

RELAY FOR LIFE NIGHT

Night developed by Aimee Burtenshaw and Amiralee Graham
for 5th Perth (Riverton) Girls Brigade

This night has been designed to raise money for Cancer. It was designed to get the girls involved in an event (Relay for Life) that their leaders would be participating in.

Before the Night

- In the weeks leading up to the night the girls get divided into groups of about 7 or 8 people. Most groups will just be their normal groups for GB nights
- Girls are asked to think of a theme for their group, this must include a group name. {At our brigade we are holding a competition within the Juniors for names for the leader's teams for the actual Relay for Life, allowing them to create a theme for their groups on the Girls Brigade Relay for Life gives them a chance to try out some ideas they may have had}.

On the Night

The idea behind the night follows the same as that behind the actual event. The girls must keep their team's baton moving throughout the entire night, until fall out.

Preparation

Before the girls arrive the following must be done;

1. Batons must be created for the groups to use. These can be made out of the cardboard cylinders, used for glad wrap and aluminum foil, and decorated with glitter, streamers etc.
2. Scoring cards must be made; you will need one for every group at each scoring station. For an example of the scoring cards see [appendix 2](#).
3. The track must be marked out, at Riverton we are going to do this with arrows made by masking tape
 - a. our track begins in the auditorium; continues through to the Coulson Room; out the other door of the Coulson room and into the kindy room; down the hall to the old hall; do a lap of the old hall; out into to foyer; out the door onto the basketball courts; do a lap of the basketball courts; into the foyer near the cry room and back into the auditorium.
4. Stations must be set up along the track where activities will be completed.
 - a. At Riverton we will have 7 groups and therefore need 7 different activities. We have been able to reduce it to 6 activities as one will require two groups at a time. For a list of our activities see [appendix 1](#).

On the night the girls must:

1. Bring a \$1 donation for Relay for Life
2. Come dressed according to their team's theme

The night will begin with the cadets

- Cadets assemble in their teams
- Instructions are given on the night and the rules for the night are discussed. To see the rules we used for the night at Riverton go to [appendix 3](#).
- Each cadet group is sent to a station
- When arriving at the station the girls must decide the order in which they will go for keeping the baton moving around the church. The leader designated to the station can help them with this.
- A list of the order that the team members will be going in must then be handed to the "officials". This helps avoid any arguments during the night. At Riverton if a team gets their order wrong and gets caught they lose 20 points.
- Then the whistle is blown to indicate the 1st 10 minute period
 - At this point the first representatives begin the first circuit with their teams baton
 - The other team members begin the activity of their designated station
 - At Riverton there will be one leader designated to each station and will stay at that station for the entire night. It is only the girls who move around.
- After 10 minutes is over two whistles are blown and the girls have 1-2 minutes to move to the next station.
- This continues for 3 or four rounds and then a break is taken for devotions
 - When the break begins the baton is handed to the leader at the groups' current station and it is that leader's responsibility to keep the baton moving while devotions take place. At Riverton the devotion will be given in the auditorium so leaders will skip this part of the circuit.
 - At Riverton we have a lady come in and giving a devotion that has had breast cancer, hopefully helping to give some meaning to the night for the girls.
- Following devotions girls are sent to their next station and the process continues.
- At the end of their night the cadets will hand the batons over to some leaders from company who will keep the batons moving until the girls arrive.

The night for Company

1. As the girls begin to arrive they take their team's baton off the leaders and continue around the church.
2. During fall in the batons will be given back to leaders who will continue to move around the track
3. Following fall in the girls will sit in the auditorium and be lead through rules and instructions for the night.
4. Girls are then sent to designated stations to work out the order they are to go in and await the leader's return with their baton

5. Girls begin walking the baton as soon as the leader passes it on.
6. Once all teams have got their batons a whistle is blow to signify the beginning of the first 10 minute.
7. The remainder of the night follow the same as for Cadets
8. The night comes to a close just before fall out and girls congregate to have points read out.

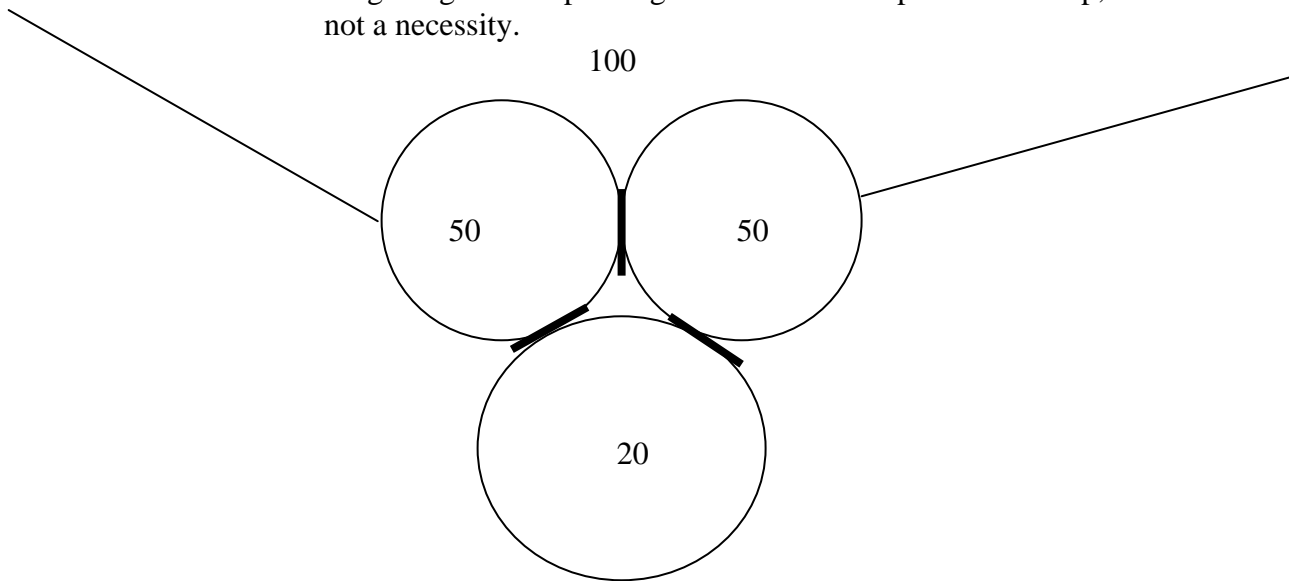
Appendix 1 – Station Activities

1. Auditorium – Tower project.
 - This activity involves girls constructing a tower 30cm in height that can hold a brick for 30 seconds. The tower can be constructed only out of large and small pieces of card and sticky tape.
 - Rules:
 1. All teams get to start with a budget of \$1,500
 2. Each team must keep track of each dollar they spend. Teams will be given this money in fake cash.
 3. Each team’s tower must be 30cm in height and be able to sustain the weight of one brick for 30 seconds.
 4. The only items that may be used in the construction of the tower (along with their costs) are:
 - a) Large Card - \$50.00 each (approx. 10-15cm in length)
 - b) Small card - \$20.00 each (approx. 7-10cm in length)
 - c) Tape - \$10 for every 10cm (can only be bought in 10cm lots)
 5. As the girls want card or tape they must hand over the money to the leader who will give out the items they want.
 6. For every \$100 the team has left at the end of their construction they will receive 10 points and for every 10 seconds their tower holds up a brick they will receive 50 points.
 7. The winning team (whose tower holds it for the full 30 seconds and has the most money remaining) will get 200 points.
 8. The winner will be decided at the very end of the night after batons have stopped and all teams have created a tower.

2. Coulson Room – 10c Cup
 - Girls take it in turns to attempt to drop a 10c coin into a cup
 - The coin must be balanced on the girl’s forehead and no hands may be used
 - Girls must stand behind the line (marked with tape)
 - The girls take two steps to the cup and try and toss the coin into the cup
 - The team gets 50 points every time a coin makes it into a cup

3. Kindy – Suspended hoops
 - Three hoops are joined together in a triangle and suspended from the roof or walls so that the hoops are in mid air.
 - Each girl must go through at least one hoop and all hoops must have at least one girl go through them

- Each hoop is worth a different amount of points
- To get high bonus points girls can be lifted up over the hoop, but this is not a necessity.



4) Old Hall – Table Tennis

- This is a no scoring station; girls are just to have turns at playing table tennis.
- Try to get some games of double happening.

5) Foyer – Twister

- This is a no scoring station
- There will be two mats at the station
- 3-4 girls on each mat
- Get the girls to stand at the side of the mat
- The leader at the station spins and all girls follow same directions

6) Basketball Courts – Volleyball

- This particular station will involve two groups – each group will stay at the station for two rounds
- Each team takes a side of the net
- Both teams will be given a sheet
- The idea is that instead of using their hands they work together and use a sheet. The first team launches the ball over the net using their sheet; the team on the other side must catch the ball in their sheet and return it over the net.
- Each time a team scores they get 50 points
- A team scores when their opposition fails to catch the ball with their sheet or the ball falls off their sheet and hits the ground.
- Serving is done alternatively so that each team gets an equal number of serves.

Appendix 2:

Group:							
Station:	1. Tower Project	2. 10c Cup	3. Suspended Hoops	4. Table Tennis	5. Twister	6. Volleyball	7. Volleyball 2
Score:							
Total:							

Final Score

Appendix 3:

Rules:

1. No Running while you are doing your circuit with the baton
2. No more than 2 girls at a time walking the baton around the track
3. Points may be awarded and deducted during the night as leaders see fit
4. No arguing with leaders decisions
5. When the whistle goes it's time to move on.