

SciTech Campus:
on The woodland side of
the Freedom Center

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The EDGE

About The Edge

The EDGE, Mason Recreation's Team Development and Experiential Learning program, has served the metropolitan Washington, DC, area in one form or another for more than 30 years. We provide positive, powerful experiential learning experiences for building trust, improving teamwork, shaping leadership, and cultivating communication skills. Through hands-on, thought-provoking activities, our expert staff empowers groups to excel as high-functioning, collaborative teams. Located on 30 acres of wooded wetland at Mason's Science and Technology Campus, we serve the Mason student and faculty and staff community as well as area schools, businesses, and government and non-profit organizations.

Our Mission

The EDGE challenges the members of the global community to better understand themselves, those around them, and their world by using innovative approaches that educate, inspire and empower.

Why The Caps?

The EDGE is an acronym, a commitment to groups that our programs will...

- **Energize** teams with active and engaging challenges;
- **Develop** skills for effective communication, collaboration, and problem solving;
- **Grow** individual and group leadership functions through practical experience; &
- facilitate teams to **Excel** at identifying and capitalizing on strengths for profound transformation.

What We Offer:

The EDGE offers three types of experiences:

- A full challenge course experience combining ground-based challenges with one of four aerial element challenges (Alpine Tower, Power Pole, Giant Swing, and Total Team Challenge).
- Portable 75-120-minute team-building programs, especially for courses on the Fairfax campus.
- A standalone aerial experience, like an open climb on the Alpine Tower.

What's New?

We now offer virtual team-building! These programs:

- Reengage team members feeling disconnected by remote work;
- Reduce stress through laughter and collaboration; and
- Make direct connections between activities and team effectiveness.

How else might you get involved with The EDGE?

For adventures in group facilitation, apply to work as a facilitator! For a great workout and volunteer opportunity, look for our trail work Pitch In on the Piedmont event every Fall and Spring semester.

For more information about The Edge please visit us online at edge.gmu.edu or call (703) 993-4313.