

# CSR TEAMBUILDING BROCHURE

**Exclusive Corporate Sessions with Athletes across the Globe  
raising for your chosen good cause**

How to turn your planned team building, staff away days to create a social impact. From exclusive sessions hosted by Olympians to inter departmental Olympics alongside Medallists and Athletes from across the globe.

## **BEAT THE MEDALLISTS ROWING:**



## **BEAT THE MEDALLISTS TRACK CYCLING**



## **WIDE RANGE OF EXPERIENCES**



## **ADDITIONAL SPORTS:**

Exclusive team events and corporate sessions can be delivered globally in the following sports:

**Cricket : Rugby : White Water : Beach Volleyball :  
Fencing: Archery : Basketball : Badminton PLUS  
your specific sporting requests.**

## **FFI CONTACT:**

**David Cotton on [david@legacy300.com](mailto:david@legacy300.com) or 07866  
316 228**







# UK ONLY PERSONAL ASSISTANT / EXECUTIVE ASSISTANT DATABASE

## Shared experience days

### Ideal for small groups and as gifts.

#### 25 EVENTS A YEAR: RUN TO CURRENT COVID-19 GUIDELINES

Each year we run events in our core activities which are populated in the main by charity groups, but we also allocate 15% of places per day for direct participants.

- Individual or small group places available.
- Ideal for small groups, low budgets and personal gifts
- Age from 12 years upwards.

#### BEAT THE MEDALLIST: FUNDRAISING

Each event will have the Beat the Medallist challenge, we are pioneering two strands that generate bonus time, runs, goals, tries and time to give your team / individual that sporting advantage in relation to the amounts you raise for your chosen good cause. **We do all the work, the fundraising goes direct to your good cause / charity team.** Please ask for further details on this.

**COST PER PLACE:** (All prices inclusive of 20% vat)

#### £276 TRACK CYCLING

- Five days in every 12 months, each day hosted by a GB gold medallist..
- Choice of timeslots to suit.

#### £180 VIP ROWING @ HENLEY ON THAMES

- Three days in every 12 months, each day hosted by a GB Gold Medallist
- Aimed at 12 years upwards if considering it as a gift.
- If corporate please note that there are three people per boat.

#### £150 CRICKET TOURNAMENTS WITH EX ENGLAND PLAYERS

- Host of events in the summer months, each day hosted by ex internationals.
- Aimed at 14 years upwards if considering it as a gift.

#### £150 FOOTBALL WITH LEGENDS

- Host of events each Autumn and Spring
- Aimed at 16 years upwards if considering it as a gift.

#### £150 WHITE WATER RAFTING

- Three days in every 12 months, each day hosted by a GB Gold Medallist
- Age limit 13 years upwards if considering it as a gift.

#### £90 HOCKEY

- each day hosted by a GB Gold Medallist
- Age limit 10 years upwards if considering it as a gift.

#### FOR DATES ETC:

Please contact David Cotton on [david@legacy300.com](mailto:david@legacy300.com) or 07866 316 228





# LONDON 2022

## CREATE YOUR OWN OLYMPICS

### TEN YEARS ON FROM LONDON 2012:

The aim is to celebrate and recreate London 2012 in a fun, creative collaborative and competitive structure.

By combining the creative and sporting angles, this proposal recognises that we are attempting to offer a wide variety of activities to fully engage your colleagues.

We wish to create teams reflecting the make up of your group, each captained by their Gold Medallist host.

Each creative and sporting activity will generate medals for an overall medals table.

### THE CSR ANGLE:

All corporate engagements help support the Legacy 300: One Sporting World project which has raised over £510K for good causes.

One focus of the day would be to raise money for the corporates choice of good cause through the Olympic hosted sporting activities.

### BEAT THE MEDALLIST © HOW CLIENTS CAN FUNDRAISE:

In each sporting activity the host Medallist will set a time.

The participants set their time.

The fundraising each participant does, gives them the time bonuses to help them...Beat the Medallist

### LOCATION:

The indoor venues of Queen Elizabeth Olympic Park: Stratford London

- Cooper Box / Velodrome / London Aquatics Centre

Outdoor sporting facilities can also be utilised.

### THE FINAL PROPOSAL IS SUBJECT TO BUDGET AND SCHEDULE:

We will fit some of the following into as yet unspecified time frames and budget.

### CREATIVITY: Opening Ceremony

Create Flag / Create Costumes / Dance Routines / Singing / Medal Design  
Using sustainable materials and created on site.

### PHYSICAL ACTIVITY: Olympic Athlete Hosted Events

All events are hosted by Olympic athletes, all indoor venues have seating for viewing by non participants can also host post activity social events.

- Track Cycling / Swimming
- (OUTDOORS) Road Cycling / BMX / Track and Field

### If using the Copper Box:

- Handball / Indoor Game Relays (school sports) / Fencing

### PHYSICAL ACTIVITIES: Non Competitive

Hosted by Olympic Athletes.

- Yoga / Physical Workouts / Mindfulness

(C) Legacy 300 One Sporting World / David Cotton T/A Party for the Podium



# ONE SPORTING WORLD

## ATHLETE VIP EXPERIENCES AROUND THE GLOBE.

Created in 2021 OSW enables corporates to enjoy VIP athlete experiences in other nations.

The athlete cost is to be the same in each country with adjustments made for any higher venue or event staffing costs.

We aim to deliver an athlete quote with five working days.

For further information:

Contact

DAVID COTTON  
+44 7866 316 228  
david@legacy300.com

### THE FOLLOWING IS THE TEMPLATE FOR EXPERIENCES

- Delivered in the UK but can be replicated worldwide.
- Events can be scaled up or down to meet corporate requirements.
- Experiences that wouldn't have a following in the UK might in other countries, we can generate athlete hosting in these countries.

# TRACK AND ROAD CYCLING AND Q AND A WITH GB MEDALLIST



**Legacy 300 and partners** are offering unique access for businesses and individuals to entertain clients, colleagues, family and friends at iconic Velodrome's across the UK in the company of a GB Cycling Gold Medallist.

Your experience includes: a fascinating and humorous talk on the careers of the athlete, an initial 75 minute taster session of the skills required to race around the Velodrome. The session will evolve according to skill levels and will culminate in a flying lap contest, where the Athlete sets a time for you to try and better. This can be utilised for CSR purposes, as fundraising by participants for their chosen good cause, generates time bonuses to help Beat the Medallist. After the medal ceremony, the experience is then followed by a Q and A and personalised signed photos of your group with the attending GB Cycling Medallist.

## The quoted experience includes:

- Use of the Velodrome track for 75 for maximum 16 people.
- Use of all equipment including bikes.
- Full professional assistance throughout the day with GB cycling trained coaches.
- Prize-giving for the fastest lap / individual pursuit winners.
- Memento for each guest. Photos with the GB Athlete
- Lunch or buffet included (dependent on time of session and Covid-19 regs.
- Talk and Q and A with the attending Medallist.

**LOCATIONS:** London, Manchester, Newport, Glasgow

## COST: POA

- These sessions are provided by existing corporate providers at the Velodrome.
- The cost of use of the venue varies according to time and location.
- **Please provide a range of dates and group size for a quote to be produced.**

**EXAMPLE FOR LONDON £300 (including VAT) per person**

- Quotes on variations of the above service and group size also welcomed.
- Availability of specific athletes is subject to training and competition requirements.
- Budget covers a half day of the athlete. Specific athletes can be quoted.
- Availability of Track time is in accordance with schedules of Venue and Corporate providers.
- Other regional locations can be considered, subject to facilities.
- Individuals can participate in scheduled open VIP days @£300 including VAT..

## ROAD CYCLING RIDE OUTS

**Olympic Village / Public Roads from your Head Office**

## COST POA:

**Depending on whether circuit / equipment hire is involved.**

- Professional Road cyclists 'ride outs', for your cycling colleagues..
- If it's a beginner session, i.e. little kids etc, the Olympic village would be perfect
- Or doing 2-3hours and covering 30-70km. This would work in groups of 10 or so, so that people can speak to the cyclist whilst riding.
- They could do this anywhere in the country just on public roads so we can go to head offices and 'ride out' from there.
- We can do shorter, longer, slower, faster rides dependent on the ability of the group.





# WHITE WATER RAFTING WITH GB MEDALLISTS

## WHITE WATER RAFTING TIME TRIAL WITH OLYMPIC MEDALLIST *Olympians AND post event reception*

**Venue:** Lee Valley White Water Centre (Can be combined with Beach Volleyball)  
**Dates** Monday to Friday  
**Time:** Daytime / Evening



One of our two gold medal winning slalom canoeists **ETIENNE STOTT** or **JOE CLARKE** will be your hosts for these unique events. This is the unique thrill seeking opportunity to go white water rafting down the Olympic Course at Lee Valley, the scene of the 2012 Olympic Medal rush for Team GB.

After a Q and A with the athlete and photo session, we hand you over to the guides for your safety briefing and swimming practice. Throughout the afternoon you will have several runs down the course. One of these runs will be timed and a medals awarded at the post race ceremony. This can be utilised for CSR purposes, as fundraising by participants for their chosen good cause, generates time bonuses to help Beat the Medallist



Ideal for team building and thrill seekers alike, you also get to meet Olympic champions. You will be joined on the water by Etienne or Joe. All winners must be confident swimmers and under 18 stone. Additional guests are welcome to watch, though a cover charge will be made for any additional diners.

### EXCLUSIVE EXPERIENCE FOR EIGHT PEOPLE

- **£1300 vat** (Higher price reflects higher midweek raft charges.)

### TEAM BUILDING SESSIONS

- **£900 + VAT per raft.** (Higher price as above)

***Can be sold in groups of six which constitutes a raft full + Instructor.***

- Minimum rafts per booking : 2
- Maximum rafts per booking: 6.



### The experience includes; subject to Covid-19 guidelines

- Training and coaching given by the centre staff and athlete's.
- Use of all equipment including wetsuit.
- Full professional assistance throughout the day from the GB Athletes.
- Prize-giving for the winning team.
- Memento for each guest.
- Photos with the GB Athlete.
- Athlete Attendance at the post experience party.

### ADDITIONAL COSTS:

- Photographer £395 + VAT Includes printed photos of participants & Athlete.
- Additional services including catering can also be sourced at cost.



Quotes on variations of the above service and group size also welcomed.



# EXCLUSIVE ROWING WITH GB GOLD MEDALLIST Rio 2016 Rowers



**Legacy 300** is offering a unique opportunity for businesses and individuals to entertain clients, colleagues, family and friends in the company of a GB Rowing Gold Medallist.

Your experience includes: a fascinating and humorous talk on the career highs and lows of the Athlete, a light training session on the rowing machines and, most importantly, an opportunity to try your hand in a quad boat accompanied by the GB gold medallist.

The session will evolve according to skill levels and will provide equal time on the water for all participants. There can also be a one minute rowing machine challenge to see if you can beat the distance set by a GB rower.

- Use of rowing boats on the river for 1.5 hours (three guests per boat)
- Use of all equipment including training in the gym.
- Full professional assistance throughout the day with GB Rowers in each boat that takes to the water.
- Experienced coaching in the gym on the rowing machines.
- Memento for each guest.
- Photos with the athlete.
- Duration of the rowing experience **2.5 hours**.
- **Athletes will attend any post experience reception organised.**

## LOCATIONS:

- **Henley On Thames**
- **London Regatta Centre**
- **Bristol**
- **Other UK venues subject to facilities.**

**COST: £1,000 + VAT based on 3 / 6 people**

- 1 Gold Medallist from the Men's Eight: **Will Satch, Scott Durant, Matt Gotrel, Matt Langridge, Tom Ransley.**
- Quotes for other athletes can be sourced.
- Boat and venue hire. Souvenirs.
- Event Administration and athlete co-ordination.
- Individuals can participate in scheduled open VIP days @£180.
- Quotes on variations of the above service and group size also welcomed.
- Availability of specific athletes is subject to training and competition requirements.



## OVERSEAS OPTIONS

One Sporting World project enables us to deliver the same experiences with elite rowers from

- USA
- Canada
- Australia
- New Zealand
- France

**COST: £1,000 + VAT based on 3 / 6 people**





# BEACH VOLLEYBALL WITH GB WOMEN'S BEACH VOLLEYBALL SQUAD

- **Exclusive group experiences.**
- **Team tournaments played over a late afternoon / evening.**

**Legacy 300** are offering unique access for businesses and individuals to entertain clients, colleagues, family and friends at various urban beaches in the company of the **GB Women Beach Volleyballers**.

Your experience includes: a fascinating and humorous talk on the careers of the Athletes and an initial training session of the skills required to master the sport of Beach Volleyball.

The group will split into two and the session will evolve according to skill levels and will culminate in a series of sets with the GB women on either side. The experience is then followed by a Q and A and personalised signed photos of your group with the attending **GB Women Beach Volleyballers**.

The experience can be widened to create round robin four team tournaments; great for settling inner departmental rivalries.

## **The experience includes.**

- Training and coaching given by the Athletes.
- Use of all equipment.
- Full professional assistance throughout the day with GB Athletes.
- Match officials to ensure neutrality.
- Prize-giving for the winning team.
- Memento for each guest.
- Photos with the GB Athlete
- Athlete attendance at the post experience party..



## **LOCATIONS:**

- **Lee Valley (can be combined with WWR)**
- **London: Barnes; Crystal Palace.**
- **Bath**
- **Brighton**
- **Bournemouth**

## **COST**

- **£1800 + VAT Based on 12 people for one two hour session**
- **£2500 + VAT For a four team tournament for 24 people.**

## **ADDITIONAL COSTS:**

- **Photographer £395 + VAT**

- Quotes on variations of the above service and group size also welcomed.
- Availability of specific athletes is subject to training and competition requirements.
- Availability of Beaches is in accordance with schedules of Venue.
- Other regional locations can be considered, subject to facilities.

**Additional services can also be sourced at cost.**







## CORPORATE TEAM EVENTS

Football / Cricket / Netball / Touch Rugby / Shooting/  
Track Cycling / Rowing / Sailing / White Water Rafting



## TEAM EVENTS

Compete alongside Olympians and sporting legends in a series of evening SPORTING events.

Events culminate in a Medal Ceremony and then a post event party.

Competition nights can be exclusive to companies. Events can be expanded to cater for large groups.

Cost per team is £500-£750 with dates to suit from May onwards 2021.



# BESPOKE DAYS

## Other Olympic sports

**Legacy 300** is lucky to enjoy good links with Athletes and Agents, with sports across the Olympic range and also different disciplines of cycling.

Whilst we have not been able to convince charities and retailers to market them, if you feel that there is a particular sport and athlete that you wish to work with, then at the very least we can help put you in touch.

### **BIG ADVICE**

Go in with a specific budget and we will find the Athlete ready to meet that cost.



### **ADDITIONAL SPORTS:**

Bespoke days can be delivered in the following sports: **Road Cycling: Diving : Beach Handball : Volleyball : Mountain Biking: BMX: Handball : Fencing: Archery : Basketball : Badminton PLUS your specific sporting requests.**

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**[david@legacy300.com](mailto:david@legacy300.com) or 07866 316 228**



# TAKE THE PLUNGE.



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David on 07866 316 228 or [david@legacy300.com](mailto:david@legacy300.com)