

Olympic Sports Camp 2020

*D-House Edition

Scripture Overview:

Day 1: Deuteronomy 31:6

Day 2: Hebrews 12:11-13

Day 3: 1 Corinthians 9:25-27

Day 4: 1 John 5:4-5

Theme Overview:

Olympic Sports Camp 2020 is designed to create a *contagiously* fun atmosphere where competition thrives whilst striving to learn and become more like Jesus. The core of this VBS is based on the scriptures above. Daily lessons will be based on these verses with themes of **“Do Not Fear”**, **“Discipline”**, **“Run To Win”**, and **“Victory”**.

Each day will kick off with a “News Broadcast Skit” with news anchors Sylvia Stallone and Ricky Rochester. This will inform and hype up the athletes as they hear about the days events to come. The skit will close each day after an interview with Coach B. Sylvia and Ricky will then complete their broadcast, and Coach B will kick off training. See schedule below for the rest of the day’s events.

Near the end of each day there will be a big game called an “Olympic Trial”, which will act as an “adventure education” activity. Each daily Olympic Trial will aim to prepare the kids for the gospel being shared on Day 4.

By the end of the week, group leaders will have shared encouraging ways to live life in Christ by offering applicable stories, lessons and games to reinforce this truth. The ultimate goal is that by day 4 we will have introduced to them the choice to have a Victory not just in a tangible sense but in Christ who has already won for us all. Woo HOO!

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- 26: Pre-Camp Meeting

Daily Schedule

Time Goals

(Adjust as Needed)

8:45-9 Registration

9-9:30 Opening Songs and Skit

9:30-10:15 Training 1

10:15-10:45 Snack time/Memory Verse News Flash

10:45-11:15 Training 2

11:15- 12:00 Olympic Trial

12:00-12:30 Lunch and Lesson w/ Coach B

12:30-1:00 Breakout Session (Buffer time for chats)

1:00-1:30 Closing Skit

1:30-2:00 Big Sport Activity

2:00 Free-Time/ Pick Up

Daily Schedule Summary:

- **Opening Songs (2 Music/Song Leaders):** 15 minutes max of 2-3 songs to rally the kids together after registration.
- **Opening Skit (3 Leaders):**

Overview:

Goal: Each morning will open with a “News Update” skit with Sylvia and Ricky. They will be “broadcasting live” from Olympic Sports Camp Training at *INSERT LOCATION* This skit will be the first thing the kids participate in each morning so we want it to be colorful and life giving! Daily Skit leaders will need to meet and rehearse, filling in any blanks of the skit to make it more personalized!!

Skit Leaders:

Camera Man: Camera man is a near silent role but fulfills the need of making Ricky and Sylvia look like they’re actually on TV by yelling “action”, “cut”, and moving a tripod/camera around! Camera man will also be in charge of setting up the scene for each skit.

Ricky Rockchester (News Anchor 1): Acting as a narrator, this anchor will read a daily news script which will carry out the structure of the olympic training camp.

Sylvia Stallone (News Anchor 2): Acting as a narrator, this anchor will read a daily news script which will carry out the structure of the olympic training camp.

Coach Barnabus: Coach B is awesome, outgoing, personable, and way encouraging. This former Olympian is going to act as the olympic training camp leader/mascot. Apart from showing up on the morning news in interviews, Coach B will maintain character as he/she walks around camp, making “sightings” to surprise and encourage the kids. Coach B has a HUGE role of leading the bible story/lesson later in the day, so whoever takes this role, be prepared to do big things!

Skit Layout:

1. Opening Bit: Intro/warm up the crowd, make it personal!
 2. Daily All Stars: This will not be based on statistics but on who is participating, Idea is introduced the first day (there will be no “All Stars announcement” on day 1), This is to distinguish who is trying their hardest or in needs an extra boost of confidence. Group Leaders playing Sylvia and Ricky will pick 1 boy and 1 girl to receive extra love and encouragement for that day at camp. These two will be presented a lanyard in which they will wear for the day (and take home if we buy enough?)
 3. Interview w/ Coach Barnabus:
Day 1: Sylvia and Ricky will Hype him up. Coach B will serve as a mascot for this week at camp, and ultimately an excellent example of a Christian. Interviews will consist of a funny joke, a serious question about Coach B’s character and faith, and then ultimately inquiring about Coach B’s character, in which he/she points back to Christ each time.
 4. Today at Camp Training: Sylvia and Ricky will transition out and Coach B informs “off the camera” what the day’s coming events are. (Daily Schedule) by closing the scene with Coach B announcing individual sports for the day. During this time they will breakout and have training time.
- **Training #1:**

Sample Training Template:

Gather group after skit
Warm-Up Stretches (5-10 mins.)
Warm-Up Game (5-10)
Skill #1 (10)
Application (10)
Skill#2 (10)
Application (10)
Cool Off Game/ Activity (5-10)

- **Snack Time / Memory Verse New Flash:** This will change daily. It is merely a way to reinforce the daily memory verse with enrichment and a snack. T'will be quick!

Day 1: Pictionary

Day 2: Sing us a Song

Day 3: Memory

Day 4: Match

- **Training #2:** Continued sports training, this will be a time for kids to switch up their chosen sport if desired, or reinforce skills previously introduced. (See template for Training pt.1)
- **Olympic Trial:** This is an Adventure Education Game that combines Coach B's lesson, the memory verse and sport into a healthy competition.

Day 1: Do Not Fear
"Minefield"

Day 2: DISCIPLINE/ENDURANCE
"Musical Base"

Day 3: RUN TO WIN
"Three Legged Race"

Day 4: VICTORY
"Roman Soldier"

- **Lunch (All hands on deck):** FEAST!
- **Lesson w/ Coach B:** Lessons will occur after Lunch when the kids have been fed and have reduced energy.
- **Breakout Session (All Group Leaders):** Post lesson with ENCOURAGING Coach B, boys and girls will split up for their breakout session to further discuss how the lesson applies to them. This is coach led, and quite an important part to the day! Coaches will utilize questions suggested, but are strongly encouraged to discuss more questions with their fellow group leaders a day in advance.

- **Closing Skit:** This will be a time to wrap everything up. 1-2 songs with the worship leaders, a summary of the day with coach B, closing with a Q/A from Sylvia and Ricky. On day 1, there will be a box introduced to the athletes that will be for writing down and putting hard questions in. Each evening the mission team will answer those questions and then prepare those answers for the next day. On day 4, this will occur only in the morning skit, and then closing time will be a group broadcast and Coach B closing us in prayer.
- **Big Sport Activity:** The day will end with a big group sport/activity. (Mass chaos and fun in the confines of a game.) ***Should you need more time with a camper in breakout sessions, tell another group leader and use this time to chat.***

Big Group Games List:

- Cabbage Ball
 - Ultimate Frisbee
 - Four Corners
 - Tag
 - Gaga Ball
 - Tug o' War
 - Kickball
 - Wiffle Ball
 - 4 Square
 - 9 Square
 - NukeEm
- **Free Time and Pick Up:** Let's be real.. It's Gaga Ball time.... #GameOn

Here we go... LET'S VBS!

Day 1: "Do Not Fear"

Deuteronomy 31:6 (ESV)

6 Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will never leave or forsake you. "

Opening Songs: Worship leaders, take it away. 2-3 epic songs.

Skit Script:

[The scene will be set. A news anchor desk will be positioned in a stage setting (facing the crowd) with a poster of sorts that says "VBS Olympic News 2020". Sylvia and Ricky walk in professionally and sit at their news anchor desk. They prepare their papers and such, and then the theme song (of your choice but make it consistent each day) plays and ACTION!]

Camera Man: [enter scene, cue theme song, and enter Sylvia and Ricky]

Sylvia: "Gooooood morning everyone. I am Sylvia Stallone and this is..

Ricky: "Ricky Rochchester!"

Both: "And we are reporting live from the _____ (city name) Olympic Training Camp!"

Sylvia: "For those of you who don't already know, today is indeed the first day of training here in _____(city name).

Ricky: "You are most right Sylvie, as we speak now, campers are settling in after registering this very morning only moments ago!"

Sylvia: "Oh this is certainly my favorite time of the year! Ricky what have you seen so far this morning? Any future champions out there?" [gesturing to the campers]

Ricky: "Oh definitely Sylvia, I saw a girl at Registration today named _____ (girl camper). She was so sweet and definitely looks like a fast runner! What about you?"

Sylvia: "Well that's exciting, we'll have to keep an eye on her during the olympic trials this week! I actually heard about how talented a boy named _____(boy camper) is at _____(sport). I'm really excited to see him play later!

Ricky: "And who knows, maybe they'll be one of our daily allstars this week at training!"

Sylvia: "Absolutely Ricky, could you tell us a little more about being a daily Allstar?"

Ricky: "Certainly, so this week at training camp, coaches and group leaders alike will be on the lookout for PHENOMENAL athletes!"

Sylvia: “Wow Ricky, that’s a pretty big word, what does phenomenal even mean?”

Ricky: “Phenomenal means “very remarkable” or “extraordinary”.

Sylvia: “And to be a phenomenal athlete, you must have excellent endurance...”

Ricky: “Yep”.

Sylvia: “Great skills...”

Ricky: “Mmmmmmmhm.”

Sylvia: “A desire to learn more and be teachable...”

Ricky: “Word”.

Sylvia: “And be an excellent team mate with a positive attitude.”

Ricky: “Heck yeah! I can’t wait!! Team leaders, be on the lookout. We’ll be in touch.”

Sylvia: “And athletes in training, yeah I’m talking to you...[point at and hype up the campers] Strive to be the best you can this week! Ask hard questions, and put forth hard work!”

Ricky: “Speaking of the best, each day after naming our Allstars, we will have an interview with those two athletes, and the one and only..... Coach Barnabus!”

Sylvia: “And boy am I excited to spend this week with Coach B”

Ricky: “Absolutely Syl! If you don’t know Coach B, you soon will. He will be the man in charge here at Olympic training camp! The athletes are in for a treat! Coach B is a former Olympian, master chef, and servant of Christ. One could even say Coach is the IDEAL example of a *phenomenal* athlete.”

Sylvia: “And should the athletes in training receive the title of “All Star for the day”, the athletes will have a chance to interview with him on tv!”

Ricky: “And what an exciting opportunity that will...” *Grabs ear piece* [Interrupted briefly by incoming news.] This just in.. Coach B has just arrived at Olympic training camp... [Sylvia and Ricky dramatically look around]

Coach B: [Coach B enters the relative area, not in “camera view” but the campers see him. B is carrying sports equipment and looks busy but happily stops to chat when everyone’s attention goes to him.]

Sylvia: “Oh my gosh, there he is!! Hey there Coach B!”

Coach B: “Well hey there Sylvia, and hi Ricky!”

Ricky: [Awestruck/nervous] “Wow.. you know our names?”

Coach B: “Certainly I do.. I love watching you guys empower the athletes here at training camp! You do it so well! [Looks at the campers] Speaking of athletes.. Hi everybody! How are you all this morning! [Smile and wave at the campers.]

Sylvia: We are actually live right now Coach B, would you like to say anything about this week at Olympic training camp?

Coach B: “Absolutely... [Sits bags down and directs attention to the camera.] Hello and good morning everyone.. It’s finally here! Olympic Training CAMP! This week the athletes who I’m honored to stand before as I speak, will work hard to prepare for their

future not only as athletes but as children of God. I know when I grew up loving _____(sport unique to whoever plays Coach B), that if it weren't for my coach, I wouldn't really know Jesus like I do now. And so I'm excited for all of these athletes to dig in and work hard this week. If they have the right attitude, they will surely excel as athletes and as Christians.

Ricky: [stares in awe]

Sylvia: [nudges Ricky] "Ricky.."

Ricky: ..."You are so cool..."

Coach B: [Laughs] "Hey man... so are you."

Sylvia: [Back to being focussed, looking at the camera] Right, so we won't start our interviews with Coach B until tomorrow. And right now we are about out of time. With that being said, let's have a quick "hello" from our athletes, and then they will be sent out to their first training session of the day."

Camera Man: [pans the camera around to all the athletes and finishes back to Ricky and Sylvia]

Ricky: "Alright, that's all for today. Until next time, I'm Ricky Rochester."

Sylvia: "And I'm Sylvia Stallone.."

Both: "Signing off!"

Camera Man: "And, we are off. Good take you guys, Coach B, it's a pleasure to meet you! [shakes Coach's hand]

Sylvia: "Ricky and I have to head out, but goodluck today and we will see you tomorrow!"

Coach B: Absolutely, and I'm going to get training camp started!

(Whoever plays Coach B will prep his/her lines ahead of time. This is a transitional portion at the end of the skit where Coach B summarizes the day's plan, and splits teams up into their desired sport to kick it all off! Below are topical points to make in this monologue of sorts. See Nat for ideas!)

- Introduce self as "Head Trainer"
- Introduces verse of day; quick background.
- Introduce Coaches
- Discuss plan for the day
- Split up and go!

Training 1: Coaches will meet the night before and discuss their training layout. See template.

Snack time/Memory Verse News Flash: Pictionary

Athletes will gather and sit down in their sport groups. Each coach will pick one member to represent the group in the “memory verse doodle.” Group leaders will hand out chalk and the teams will race to write out the memory verse in full. As teams finish they will sit down. Snacks will be given in order of completion. Once all teams are finished, the group as a whole will read the verse together again and then receive their snack.

Training 2: *See Template*

Olympic Trial: Minefield

Instructions: Group leaders will form 2 teams and build a very complex obstacle course. Teams will be lined up, and led one at a time through the course blindfolded. Similar to a relay race, the group leaders will lead they're team through the course one at a time, allowing them to build trust in their leader.

The lesson: “Do not fear, just as we have guided your steps today, so does Christ go before you even more and protect you from any dangers.”

Trial Q's :

1. Who was nervous earlier when you heard you'd be blindfolded?
2. Who was a little scared to trust their coach and the path they led them on?
3. Now having accomplished this obstacle course, how do you feel about trusting your coach?
4. Have we ever trusted God with something as real as providing for us next steps?
5. Think on this, what is something we can ask God to help us with today?

Lunch: Feast!

Lesson w/ Coach B: Daniel and the Lions Den (Daniel 6)

Read chapter and prepare story the night before

Breakout Session:

Questions:

1. Why was Daniel sent to the den of lions? (People that didn't like Daniel, tricked the King into signing a decree prohibiting anyone from worshipping/praying to God.)

2. Why didn't the people like him? (Dan 6:5, Daniel followed the laws of His God before he followed the laws of his land.)
3. Why was King Darius sad to send Daniel to the den? (Dan 6:3, Daniel was "excellent in spirit". He was appointed governor by a former King, and since then was well known for his surpassing ability to do his job well.)
4. How does this story tie into our memory verse? (Daniel just like the verse was strong and courageous)
5. When was the last time you were afraid and what happened?
6. What will you do to remember God made you strong and courageous next time you are scared?
7. How does this change what you thought about scary things before now?
8. Pray.

Closing:

- 1-2 Worship Songs
- Coach B Summary
 - Memory Verse Review with athlete, and story review.
- Syl and Rick Q/A (Today is an intro only. Day 2-4 Q/A time will commence. If there are no questions written, answer some you have! #Challenge)

Big Sport Activity: The goal here is to have fun with everyone! See page 6!

Free-Time/ Pick Up: See trip leaders if you don't have tasks.

Day 2:

“Discipline”

Hebrews 12:11-13

11 For the moment, all discipline seems painful rather than pleasant, but later yields the peaceful fruit of righteousness to those who have been trained by it.

12 Therefore lift your drooping hands and strengthen your weak knees.

13 and make straight paths for your feet, so that what is lame may not be put out of joint but rather healed.

Opening Songs: Worship leaders, take it away. 2-3 epic songs.

Skit Script:

Camera Man: [Set up scene promptly after songs. You're now “on the job” and preparing to go live with Sylvia and Ricky who will be ready on your cue:-) After you've finished setting up. Read line] “Alright Sylvie and Ricky, we are on in 5, 4, 3, 2, 1 [Play cue music]

Ricky and Sylvia : [Enter “Professionally” with theme music playing]

Ricky: “Well Good Morning and Howdy Doo.. [gesture to Syl] This is *THE* Sylvia Stallone

Sylvia: “He’s *THE Ricky Rochester!*” [Gesturing back]

Both: “And WE ARE LIVE FROM OLYMPIC TRAINING CAMP!”

Ricky: “So it is definitely Day 2 here at training camp. Our athletes sit before us now awaiting the day's trials and lessons!”

Sylvia: “Thaaaaat’s right Ricky, and what a day it will be.”

Ricky: “To recap yesterday, I feel like it would be a great time to introduce our Allstars for the first time!”

Camera Man: [Provide Chairs]

Sylvia: “Absolutely, what a great way to hear from the coaches and the athletes themselves!”

Ricky: [Have the allstars names written down in advance from the coaches and why they achieved what they did.] “So, just here are our first two olympic training allstars!” [Name, sport, and reason for being selected.]

Sylvia: After allstars have been announced and brought up, begin the interview.] “So! How did you hear about training camp Allstars!?”

Allow time for answer

Ricky: “What sports do you play outside of training camp? * How long have you played? * Who is your coach?” *

Sylvia: “Very nice, hey, what is one thing you hope to get out of this week?” *

Ricky: “Well you two certainly have good answers, and you both seem very determined! I look forward to watching you grow this week. Before you join the rest of the athletes, we would like to bring out Coach B for a quick interview!”

Sylvia: “Coach B, come on out!” [The crowd goes wiiiiild!]

Coach B: [Enter with a chair to join] “Well good morning Ricky and Sylvia! You two sound great this morning! As always thanks for being here to share with the world what’s happening here at camp!”

Sylvia: “Well thank you for having us here!”

Ricky: “Absolutely, you are the one running this show!”

Coach B: “Hello Allstars! How are you two this morning!?” *

Coach B: “I am certainly excited to root for you in your training and your olympic trials today. I’ve heard big things from your coaches! Anything in particular you two are looking forward to today? *

Ricky: “Man, I love my job. Thank you Allstars for joining us up here this morning. Just a reminder to the rest of the athletes, don’t forget to encourage these two a little extra today!

Sylvia: “Yeah, show them that TLC everyone deserves. Love and serve them well! Allstars, you may join the athletes again!”

Ricky: “Coach B, are you ready to get things rolling?”

Coach B: “Yes absolutely, let’s do it!”

Sylvia: “Great, well I’m Sylvia!”

Ricky: “I’m Ricky!”

Coach B: “And I’m Coach B!”

All 3: Let’s get camp started!!

Coach B:

- Summarize the day’s plan
- Verse of day; Quick background.
- Split up teams and go to work.

Training 1: Coaches will meet the night before and discuss their training layout. See template

Snack time/Memory Verse News Flash: Sing us a Song

Taking the memory verse poster, coaches will explain to their group that they have 5 minutes to create a dance or song that uses the memory verse as lyrics. Once everyone in their group performs it, they will receive a snack. The only major rule is that they say it word for word.

Training 2: See template.

Olympic Trial:

“Coach Says”- Stay focused, you’ll need your discipline for this game. This is indeed Simon Says, play as such in a large group. Coaches, be meticulous about athletes who mess up. Once the round is over they can hop back in.

The Lesson: Teaching the importance of discipline. The goal here is to emphasize the discipline needed to do well in this game, and how very similar it is to living life for Christ.

Q's:

1. Someone remind us of today’s memory verse?
2. What is discipline?
3. How did you use discipline in this game?
4. How will being disciplined make you a better athlete?
5. Who’s hungry? Ok. Lunch! And then we will hear from Coach B about a man who was extremely disciplined.

Lunch: Feast!

Lesson w/ Coach B:

Joshua in Jericho

Joshua Chapter 6

- God came to a man named Joshua and gave him instructions.
- God instructed Joshua that he would conquer the city if he and his army marched around once a day for six straight days while playing trumpets and carrying the Ark of the Covenant.
- On the 7th day, at Joshua’s order, the walls miraculously fell down and the city was theirs.

*Elite Athletes are very disciplined in their training, enduring strenuous practice routines, because they are focused on the goal of succeeding in their chosen sport. The Bible compares living the Christian life to running a race.

Breakout Session:

1. Have you every run/biked/swam in a long race? If so, what was it like?
2. How did you feel at the end?
3. What pushed you to finish, even though you were tired?
4. What was the name of the man leading the army in today's story? (Joshua)
5. What did God tell him to do? (March around the city walls of Jericho for 6 days with instruments.)
6. Can someone demonstrate what marching looks like?
7. Now who thinks they could do that around an entire city?
8. Do you think the army in the story grew tired of marching?
9. What do you think kept them going? (They were disciplined and strong. They
10. What happened on the 7th day of marching? (The city's wall fell and became their own.)
11. How is today's memory verse similar to our story? (Discipline requires effort, and we see this in the soldiers marching around the city. They only did this because God told them to.)
12. What "hinders" us from doing what God asks of us with our lives?
13. What is something you want to trust God with in your life, like Joshua did with being disciplined and doing as God asked him to do?

Closing:

- 1-2 Worship Songs
- Coach B Summary
 - Greeting, Memory Verse Review with athlete, and story review.
- 3. Syl and Rick Q/A

Big Sport Activity: The goal here is to have fun with everyone! Choose from overview on page 6!

Free Time/ Pick Up: Clean Up/find a kid and spend your time with them until they depart for the day. Show them you care.

Day 3 "Run to Win"

1 Corinthians 9:25-26

25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Opening Songs: Worship leaders, take it away. 2-3 epic songs.

Skit Script:

Camera Man: [Set up scene after songs. You're now on the job and preparing to go live with Sylvia and Ricky who will be ready on your cue:-) After you've finished setting up.

Read line] "Alright Sylvie and Ricky, we are on in 5, 4, 3, 2, 1 [Play cue music]

Ricky and Sylvia : [Enter "Professionally" with theme music playing]

Ricky: "Well Good Morning and Howdy Doo.. [gesture to Syl] This is *THE* Sylvia Stallone

Sylvia: "He's *THE Ricky Rochester!*" [Gesturing back]

Both: "And WE ARE LIVE FROM OLYMPIC TRAINING CAMP!"

Ricky: So today is absolutely Day 3 and boy are our athletes looking like real life olympians out there.

Sylvia: That's right Rick, thus far we have watched them endure some pretty serious training sessions, olympic trials, and big group games. And you know what Ricky, they look pretty fun..

Ricky: Oh without a doubt! I would really love to participate in one of these snack time memory verse games. I heard yesterday all of the athletes had to team up and race to use the daily verse to perform a song or dance in order to receive their snack!

Sylvia: And on top of that they sounded pretty good! We have not only athletes but maybe even popstars on the rise!

Ricky: Hey, and speaking of stars...

Sylvia: Absolutely Rick, lets get those allstars of ours back up here for the hand off and interviews.

Ricky and Sylvia

- Call up the allstars from yesterday
- Ask [Favorite part of being an allstar, favorite part of camp, would you like to say anything to your coach!]

- Announce that they will pass along their titles today.
- Announce news allstar names
- Have the old allstars pass off the lanyards and have a seat

Sylvia: Well congratulations to you two! This is a very big deal!

Ricky: To everyone listening, let's remind ourselves to love our allstars well today, and we will hear now from Coach B about just how to do it best!

Coach B: [Enters as prompted] GOOOOOD MORNING all!

Sylvia: Hey Coach, good morning. Check out our new daily allstars.

Coach B: I see them, they are quite impressive! I really enjoyed hearing about your experiences at camp earlier. Your coaches certainly did a great job so far!

Ricky: Hey Coach, if I ask you what was a great way to show someone that you care for them, what would you say?

Coach B: Well, I know it always means a lot to me when others are patient, encouraging, and willing to offer a hand in case I am struggling.

Sylvia: Oh but Coach YOU don't struggle.... Do you??

Coach B: Well absolutely Syl! We all do sometimes.

Ricky: You guys, I struggle everyday to even get out of bed!

Coach B: Great example, and struggles come in many many forms! Allstars, have you had any recent struggles? *

Sylvia: Well, I guess I do struggle being patient at times.

Coach B: And hey, that's all okay! It certainly helps knowing this about yourself. Then when these things pop up in life you can choose to redirect your thoughts and focus on the bigger picture.

Sylvia: And this is why Coach B is considered wise. Thanks Coach.. Hey Ricky, are you ready to roll?

Ricky: Absolutely Syl, Coach B.. Thank you as always for participating. Allstars, do you want to help us close out?

[Everybody says their names, and all together say, SIGNING OFF]

Coach B:

- Summarize the day's plan
- Verse of day; Quick background.
- Split up teams and go to work.

Training 1: Coaches will meet the night before and discuss their training layout. See template.

Snack time/Memory Verse News Flash: Athletes will sit with their sport-mates, and take some time to memorize the day's memory verse. When they can recite it all along with the reference, they will receive a snack from their coach. This will be most fun.

Training 2: See Template

Olympic Trial:

Three Legged Race- This is your standard relay race with teams of 2. Group leaders will use this game to establish how working together is vital to success. Either splitting up two groups of guys and girls, or forming teams at random, two lines will need to be formed. Partners will get a bandana or material to tie their legs to one another, and then line up for the race. A cone or separate object will be a great distance away for each team to run around and return to line. Pairs must go around twice before they can sit.

The Lesson: with this game is just like we couldn't do much without our partner in the relay race, we cannot do anything apart from Christ. If we are going to run to WIN, we must first learn how to run with HIM.

Q's-

1. Was anyone nervous when we tied you up to your partner? Why?
2. Could you walk without communicating to your partner or did you have to talk?
3. What do you think would have happened if you didn't talk?
4. How do you think this relates to our relationship with Jesus?

Lunch: FEAST

Lesson w/ Coach B: Matthew 25:14-30

The parable of the talents

Breakout Session:

Note:

The parable of talents illustrates the faithfulness required of God's servants. Talents are large sums (6,000 denari) *\$21,720

Questions:

- How much is a lot of money to you?
- 1 talent was about 6,000 Denari which is worth about \$21,720. If I handed you that much money today, what would you do with it?
- There were three servants in the story, what did they do with their portions? (5 bags invested the money and earned 5 more, 2 bags went to work and earned 2 more, 1 bag dug a hole and hid the money.)

- How did the master respond to the servant who spent all 5 bags? (verse 21 “The master was full of praise. ‘Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let’s celebrate together!’”)
- And the servant with 2 bags? (verse 22-23 “The servant who had received the two bags of silver came forward and said, ‘Master, you gave me two bags of silver to invest, and I have earned two more. The master said, ‘Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let’s celebrate together!’”)
- So far the master has done what? (gave the servants more money because they used the money well.)
- Now what happened to the servant with 1 bag? (verse 24-25 The servant was fearful of losing the money so they hid it in a hole.)
- Why did the master give the same reward to the two servants who used their money and what does this symbolize? (Because they were faithful in using their gifts. This symbolizes that we too should use our gifts from God or we will lose them or won’t be entrusted with anymore than we have.)
- How does today’s verse connect with our story? (If we are going to “Run to Win”, we’ve got to run well and do the right things! We know we are doing the right things when we are doing them for Christ and giving him the glory.)
- What are some gifts that you all have and would like to use for God? (Abilities, gifts, material possessions, etc.)

Closing:

1. 1-2 Worship Songs
2. Coach B Summary
 - Greeting, Memory Verse Review with athlete, and story review.
3. Syl and Rick Q/A

Big Sport Activity: Have fun with everyone! Choose from overview on page 6!

Closing:

- 1-2 Worship Songs
- Coach B Summary
- 3. Syl and Rick Q/A

Free Time/ Pick Up: Woo hoo! Hang out and play! One more day everyone!!

#UseYoTimeWell

Day 4:

1 John 5:4-5

“Victory”

4 For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world- our faith 5 Who is it that overcomes the world except the one who believes that Jesus is the Son of God?

([Philippians 3:4-21](#))

Opening Songs: Worship leaders, take it away. 2-3 epic songs.

Opening Skit:

Cameraman: [Set it up, and get to it! It's the last day!! . When the kids are sitting and calm, read and begin] “And we are live in 3, 2, 1 *cue music*”

Syl & R: *Pop up from behind the table very casually*

Sylvia: “Well hello there, I didn't quite see ya!”

Ricky: “In case you didn't know already, I'm Ricky Rochester.”

Sylvia: “I'm Sylvia Stallone!”

Both: “And WE ARE LIVE FROM OLYMPIC TRAINING CAMP!”

Ricky: “Sylvia.. WHAT A WEEK it has been here a training camp with this lot of phenomenal athletes. I can't even believe today is the final day!”

Sylvia: “I know Ricky, I'm having a hard time processing myself.”

Ricky: [Gesturing to the athletes] “ATHLETES!!! How are you all doing today!?”

Sylvia: “Are you ready for your last day here at camp?!”

Ricky: “So today... we are going to flip things around a bit. This week we have been doing Q/A right before close, but today we will start with it and Coach B is joining! Coach B come on out!”

Coach B: [Enter, say sup, and hop to the Q's]

After finishing the Q/A continue reading script

Sylvia: “Now we don't want to keep you too long! Let's hop on to our daily allstars. Ricky, would you like to reveal them!? Our final allstars for olympic training camp !?”

Ricky: “Absolutely, [Bring up the allstars from the day before. Ask them about the best part of their day yesterday. Then announce Day 4's allstars! Girl is announced first, and then the boy. Call them up, pass along the lanyard, and make it a big deal!!!]”

Sylvia: [With allstars still standing] “Well congrats once again Allstars! To everyone else, don't forget to give some extra love to these athletes today!”

Ricky: “Encourage them as they train!”

Sylvia: “Show them love by throwing about their garbage after lunch.”

Coach B: [Enters scene] “Or bring them some water when they are looking mighty parched.”

Sylvia: “Hey Coach B!”

Ricky: “How’s it going today!?”

Coach B: “Well I am starting to miss everyone already! But I am so excited for today and the fun activities we have planned. [looking at the allstars] And you two, boy am I proud of you and everything you’ve put into earning that badge you’re wearing. Well done my friends! [High fives for days]

Sylvia: “Hey Allstars [looking at the two still present], what do you say we get started with the day’s work!?”

Ricky: “Would you two like to reveal our final memory verse?”

[Memory verse is revealed, and read by the Allstars]

Sylvia: “Great Job! This is one of my favorite verses..”

Ricky: “Hey Syl, it looks like we are about out of time.. Allstars go on and head back, Cameraman, let’s cut to coach B shall we!?”

Sylvia: We will have one more live broadcast today before closing camp. So this is not goodbye...

Ricky: “It’s see you soon!”

Cameraman: “Annnnnnd, cut!”

[R and S slip out, Coach B get the day started!]

Coach B:

- Summarize the day’s plan
- Verse of day; Quick background.
- Split up teams and go to work.

Training 1: Coaches will meet the night before and discuss their training layout. See template.

Snack time/Memory Verse News Flash: Matching Day

Coaches will take the 4 memory verse posters and cover up the references and hang them up. As a camp, the athletes will need to agree on which verse camp from which reference. The trick is that coaches can’t tell them which one is wrong, they will have to switch them around until all four are in the correct spots. When complete, they will have to select 4 athletes to read 4 posters, and then snack time will commence.

Training 2: :-) You know the drill!

Olympic Trial:

Roman Soldiers- For this trial we will utilize all of the space we can. We need all group leaders to pull rank and play! Group Leaders will be Roman Soldiers and Athletes will be Christians. Roman Soldiers will spread out and attempt to conceal themselves by obstacles. The Christians will congregate at one side of the field, opposite of “base”, and they will wear a flag football belt. Similar to sharks and minnows, when leaders yell “Go”, the Christians will run from their starting point through the field of obstacles where they know Roman Soldiers are lurking, and to “base” where they will be “safe”.

Roman Soldiers!! If you pull off a Christian’s flag, you are to ask them one simple question. “Are you a Christian?” But do so like a Roman Soldier would! Be intimidating!

Should the Athlete answer “no” then the Roman Soldier will hand back their flag and let them go on safely to base. Should an athlete say yes, the Roman Soldier will escort them to jail. Repeat this process until each athlete has at least been tagged and questioned once. Call the game at that time, even if there are a few athletes safely making it through by denying the answer.

The Lesson: Just because you made it to base, doesn’t mean you won.

Q’s:

1. So who is a little scared of Roman Soldiers?
2. Raise your hand if you were captured and walked to jail?
3. Raise your hand if you made it safely to base when you were a Christian?
4. [To whoever made it safely to base] How did you make it through the Roman Soldiers so many times?
5. [To those stuck in jail] Why didn’t you say “no” when the soldiers asked you if you were a Christian?
6. How does this tie into our verse of the day?
7. Who do you think really won, the people who denied knowing Jesus and made it safely to base? Or the people who said they were a Christian and went to Jail?

Adventure Ed. Leader: “Later you will hear a story about Jesus, and a time where he was accused of being the Son of God. The interesting part is that Jesus could have denied it, but instead he replied “I am who you say I am.” Later that day, Jesus was killed, and everything changed. During story time with Coach B, we are going to find out why he didn’t lie to save himself, and what that has to do with you and me. But first, LUNCH!”

Lunch: FEAST

Lesson w/ Coach B:

Matthew 26-28, Mark 14-16, Luke 22-24, and John 18-21

Today Coach B, you will share the gospel. Above are the references of Christ's death and resurrection in the gospels. Discuss with a trip leader if you have any questions in preparation... otherwise read and share well:-)

*Be intentional about spending time in prayer the night before and the morning of. (Trip Leaders will join you in this!)

Breakout Session:

Discussion Questions:

1. What happened in the story Coach B shared? (Summarize)
2. Why was it important that Jesus died? (It proved He was truly the son of God. His death paved a way for us to be a part of his family. Without it we would still be separated from God.)
3. What does it mean for you and me that he died and rose again? (That if we believe this we can have eternal life with Him.)
4. How does this story, and the fact that it happened, change your thoughts about Jesus?
5. How does it change your life?
6. What is something that you will do differently going forward from Olympic Training Camp this summer?
7. Close in prayer.

Prayer Points:

- Thank God for the opportunity this week
- Fun memories and an opportunity to share life
- Ask for God to further reveal himself to the athletes
- Pray that the athletes seek him with all their heart, and that God would indeed draw them nearer and shape them.
-

If any group leaders wanted to have conversations with their athletes earlier in the week and have not yet been able to, now is the time!

Closing Ceremony:

Cameraman: [enter and countdown] 3, 2, 1 and Action!

[enter S and R]

Sylvia: “Well hello all.. It is I Sylvia, he is Ricky and it is indeed our final time tuning in with you all here from Olympic Training Camp 2020.”

Ricky: “Hey Syl, I don’t know about you... but I’m kind of... sad?”

Sylvia: “Well absolutely. At the beginning of the week, we met athletes who were a little nervous about making new friends, learning new skills and overall learning powerful lessons, *turn* into strong and confident champions!

Ricky: “Absolutely Sylvia. I can’t even express how cool it was to have a front row seat and interview some of them personally right up here on TV!”

Sylvia: “You are absolutely right... we have been super lucky to have met and spoken with these athletes one on one.”

Ricky: [Brief pause and then a lightbulb moment] “Hey.. I have an idea!”

Sylvia: “Yeah Ricky? What’s that?”

Ricky: “I know we are live... but let’s try something different! Just for this last sign off.. Hey athletes, if you would like to... would please join us up here at this time? We would like to do one final interview with all of you at once and Coach B.

Sylvia: “Oh that’s a great idea!”

[At this time, the athletes will come up and stand in some formation behind Sylvia and Ricky. **Coach B** will enter the scene and then Sylvia and Ricky will adjust seating so that everyone is able to sit on the ground in a circle.

Cameraman: [Don’t forget, we are LIVE. Make a big deal about “adjusting the camera” so that all athletes will fit on the screen. Once they are all seated, and the camera is set, have a seat and join the circle.]

Sylvia & Ricky: [This is a free script.]

- Thank the athletes for participating this week.
- Share what you have enjoyed, and fond memories you have made.

Coach B: [This is a free script, read line after.]

- Share your excitement about the week
- Share what you have enjoyed, and fond memories you have made.

“As we wrap up for the final time, we wanted to take a moment to go around and have each of you share one thing you loved or learned this week here with us, who would like to start?”

[After the kids finish with this, Sylvia and Ricky will open in prayer, popcorn it out to the athletes, and then Coach B will close.]

Cameraman: [Hop up from the prayer, and cut the live stream.]

- 1-2 Worship Songs

Big Sport Activity: Final Day! Let the kids decide which game to play as the day wraps up.

Free Time/ Pick Up: Everything goes. See trip leaders to find out what is being kept versus thrown away.

Great job this week crew!!!

“How beautiful upon the mountains
Are the feet of him who brings good news,
Who proclaims peace,
Who brings glad tidings of good things,
Who proclaims salvation,
Who says to Zion
Your God Reigns!”

Isaiah 52:7

Pre-Camp Meeting:

Roles:

(1 or 2) Big Sport Activity

- Go over big sport list on page 6.
- Run games at the end of the day

(2) Adventure ed/Olympic Trial Leaders

- Read, Gather Materials, Set Up and Lead Olympic Trials
- Review Discussion Questions, write more if needed.

(3) Skit Leaders

-Read through skis with your team and discuss costumes/props. Ask Nat for ideas/about questions.

-Day 1's skit is mostly an overview/introduction for the week. Day's 2-4 will require Skit Leader's meet with Group Leaders ahead of time to pick two names for Daily Allstars. These names will go in the blanks on the script. They will be called up during the morning skit for an interview, and then given a ribbon for the day distinguishing them from the rest.

(2) Song/Dance Leaders

- Acquire song list
- Learn/create dance moves

-

(1) Coach Barnabus (BIG role)

- Is interviewed daily in opening skit
- Opens up daily routine after skit
- Leads bible lessons into Breakout Sessions.

(Misc.) Coaches/Group Leaders

- Breakout Sessions
- Food prep and distribution.
- Meet with Skit Leaders daily (after Day 1) to discuss who the 1 male and female Allstar will be. Ribbon and safety pins will be needed for this.
- Bond and Invest with athletes in your sport!
- Prepare/Review discussion questions the night before for Breakout Session.



Summer Sports Camp 2020