



RELAY RACES

AN EDGE SOCIAL NIGHT

EDGE NIGHT OUTLINE

KEY CONCEPTS

GOAL OF THIS NIGHT

The goal for this Edge Night is to create a fun and welcoming environment to foster relational ministry and community in your ministry.

ABOUT THIS NIGHT

This is a fun night for team competition. This social is all about working together as a team, cheering each other on, and hopefully winning some great prizes. As a part of your Edge ministry, we recommend that you add social nights to help the Core Team and the youth to get to know each other and have some fun. Really enjoy the night and work together as a team. All Core Members are strongly encouraged to enter into the games and be relational with the youth.

As the youth enter the room, make sure that the Core Team is welcoming them in to the Edge Night. The night will begin with a general welcoming and recognition of birthdays and then an explanation of the night. While the youth are sitting in small group, they will each be given a piece of blank paper and markers and create a sign with their group's name on it (which they choose) – similar to what you see runners wear in a marathon. Use a safety pin or two and have the youth attach the team name to the front of their shirts. Once the flow of the evening is explained, the youth will be dismissed to begin their relay races. Finish the night with a prayer.

Before The Night

You will need to prepare the Relay Course for the night. In this outline, some possible activities are given, but you may need to make some other activities based on your parish needs and resources.

Select which games you want to play and have the necessary supplies ready to go. You will also want to make sure that the room and game area, and other relay areas are set up for safety.

PARENTAL NOTICE

Tonight was an Edge Social Night. The night was really an opportunity for us to build community and give your youth a chance to fellowship with his/her friends and to meet new friends.

ENVIRONMENT

Think “marathon starting line.” Make the room look as if you are ready for a big race. You can have tables with cups of water, signs cheering on runners, a big “Start” and “Finish” sign, and tape to mark where to begin. For added fun, have the Core Team dress up in sweat pants, sweat shirts, head bands, wrist guards, etc. as if they are ready to run the marathon.

GATHER

OPENING MUSIC

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Have some upbeat Christian music playing as the youth enter the room.

WELCOME AND INTRODUCTION

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1. Welcome and introduce new youth.
2. Recognize and celebrate any youth or Core celebrating a birthday by singing “Happy Birthday.”

OPENING PRAYER

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This prayer should ask for God’s blessing on the night. Pray that everyone is safe, has fun and that God would be glorified through the Edge Night.

RELAY TEAMS

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As the night begins, have the youth get into their small groups. If you have not yet assigned groups, create a way for the youth to be sorted by grade and then put into teams. You will want about 8-10 people on each team.

While the youth are sitting in small group, they will each be given a piece of blank paper and markers and create a sign with their group’s name on it (which they choose) – similar to what you see runners wear in a marathon. Use a safety pin or two and have the youth attach the team name to the front of their shirts.

Create a list of all of the relay races that must be accomplished during the Edge Night. The Core Members will want to carry this around so they know which parts of the relay they have completed and need to complete.

If you have a smaller group, you may want to start all groups at the same time and at the same relay activity. This will then be a race to see who can complete the relay in the shortest amount of time. For larger groups, stagger the groups at various relay activities and have them work to earn points at each

station. The group with the most points wins!

No matter what – encouragement is a key to the night. Let groups know that penalty time will be added or points taken away for negative behavior toward others. Make sure the youth are being positive and encouraging one another!

PROCLAIM

READY, SET...

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Before you jump to start, give some basic rules on safety. Also, the entire group must go together to each relay activity and no one in the group can move on to the next relay activity until the current one is accomplished.

RELAY ACTIVITIES

Below are possible activities you could use during your relay races. Feel free to adapt the games as you see fit and according to the resources you have available.

Bounce the Ball

Blindfold one member of the team, and have another teammate place a basketball in the blindfolded youth's hands. The blindfolded youth must bounce the ball 10 (ten) times in a row without stopping. A mess up requires the youth to start over.

Hula-hoop

A simple hula-hoop will do! Select three members from your team to correctly hula-hoop for at least 15 seconds each.

Chug a Root Beer

Have one youth from each team chug a root beer!

Hot Dog Eating Contest

Select one member from your team to eat 3 hot dogs (no bun) – for added fun, no hands allowed!

Team Volley

Have a volleyball ready for this station. The group stands in a circle and must keep the volleyball in the air for 20 consecutive hits. No player may hit it twice in a row and every team member must participate at least once.

ZYX

One person from the team volunteers to recite the alphabet backwards!

Singing Bee

When the group arrives, they will be given one word – love. The group must sing 5 songs with the word “love” in it. Keep it clean or lose points!

CALMING IT DOWN

Call the youth back together and process how the Relay Games went and how well they did or did not do at a particular game.

If this is being done at the beginning of the semester, take some time to share what the upcoming semester will be about. If this is being done mid-semester, you could do a check-in to see how the youth are doing and what they are learning.

BREAK

SMALL GROUPS

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Have the groups break out and spend some time getting to know one another. Below are some fun “Would you rather...” questions. Use these as great conversation starters.

1. Would you rather lose your dominant hand or dominant leg? Why?
2. Would you rather listen to rap music or country music for the rest of your life?
3. Would you rather drive a really old car that is beat up for the rest of your life and be rich or drive a fancy car and be poor?
4. Would you rather eat worms or dirt for the rest of your life?
5. Would you rather have the ability to fly or the ability to ability to be invisible?

After some time of asking questions, affirm the group for how they did during the relay games.

SEND

RELAY WRAP UP

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If time allows, award prizes for groups and how they competed through the relay.

CLOSING PRAYER

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At the conclusion of the Edge Night, invite the youth to join you in a closing prayer to thank God for the fun and fellowship they had.

CONCLUSION

ADAPTING THIS NIGHT

If you have a larger group, have your Core Team meet to discuss and brainstorm other fun games that can be played during the Games section of the night.

Again, if you have a larger group, set up stations that the youth can rotate through to play.

GOING DEEPER

Media Suggestions:

- There is a lot of great music out there – for the night, get a Core Member or someone to serve as a DJ who is very familiar with music and the lyrics.