

About Us

The C4 team has pursued and conquered countless objectives on their quest to improving lives through character development. Passionate and caring, this team aims to be a resource for all groups seeking to improve the way they operate. C4 tailors programs and events to address specific needs that athletic teams may have. They will work to knock down walls of mistrust, improve communication skills, develop your team's leaders, provide character-based programs, enhance focus and mental toughness, and improve team unity.

C4's unique blend of creativity and high energy coupled with experiential learning and hands-on activities have allowed the company to work with schools, leaders and organizations from all over the Midwest including dozens of middle and high schools as well as athletic teams from the college level. C4 is a high ropes aerial adventure park that serves as a "rest" stop for teams wanting to prepare their student-athletes to face and overcome tough challenges that they will encounter during the year and in their futures.

"C4 reinforced all of the values that we try to teach. The coaching staff and athletes were all very impressed and I would rate it 10/10! I strongly recommend C4 to other coaches. Well done!"

***-Ray Sierakowski
Tartan High School Boys Hockey***

Why the Character Challenge?

Student-athletes face countless challenges in and out of the arena. Academics, relationships, and past performance all impact their ability to focus, play as a team, and perform to the greatest potential. For some teams, gossip can be toxic to the team being able to properly communicate and trust. For others, a lack of focus in key moments, prohibits players from being able to deliver in the clutch. Still other teams lack confidence that hinders performance, focus, and toughness.



Keys to Success

A trip to the Character Challenge Course or an event at your school will prepare your team for their season. These programs are:

- Hands-on and highly interactive challenges
- Led by facilitators who provide a strategic debrief while honing the discussions on specific outcomes developed by the head coach. Many C4 facilitators are current or former head coaches, college athletes and educators.

Making a commitment to an event takes courage. Initially, parents, and/or Boosters may be reluctant on this type of investment. To hedge on the financial cost, all of our events include a 100% Money Back Guarantee. If your student-athletes do not come away with a specific call to action for change, we will refund your money, no questions asked. You can expect a customized program that will address your preferred outcomes. The term "team building" does not begin to describe the experience. Reserve a spot for your team today to change their futures and unlock their potential.

"Our 2 visits to the Character Challenge have enabled our team to grow closer together, learn to trust one another, and gain confidence. The facilitators do a remarkable job accomplishing the goals I set for my program and promoting a positive environment. The different elements on the course foster healthy competition amongst athletes along with individual growth. A unique experience that has made a lasting impact on our program."

***-Liz Carpentier
Eagan Girls Basketball Program***

Character Challenge Course

www.characterchallengecourse.com 218.760.8442