



The UNITE Program was developed to provide squadron leaders the maximum flexibility to deliver programs that build cohesion for personnel within their unit. This includes Active Duty, Reservist, Guardsman, APF (GS) and NAF civilians that are attached to a squadron with a G-series commander.

Host your first Unite event in five easy steps!

1. Complete the POC Appointment Letter

Squadron commanders will appoint a squadron Unite POC, in writing, to the Unite program coordinator (C3).

All forms including *The Appointment Letter template* is available at: www.andrewsfss.com/unite. Once complete, email the form to Rebekah.McKoy@us.af.mil.

2. Event Proposal

Discuss your objectives and event ideas with the JBA C3 and complete the Event Proposal Form no less than 10 days before your event. Once approved by Air Force Services Agency, payment can be made towards your event.

3. Have Fun at Your Event!

4. Submit After Action Information

The installation C3 won't be attending your Unite events so we are relying on you to provide pictures and detailed after-action information to improve the program.

CY 23 Allocations Per Person



\$13.50 APF (Appropriated Funds)

Use: Participation Costs

Activity Supplies, Equipment rentals, decorations etc.

Funds CAN NOT be used for prizes

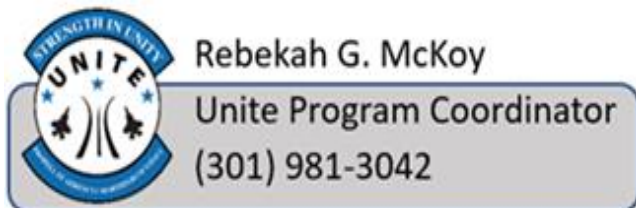
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\$5 NAF (Non-appropriated Funds)

Use: Food Costs

Meal or food items must be used in conjunction with a Unite event.

Unite funds CAN NOT be used to augment holiday parties on or off the installation. Units are responsible for expenses that exceed the allotted amount. Unite funds CAN NOT be combined with other APF/NAF government funds. Private Org funds MAY be used. Unused Unite funds will be returned mid-December and will not carry over to the next fiscal year (use or lose).



To utilize Unite funds, there MUST be cohesive and recreational activity that is the focus of your event. This can include fitness activities, volunteering, interactive teambuilding or learning a new skill together.

Events can be held at the wing, squadron, flight, or work center level. This packet will aid you with ideas of events that your unit can take part of. You are not limited to the activities in this packet.

SEASONAL IDEAS

Spring/Summer	Mobile Paintball/ Re-ball arena for Squadron Picnic * Mobile Archery Tag * Attend a pro Sporting Event * Mini Golf * Visit a museum * Scavenger hunt along the National Mall * 5K * Flag Football * Visit a Theme Park * Rent a movie theater *Great Amazing Race * Shore fishing*
Fall	U- Pick-Em field * Pumpkin Patch * Corn Maze with bonfire * Squadron cooking competition * Ice skating Rink * Go Kart Racing * Roller Skating Rink * Amusement Park * Shooting Range *
Winter	Large Squadron Holiday (Wooden) Card making competitions * Ornament or cookie decorating with lunch *shooting range * Escape Room * Pottery Class * Dodgeball Tournament * Gaming Truck *

ON BASE ACTIVITIES

Work with the C3 to book FSS Facilities. Costs for BBQ's can be shared between Unite and Booster Club funds.

Activity	Event Description	Cost
Disc Golf	FSS Facilities: Outdoor Recreation Joint Base Andrews has a 9 hole Disc Golf Course located on Menoher Drive. Disc golf can help foster creativity, strategy, adaptability, and team comradery. Sets of discs can be checked out from Outdoor Recreation for Unite events.	\$6 per disk set
Fling Golf Driving Range Golf	FSS Facilities: Courses at Andrews Spend some time on our very own golf course. Programs are customizable and could include a swing instructor, use of patio/restaurant, or putting green for blindfold putt-putt golf. <u>Fling Golf:</u> (3) Holes of play, Fling Golf Clubs, shared car, & lunch <u>Long Drive Package:</u> Unlimited range balls & lunch <u>Birdie Package:</u> (6) Holes on course play with cart & lunch <i>Birdie and Fling Golf Packages only offered Mondays and Tuesdays.</i>	\$ 18.50 \$ 13.50 \$ 18.50

<p>Outdoor Adventures</p>	<p>FSS Facility: Outdoor Recreation</p> <p>Spend the day with Outdoor Recreation and take advantage of the many outdoor recreation opportunities in your local area. Outdoor Recreation can help you plan a trip just for your squadron that you can discount with your funds (Unite funds are not able to be combined with R4R discounts). Depending on the interests of your Airmen and your location, consider participating in one of the following activities:</p> <ul style="list-style-type: none"> • <u>Outdoor Adventures</u>: Hiking, camping, and rock climbing • <u>Water Sports</u>: Kayaking, canoeing, charter fishing, paddle boarding, and whitewater rafting • <u>Snow Activities</u>: Skiing, snowboarding, and sledding 	<p>\$0.00 - \$13.50 depending on the activity.</p>
<p>Mobile: Axe Throwing Escape Room Rage Room Archery Pickleball</p>	<p>Location: Any open space on or off base</p> <p>If you want to add some fun to your resilience or work training or enhance your Squadron picnic, these items can be delivered to your work parking lot or picnic area for a 2 hour period. Work with Safety for approval of axe throwing on the installation.</p> <p><u>Mobile Axe Throwing Trailer (2 targets)</u> <u>Mobile Escape Room Trailer</u> <u>Mobile Rage Room (includes PPE)</u> <u>Mobile Archery (4 targets)</u> <u>Pickleball (court, net paddles, and balls)</u></p>	<p>\$850.00 \$800.00 \$850.00 \$850.00 \$600.00</p>
<p>Themed Fun Runs: Color Run, Zombie Run, Poker Run, Warrior Dash</p>	<p>FSS Facilities: Fitness Center, Tracks, Outdoor Recreation</p> <p>Themed races take the typical 5K to the next level. This program can be tailored for any race length of time.</p> <ul style="list-style-type: none"> • <u>Zombie (Mud) Run</u>: A 5K obstacle (and mud) run, in which zombies infected with the living dead virus chase participants. Runners race with a flag football belt and three flags, which represent their vital organs: brains, heart and entrails. The goal is to finish the race with at least one flag intact. • <u>Poker Run</u>: An un-timed 5K event with 5 checkpoints. At each checkpoint there is a person with a full deck of cards in a bag. The participants pull a random card out of the bag and have it marked on their score card and continue on to the next checkpoint. At the final checkpoint, all the scorecards are collected up and the person with the best "Poker Hand" wins! 	<p>Use APF to purchase color dust or run supplies.</p> <p>Use NAF funds to pay for snacks and beverages for your run.</p>
<p>Amazing Race/ Scavenger Hunt</p>	<p>Squadron Scavenger hunt, teams (of 2 to 4) are sent out to accumulate, without purchasing, a series of common, outlandish, or humorous objects, from around the squadron or base. Teams will work together to find items, complete challenges, and even answer some trivia. Selected squadron team members may be strategically posted to provide the item(s) when a team shows up to that scavenger location. Team returning first with all the items wins.</p> <p>Note: Activity can be held in any open area in the DMV. Additional rules to be defined by the organization.</p>	<p>Free</p>
<p>Navigational Challenge / Geo Caching</p>	<p>Location: Golf Course or any outdoor location</p> <p>The objective of this challenge is to build greater team cohesion through strategic planning, problem-solving, and unity bragging rights. Teams will learn how to use a map, compass and GPS units to navigate their way through a pre-determined course earning points and geocache's along the way. One team ultimately will come away victorious; but all members takeaway new navigational skills that can be used in future outdoor endeavors.</p>	<p>Units available at ODR for Free</p>

OFF BASE ACTIVITIES

Unique opportunities are also available off the base. **Food Note:** Consider ordering pizza, boxed lunches, or utilizing NAF food funds for snacks or concession vouchers at events.

Activity	Event Description	Cost
Crofton Go-Kart Raceway <i>Crofton, MD</i>	Head to Crofton to ride on Maryland's largest outdoor go-kart track, totaling ½ miles in length and featuring over 20 turns. Reserve the whole track for 30mins to 2 hours or purchase by race.	\$3.25 per lap or Rent the track for \$1,200/first hour \$1,000/ea add'l hour
The Point at Pintail <i>Queenstown, MD</i>	Shoot Sporting Clays in Queenstown, MD. Purchase targets in increments of 25. Shells and gun rental also available.	\$17 for 25 targets
Pier, Pond, & River Fishing w/Captain Drew	Captain Drew is one of the most recognized captains on the Chesapeake bay! He will provide all equipment for this keep what you catch trip. Depending on the season you can catch rockfish, mackerel, speckled trout, perch, bluefish, black and red Drum, and Catfish.	\$13.50 per person
Next Level Gaming and Entertainment	Rent out a gaming truck with the latest consoles, 100s of games, and up to 15 TVs, supporting 32 gamers at once. This company can support Unite events after 11pm (additional \$149 per hour). Add an outdoor package (3 additional TV's) for \$99.	M-TH \$359 for 90 min \$379 for 120min Fr-Sun \$379 for 90min \$479 for 120 min
Kayaking @ JBAB Marina (Joint Base Anacostia-Bolling)	Spend up to 4 hours paddling on the Potomac River. Paddle boards, single and double kayaks are available.	\$13.50 per person
Squadron Bowling @ Potomac Lanes (Joint Base Anacostia-Bolling)	Enjoy a team building event at the base bowling center. The event builds squadron morale and team cohesion by affording personnel the ability to develop team-building, build unity, and improve communication among team members that typically may not work together.	\$18.50 per person for: 2 hours of bowling, shoe rental, 2 slices of pizza, wings, and a drink.
Pick It & Paint It Ceramics <i>Ft Meade Arts & Craft Center</i>	Stop by the Arts & Craft Center on Ft. Meade to learn an artistic skill set such as ceramic painting. Price includes ceramic piece, paint, all supplies, and instruction. Food is allowed, so why not enjoy lunch at the halfway point?	\$13.50 per person
Shadowland Laser Adventure <i>Alexandria</i>	Shadowland provides a "whole group" activity where your entire group shares the same experience engaging together in an active, stimulating activity. The Bronze Package includes 2 games, all gear, and seating between games.	Bronze Package: \$13.50 per person
Launch Trampoline Park <i>Capitol Heights</i>	Develop comradery, productivity, creativity and create a sense of community at Launch trampoline park. This facility offers endless fun such as extreme dodgeball tournaments, basketball dunking competitions, wall-to-wall trampoline surface, and arcade games.	1 Hour rental Groups 15-24: \$16 Group 25+: \$15

<p>Skyzone Bowie/Waldorf</p>	<p>Sky Zone trampoline park is a fun, upbeat atmosphere where you can release energy by jumping, bouncing, and tumbling about in a lighthearted atmosphere that gives people a chance to break the ice and eliminate any stuffiness. Take part in the SkySlam, practice flips in the Foam Zone, SkyJoust, Sky Ladder, Warped Wall, Free Climb Ninja Warrior Course, Wipe Out and the Freestyle Jump Zone.</p>	<p>\$19 per jumper per hour - includes jump socks</p> <p>Packages with food available.</p>
<p>Top Golf Oxon Hill</p>	<p>Top Golf is the premier entertainment destination that golfers and non-golfers can enjoy. There's no pressure to have a good golf swing or score a lot of points, it's all about having fun. While waiting for your chance to swing, get to know the people in your group.</p> <p><i>Walk in groups of up to 12 (two bays) only. Larger groups must make a reservation.</i></p>	<p><u>Mon – Thur Prices</u> Open - Noon: \$36 per bay/hour Noon - 5pm: \$46 per bay/hour + \$5 membership fee Half price on Tuesday 10% Military discount on other days</p>
<p>Kayaking Key Bridge DC Wharf National Harbor Navy Yard Thompson B.C.</p>	<p>Spend an hour on the Potomac in various places in DC and Maryland with Boating in DC (www.boatingindc.com) Certain harbors are open during Covid. Share boats to maximize funding.</p>	<p>Double Kayaks - \$22 Single Kayak - \$11 Pedal Boat (4) - \$40 Canoe - \$25</p>
<p>Recwell Challenge Course University of Maryland</p>	<p>The RecWell Challenge Course specializes in workshops that provide opportunities for individual growth and group development. Participation in this education-focused program aims to cultivate leadership skills, problem-solving abilities, team effectiveness, and individual self-confidence. Trained facilitators will lead the group in activities and discussions designed around exploring group dynamics and examining the characteristics of your team in social, high energy activities, “get to know you” activities, group games, and various climbing options on their high rope course to help your team have fun and engage in an active environment.</p>	<p>\$17 per person for a 2 hour session.</p>
<p>Spend the Day @ Nationals Park</p>	<p>Groups of 13 or more can attend a Nationals game as a group with discounted rates as low as \$9 that will include a live video board recognition and the opportunity for someone in your unit to experience on field action such as the Ceremonial First Pitch, Play Ball Announcement, or the Geico Presidents Race Finish Line. All experiences are subject to availability and minimum group ticket purchase. Discount tickets are also available at the ITT Office.</p>	<p>Starting at \$9 Turn your Unite food funds into a concession voucher</p>
<p>Bowie Baysox Bowie Stadium</p>	<p>The Bowie Baysox are the Orioles Double-A affiliate team that plays in Bowie, MD. All groups that purchase 20+ tickets will receive a welcome message announcement.</p>	<p>Group tickets start at \$7 per person</p>
<p>FSC Workshop District Heights</p>	<p>Looking for arts and craft options near base? Bring your own music, tunes, and get ready to create at FSC Workshop located 15 minutes away from base.</p>	<p>Candle Making \$40 Doormat Painting \$40 Canvas Painting Sewing Class \$45</p>

Dave & Buster's District Heights	Looking for a little friendly competition in our work center? A gaming card for Dave & Busters can help with just that. Add your NAF funds to your APF funds for a buffet package that includes a game card and private room.	\$10 Gaming card + \$3 activation fee.
St James Place Springfield, VA	Looking for an indoor activity that has it all? The St. James place has 2 field houses, 1 turf and 1 hard wood court that can be utilized for athletic games. You can also choose from the following activities to rotate through: Ice skating, rock climbing wall, batting cage, virtual sports (golf ect.) fitness class, cooking class, or a nutrition class. Price includes lunch by professional chef.	Prices range from \$13.50-\$18.50 depending on activities w/ lunch.

On Base Food Options

Stretch your funds by ordering from FSS facilities! Use your NAF (\$5 per person) to purchase food or snacks for your Unite event. Prices over \$5 include facility reservation fee that is covered by APF dollars. Catering for your Unite event on and off base is always allowed. Submit tax free invoice to the C3 for payment up to your allocated amount. The unit would be responsible for any overages.

Location	Event Description	Cost
Griff's Place	Joint Base Andrews newest eatery with their own custom beer on tap. Choose from a hot dog with chips or a Caesar Wrap for \$5.00. Larger menu available.	\$5.00pp
The Club	Bagged lunch: Bottle of water and choice of sandwich: <i>Turkey w/ Provolone or Swiss * Egg Salad * Strawberry or Grape PB&J * Grilled or non-Grilled Veggie * Hummus & Feta Wrap*</i> <i>(Add a bottle of water, gourmet pickle, & to-go box for \$3 more)</i>	\$5.00 pp
	Breakfast: Sausage Egg & Cheese or Egg & Cheese on a Biscuit or English muffin with a piece of fruit and bottled water <i>Items can be served in The Club or picked up to serve at another location. Minimum of 25 people needed for this package Mon-Wed.</i>	\$8.00 pp
The Club	Patio Picnic Package: Host your squadron picnic at The Club. Package includes use of patio area and the following items - Hotdog & hamburger, bagged chips, lemonade, chopped onions, condiment packets. <i>Minimum of 25 people needed for this package.</i>	\$10.75 pp w/ minimum
Subway	6ft Giant Subs: feeds 25 people at \$3.84 per person. Purchase non-alcoholic beverage and chips from a bulk store or commissary for \$1 per person to keep the cost at \$5 per person.	\$5.00 pp
Subway	SUBWAY to Go! Meal: this boxed meal consists of a 6" sandwich cookie, and a bag of chips or apple slices. Drinks sold separately.	\$6.50 pp
Burger Burn	Purchase items for the burger burn from the commissary or grocery store. Rent the large grill (\$63-\$90) from Outdoor Rec, and work with the ODR for free coolers, chairs, and tables (only available to use during UNITE events).	Cost of goods
Panda Express	Head to the AAFES food court to place your order for party trays of your favorite dishes for pick up at your determined timed.	Cost of Platter