REDROCK International

Red League

A sports league of short head-to-head challenges across the activity area.



A sports league of short head-to-head challenges across the activity area. The team with the best win–lose record at the end wins.

Duration	Setting	Participants
1–2 hours	**Outdoor**	**50–500+**

How it works

1

Teams and fixtures

The group splits into teams, and each team gets a schedule of matches against different opponents.

2

New round, new sport

Every round brings a new opponent and a different sport.

3

Pick your line-up

Teams pace themselves and change their line-up to make the most of everyone's skills.

4

Brain games

A few matches test minds rather than muscles, giving teams a breather and bringing everyone in.

What Red League develops in your team

In every Red Rock team build

- Teamwork and collaboration
- Relationships and trust
- Communication

Red League also develops

Engagement and morale
Head-to-head sports challenges lift energy and team spirit.

Wellbeing
An active, outdoor day that gets everyone moving.

Performing under pressure
Short head-to-head matches keep the pressure on.

Trainer-led review

Red League ends with a review led by our trainers. We agree the focus with you beforehand and build the review around it.

Teams talk through what happened, link it to how they work together day to day, and agree what they will do differently back at work.

We can also organise

- Venue
- Catering
- Travel
- Branding
- Giveaways

Book Red League

egypt@redrockinternational.com

+20 1270 111 166

WhatsApp +20 1270 111 166

5D Masraweya Compound, South 90th Street, New Cairo

redrockinternational.com/eg

Scan to see full details

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