#LifestyleMatters

GROUP COMPETITION

No Group? NO PROBLEM!

   If you are not currently associated with a small group, that is no problem. You can pick a group with which to participate, or we will connect you to a group that fits your age and stage of life. But everyone will be part of a group!

   If you are already in a small group, encourage your whole group to attend. It is going to be a lot of fun. Host a room (see the guidelines below).

Before the Retreat

<table>
<tr><td>

EACH PERSON CAN EARN POINTS FOR:

1 - each day before the retreat that you register

5 - each survey taken

10 - downloading the Coastal app - email us to let us know you did this

10 - following us on Instagram - DM your user name to us

1 - for each post to #LifestyleMattersCCC

</td><td>

TEAMS PREPARE AHEAD FOR:

10 - for each person who joins your group for the retreat and has not been in a Coastal Small Group or Coastal Student Ministries prior to September 1, 2019

20 - for the group at the retreat with the most "Coastal Spirit"

10 - for each group that hosts a room overnight

5 - for any new small group leaders (as of August 2019) who attend the retreat. (Small group leaders who attend will get one point for each year they have served as a small group leader at Coastal.)

</td></tr>
</table>

Host a Room Overnight

1. Book a room at the Staybridge Suites on 401 Commonwealth Drive, Yorktown. (You can have 4-6 people in a room to bring the price down.) DON'T FORGET - your team will get ten points.
2. Talk with your group about a theme for your room to sponsor an activity from 9 p.m. to 11 p.m. on Friday night. (You can go later if you are night owls!)   This could be a game night, pedicures, Karaoke, or even take your room poolside! Use your imagination.
3. The ladies who participate overnight will vote for their favorite room. Your team could win gift cards for the most inviting, imaginative room.

WHY HOST A ROOM?   Because we want anyone who is not in a small group to have the opportunity to get to know other women and find a group to join. This will be relationship building at its finest!