



UNITE PROGRAM

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, reserve, GS and NAF civilians that are attached to a squadron with a G-series commander.

Family members are welcome to participate, but they must pay any associated fees.

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

Meet with your installation C3 to discuss your objectives, event ideas, and to complete the Event Proposal Form. 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 21 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

One Meal with a non-alcoholic beverage or snack for a Unite event

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).



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TYPES OF PROGRAMS

Ready to Execute (RTE): RTE programs are pre-approved and easy to implement. FSS related events keep funds on the installation and should be considered first.

Unit Developed Program (UDP): Squadron leaders are given the discretion to create UDPs that capitalize on opportunities available in the local area. UDPs require prior approval through the Air Force Services Activity (AFSVA) and may take up to 30 days so plan accordingly.

Volunteer Activities: Volunteerism provides a cost effective team building activity that allows co-workers to see each other in a new light and make a difference in the community. There are multiple opportunities on and off base to make a difference. Free events do not need approval however, information still needs to be captured. NAF funds can be used for food or snacks during the activity.

ON BASE ACTIVITIES

Work with the C3 to book FSS Facilities to save reservation costs. Consider sharing costs between unite and unit funds to host a barbeque or purchase meals at any of the FSS locations.

Activity	Type	Event Description	Cost
Disc Golf	RTE	<p>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. Free discs can be checked out from Outdoor Recreation for Unite events.</p>	Free
Driving Range/ Golfing	RTE	<p>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/ballroom, or putting green for blindfold putt-putt golf.</p> <p><u>Option 1:</u> Unlimited range balls & a boxed lunch <u>Option 2:</u> (3) Hole course play with cart, range balls, and boxed lunch <u>Option 3:</u> (6) Holes on course play with cat and Boxed lunch</p> <p>Boxed lunch – Choice of pulled pork or buttermilk fried chicken sandwich with (2) side choices of coleslaw, potato salad, or baked beans and a bottle of water.</p>	\$ 13.50 \$ 18.50 \$ 18.50
Outdoor Adventures	UDP	<p>FSS Facility: Outdoor Recreation 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 it 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, rock climbing • <u>Water Sports:</u> Kayaking, canoeing, surfing, paddle boarding, and whitewater rafting • <u>Snow Activities:</u> Skiing, snowboarding, sledding 	\$0.00 - \$13.50 depending on the activity.

<p>Themed Fun Runs: Color Run, Zombie Run, Poker Run, Warrior Dash</p>	<p>RTE</p>	<p>FSS Facilities: <i>Fitness Center, Tracks, Outdoor Recreation</i></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! • <u>Warrior Dash:</u> A 5K obstacle course race which includes sliding, climbing, tunneling through, up, and around objects. 	<p>Free</p> <p>Use NAF funds to pay for snacks and beverages for your run.</p>
<p>Falcon Team Challenge</p>	<p>UDP</p>	<p>FSS Facilities: <i>Field, Fitness Center, Community Commons</i></p> <p>This program is designed for all abilities and will bring community spirit amongst participants as units will be divided up into teams to compete against each other in a variety of events, until the winning team is crowned. All challenges are designed to be fun, competitive, and to get everyone involved. Events can include:</p> <ul style="list-style-type: none"> • Knocker Ball Soccer • Minute to Win it Games • Paintball Shootout • Bean Bag Toss • Dodge Ball • Tug of War • Disc Golf • Battleship canoes 	<p>Cost of ODR equipment rental.</p>
<p>Mobile Axe Throwing And or Escape Room</p>	<p>UDP</p>	<p>Location: <i>Any open field on or off base</i></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 3 hour period.</p> <p><u>Mobile Axe Throwing Trailer (2+ targets)</u> <u>Mobile Escape Room Trailer</u> <u>Both</u></p>	<p>\$850.00 \$750.00 \$1350.00</p>
<p>Portable Paintball / Re-ball Arena</p>	<p>UDP</p>	<p>Location: <i>Any open field on or off base</i></p> <p>Can't make it to the paintball field? Bring the 30' x 60' mobile paintball arena paintball to your squadron picnic or an open space on base. You can play several organized paintball games in the mobile arena, featuring scenarios that can be customized for you to enhance the experience.</p> <p>If your space is too small for our arena, a fully enclosed paintball shooting gallery. Our 8' x 24' shooting gallery can come to your backyard, parking lot, or field for a safe and fun day of paintball. All of the equipment and staff for the day will be provided</p>	<p>Cost varies based on rental time.</p>
<p>Archery Tag</p>	<p>UDP</p>	<p>Location: <i>Any open field on or off base</i></p> <p>Try something unique with your squadron in any open area on Joint Base Andrews. Think dodgeball or paintball but with large foam-tipped arrows. Only 20 people can play at a time so partner this event with other activities so participants can rotate through stations such as team building or athletic competitions. Cost includes 2 hour play time, equipment tutorial, bows, arrows, protective facemasks, and multiple inflatable bunkers</p>	<p>\$500 for 2 hours</p>

Amazing Race/ Scavenger Hunt	RTE	<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>	Free
Escape the Spark X Cell	RTE	<p>FSS Facility: Community Commons</p> <p>Every Friday the Spark X is located in the Community Commons turns into a 60 minute team building and cooperative escape room! Solve clues using the innovation centers equipment & technology. Program is for Military and DOD Civilian Employees only. Maximum group size - 10.</p>	Free
Navigational Challenge / Geo Caching	UDP	<p>Location: <i>Golf Course or any outdoor location</i></p> <p>The objective of this challenge is to build greater team cohesion through strategic planning, technical and problem-solving skills, mental innovation, working together for efficiency, 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>	Free

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	Type	Event Description	Cost
Squadron Bowling @ Potomac Lanes (Joint Base Anacostia-Bolling)	UDP	A Squadron Bowling event, designed to provide squadrons the opportunity to enjoy a team building bowling 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. Start off with an icebreaker such as 3 truths and 1 lie and build your event around cosmic bowling, bowling bingo or poker Bowling.	<ul style="list-style-type: none"> • \$7 per person for 2 hours of bowling and shoe rental • \$13 per person for 2 hours of bowling and shoe rental (\$8 APF) & 2.5 slices of pizza and a drink (\$5 NAF)
Shadowland Laser Adventure Alexandria	UDP	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
Pick It & Paint It Ceramics <i>Ft Meade Arts & Craft Center</i>	UDP	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 half way point?	\$13.50 per person

<p>Launch Trampoline Park Capitol Heights</p>	<p>UDP</p>	<p>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.</p>	<p>1 Hour rental Groups 15-24: \$16 Group 25+: \$15</p>
<p>Skyzone Bowie/Waldorf</p>	<p>UDP</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 Packages with food available.</p>
<p>Top Golf Oxon Hill</p>	<p>UDP</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. <i>Walk in groups of up to 12 (two bays) only. Larger groups must make a reservation.</i></p>	<p>Open - Noon: \$27 per bay/hour Noon - 5pm: \$37 per bay/hour + \$5 membership fee Half price on Tuesday 10% Military discount other days.</p>
<p>St James Place Springfield, VA</p>	<p>UDP</p>	<p>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.</p>	<p>Prices range from \$13.50-\$18.50 depending on activities w/ lunch.</p>
<p>Recwell Challenge Course University of Maryland</p>	<p>UDP</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>UDP</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>UDP</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>

FSC Workshop District Heights	UDP	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.	Candle Making \$40 Mat Painting \$40 Canvas Painting Sewing Class \$45
Dave & Buster's District Heights	UDP	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. <u>Buffet packages that include lunch and gaming card start at \$19.99</u> which Unite can only cover \$18.50 and no gratuity/service charge.	\$10 Gaming card + \$3 activation fee.
Kayaking Key Bridge DC Wharf National Harbor Navy Yard Thompson B.C.	UDP	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.	Double Kayaks - \$22 Single Kayak - \$11 Pedal Boat (4) - \$40 Canoe - \$25

Food Options

Use your NAF funds (\$5 per person) to purchase food or snacks for your Unite event. Stretch your funds by ordering from FSS facilities!

Location	Event Description	Cost
The Club	<u>Ice-cream Social:</u> Club provides 3 different ice cream flavors and a choice of 6 different toppings. 3 toppings can be chosen per person. Price also includes spoons, cups, and serving utensils.	\$3.00 pp
The Club	<u>Box lunch:</u> Bottle of water, bag of chips, and choice of sandwich: Turkey & Provolone * Club (ham, turkey, & bacon) * Avocado Egg Salad * Chicken Salad * Breakfast BLT * Tuna Salad * Grilled Veggies * Garden Salad <u>Breakfast:</u> Sausage and egg on biscuit or bacon egg & cheese on biscuit with a piece of fruit and bottled water. <i>Items can be served in The Club or picked up to serve at another location.</i>	\$5.00 pp
The Courses at Andrews	Able to put together a BBQ menu based on \$5 per person.	\$5.00 pp
Subway	<u>6ft Giant Subs:</u> 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	<u>SUBWAY to Go! Meal:</u> 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 bulk items for the burger burn from the commissary or bulk item store, rent the large grill (\$63-\$90) from Outdoor Rec, and work with the C3 for free coolers, chairs, and tables (only available to use during UNITE events).	Cost of goods