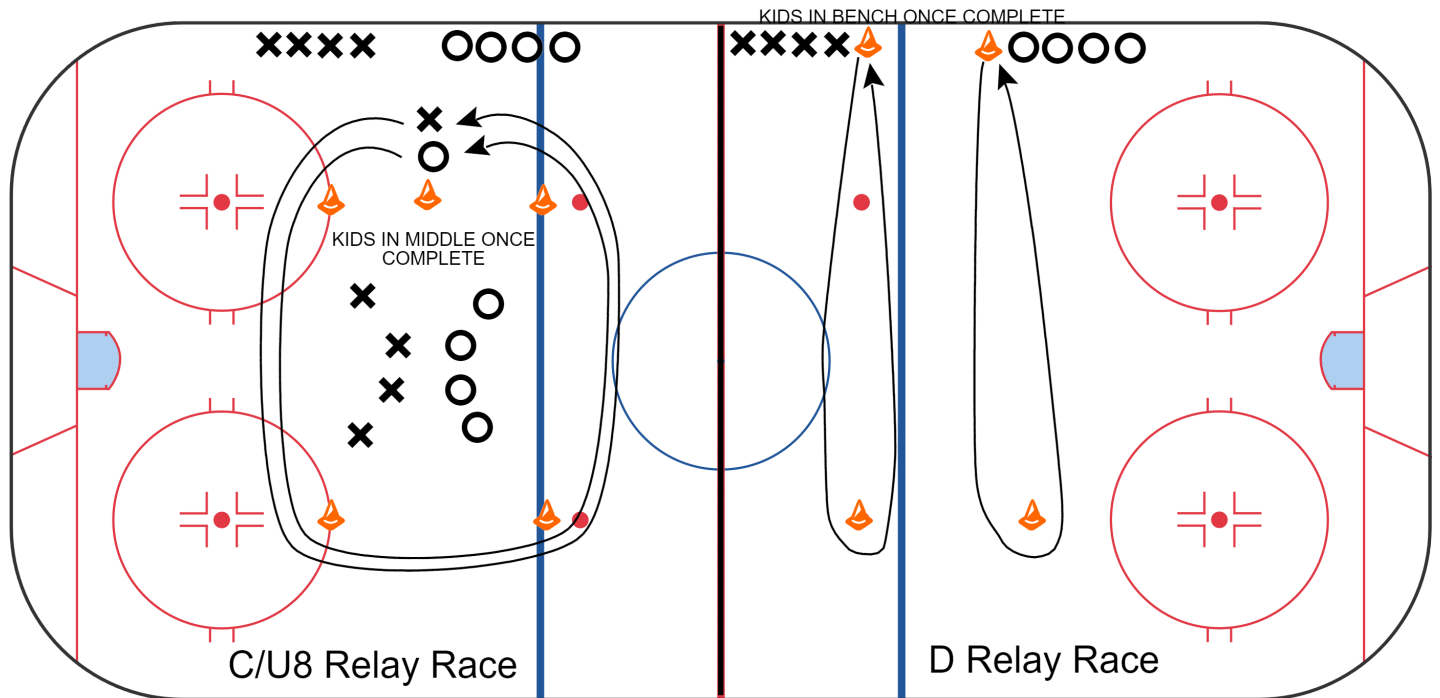




C/D/U8 Jamboree Relay Race



Description

C/U8 Relay

Teams will start lined up on the boards with the start of the line in between the cones. No sticks. 1 player from each team will line up close to in between the two cones and start with a baton. On the whistle the players will take off and go around the 4 cones counterclockwise. The next person in line will move onto the start line and get ready to get handed the baton before making their lap. The team with least players will have to have some of their players go two times in order to have the same amount of laps as the other team. When finished with the first lap the kids will go into center ice to cheer on the rest of their team. If they go twice they will get back in line. Finish line is the start line. Make sure to let the kids know to go hard the whole time even if their team is behind as the other team could fall or drop the baton (This happened a lot where the team behind ended up winning because they didn't quit.)

D Relay

Teams will start lined up on the boards with the start of the line at the cone on the boards. No sticks. 1 player from each team will line up starting on the boards next to the cone. On the whistle the players will take off and go around the far cone. The next person in line will move up to the starting cone and get ready to get tagged by the player finishing their lap before making their lap. The team with least players will have to have some of their players go two times in order to have the same amount of laps as the other team. When finished with the first lap the kids will go into bench and cheer on the rest of their team. If they go twice they will get back in line. Finish line is the starting cone. Make sure to let the kids know to go hard the whole time even if their team is behind as the other team could fall.