Example Debrief: Using strengths to overcome weaknesses (including open dialogue with team about how this applies during practice, on the field, and during training)

1:45-2:30 Team Building Element: Motivation and Team Commitment

2:30-3:30 Zip Lining

3:30-3:45 Debrief

Facilities

“Zip Zap” Zipline

The zipline area has a “zip zap” set-up, two zip lines going in opposite directions across a valley in the woods. This allows our facilitators to design a program where participants ride the zipline through the woods and then zipline right back to the starting location.



Giant Swing

The Giant Swing is a 60 foot cable swing that requires participants to wear a harness during the experience. This allows participants to sit back and enjoy the ride! The swing can be run two different ways: one using the rest of the team to support the participant by hoisting the swing into place, the other version does not rely on the rest of the team.

Low Team Building Elements

We have access to hundreds of Team Building activities and numerous installations on site. The activities are selected for each individual program to fit group needs. Debriefing talking-points mirror individual and group goals as set by group leaders.



Nature Trail

The 1.8 mile nature trail is entirely graded and mulched without stairs or steps. Every part of the trail can be accessed with a motorized cart to help any participant that needs traveling assistance or first aid.



Camping Locations - Two camping areas near indoor bathrooms with running water. We can provide a group camping experience that includes tents, food, and programming.

Bonfire Area - We can include but not limited to s'mores, hot chocolate, and campfire food. The large fire ring is in close proximity to team building and educational elements.

Pavilion Space - Our large pavilion is adjacent to team building and educational elements and is available during programs. The pavilion has running water bathrooms and provides a safe relocation area in case of adverse weather to continue any program rain or shine.

Fields/Tennis Courts - The property has 14 tennis courts (including two indoor courts), two full size soccer fields, two basketball courts, and open recreation fields.

Food - Our kitchen provides meals for a variety of events and will cater to specific dietary needs and allergies. We can serve up to 200 guests at any program location.

C&O Canal and Potomac River - The C&O Canal National Historic Park and Potomac River is only a short 2 minute walk. We are located between Violette's Lock (Lock 23) and Riley's Lock (Lock 24). The park and river provide recreation activities including canoeing, tubing, fishing, hiking, and swimming, and make great lunch locations.

County Hiking Trails - We are within walking distance of Blockhouse Point Conservation Park and the Greenway Trail; two great areas for day hikes. The Greenway trail also provides opportunity for swimming in Seneca Creek swimming holes. Bretton Woods provides helmets and PFDs (Personal Floatation Devices) for all participants when participating in water activities.

Seasonal Swimming - Swimming opportunities in local bodies of water off-site in addition to three on-property outdoor pools that are seasonally available.