

## RELAY RACE REMIX

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**SUMMARY:** In this session we will construct innovative relay races and see how fast everyone can complete each one in a fun, active evening experience.

**GOALS:** Active goals include strengthening team building and collaboration skills. Participants will also learn to engage with a variety of modalities and creative opportunities.

**AUDIENCE:** This program could be modified for campers of all ages or be done with staff. At a minimum we would need at least 2-3 teams of at least 3-4 people each in order to be successful but could work with cabin group or be modified for a larger group. It's pretty flexible!

**TIMING:** This session is only 1 hour; that will likely feel rushed, and we'll have to keep an eye on timing. In an ideal world, it'd be a bit longer, like 75 minutes.

**MATERIALS:** The list below is for Cornerstone but if you're running this at camp, you can use whatever you have on hand!

- 5 rolls of streamers
- Benches & chairs
- Lawn games as available
- Referee jerseys
- 8 bean bags
- 10 hula hoops
- 1 football
- 10 plastic bowling pins
- 6 tennis balls
- 4 small plastic bottles
- Any other available sports equipment
- Speaker for music

**SET-UP:** This program should be run in a large gym or on a court or in some other large room without other materials that will get in the way. The materials will be divided up into piles (one for each team) so that each team has the same materials but will have the freedom to use them in different and creative ways.

## SESSION TIMELINE

- *00:00-00:05 – Team creation and bonding*
- *00:05-00:15 – Instructions and race design*
- *00:15-00:55 – Race competitions*
- *00:55-01:00 – Media Interviews*

## SESSION OUTLINE

### **00:00-00:05 – Team creation and bonding**

Divide teams. Each team creates a cheer and presentation

### **00:05-00:15 – Instructions and race design**

Using supplies available, each team designs a relay race

- The goal is for each relay to take 1-2 minutes to complete (each challenge should be about 10 seconds)
- There must be 8\* challenges/stages within the relay race (\*correlates to the number of the people on the team)

### **00:15-00:55 – Race competitions**

- Each team demonstrates the race. Referees time the race.
- Then each other team runs the race attempting to beat the designer's time and become Champion of the World for that race.

### **00:55-01:00 – Media Interviews**

Conclude the evening with each team having one member “speak to the Media” about their team’s performance.

## **BRINGING IT TO YOUR CAMP**

The goal is for this program to be easily replicable at any camp and for any age group or division