

Chapter 4: Basic Training

Introductory Leadership Team Lesson

Steps to Success

- ▶ Understand the philosophy of an FCA Huddle
- ▶ Understand how to get further training

It takes work to be a good athlete or create a good team. There needs to be the right combination of nutrition, strength training, endurance training, skill training and psychological preparation in order to be prepared to battle the opponent. The right kind of things need to be poured into the athlete to prepare him/her for the day of competition.

Your Huddle Ministry is the same way. You must pour the right kind of things into it. If you do, God will bless it automatically. That's right – automatically!

Discussion Questions

Look at Mark 4:26-29.

- ▶ How would you describe the farmer's role?

- ▶ What automatically happens?

- ▶ How would the role of the farmer be the similar to a Huddle Leader?

- ▶ What will God do to your Huddle?

- ▶ Besides seeds, what do farmers put in soil?

- ▶ What do you think you as a Huddle Leader can pour into the soil of your Huddle?

During the next few sessions, you will understand what things you need to pour into the soil to allow the your Huddle Ministry to grow and bear fruit. Each lesson will deal with one aspect of fulfilling FCA's Mission Statement in your Huddle.

FCA's Mission Statement:

"To present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church."

Huddle Scouting Report

As you consider what to pour into the soil of your Huddle Ministry, there is a tool to help you evaluate your Huddle. It is called the **Huddle Scouting Report**. The **Huddle Scouting Report** is four groups of questions around our X factors. Take the time now to take the **Huddle Scouting Report** with the **Huddle Scouting Report Form**, the self-



scoring CD version or the online version at www.fca.org. If you are a completely new Huddle, simply read the statements to know what you are attempting to accomplish.

On a scale of 1 to 5, how strongly would you agree with the following statements ("strongly agree" would be a 5):

Present – Sharing Jesus

- _____ 1. Student-athlete leaders feel prepared to effectively share their faith.
- _____ 2. Huddle members are meeting regularly to pray for their non-Christian friends and others in their school and community.
- _____ 3. At the Huddle meetings someone regularly presents an opportunity for people to start a relationship with Christ.
- _____ 4. Huddle members regularly invite their non-Christian friends to places where faith in Christ is being presented.
- _____ 5. The Huddle has a well-developed plan to share their faith with athletes, teams, coaches and rest of the school.
- _____ 6. Students are coming to know Christ personally on a regular basis.
- _____ 7. Attendance at meetings is generally increasing.

_____ **Total**

Challenge – Seeking Jesus

- _____ 1. Each Huddle Coach has a personal relationship with Jesus Christ and is involved in a local church.
- _____ 2. Each student-athlete leader has a personal relationship with Jesus Christ and is involved in a local church.
- _____ 3. Student-athlete leaders are allowing Christ to form their character, morals and relationships.
- _____ 4. There is evidence of consistent time of Bible study and prayer in the Huddle Coaches' lives.
- _____ 5. There is evidence of consistent time of Bible study and prayer in the student-athlete leaders' lives.
- _____ 6. The Huddle has a well-used plan for the young/new believers in Jesus Christ to grow in their faith.

_____ **Total**

Adventure – Leading Others

- _____ 1. Each student-athlete leader and Huddle Coach understands his/her spiritual gifts and sees how his/her strengths work with others.
- _____ 2. The Leadership Team members are actively pursuing their spiritual gifts.
- _____ 3. The student-athlete leaders are having fun in their leadership roles.
- _____ 4. Each student leader feels he/she is impacting the Huddle.
- _____ 5. At least two leaders from the Huddle attended FCA leadership training within the past year (Camps, workshops, etc.).
- _____ 6. The Leadership Team has a written plan for the Huddle Ministry.
- _____ 7. The Leadership Team meets regularly for prayer for upcoming meetings and events.
- _____ 8. The Huddle Leadership Team prepares for Huddle meetings and events in advance.
- _____ 9. The members of the Leadership Team all are participating actively in competitive sports.
- _____ 10. The Huddle Coach(es) are or were coach(es) for a school sport.
- _____ 11. There is significant evidence of changed lives in the Huddle.
- _____ 12. The Huddle uses inspiring/interesting/up-to-date methods of presentation (video, music, DVD, drama, etc.) in Huddle meetings or events.

_____ **Total**

Relationships – Loving Others

- _____ 1. Athletes and their friends support each other spiritually and hold each other accountable to live out their faith on the field as well as off.
- _____ 2. Members of the Huddle Leadership Team have received training in leading small groups.
- _____ 3. The Huddle meets regularly in groups of the appropriate size to facilitate communication and spiritual interaction to apply Biblical truths on and off the field.
- _____ 4. Members of the Huddle Leadership Team represent the diversity of the teams on their campus (sport, ethnicity, gender and age).
- _____ 5. Huddle members break down walls of discrimination by forming relationships with all different types/groups of people in the school.
- _____ 6. There is a healthy, caring, social interaction with Huddle members outside of the Huddle meetings.
- _____ 7. There are opportunities for Huddle members to care and pray for one another in most Huddle meetings.
- _____ 8. People on the outside would say that the Huddle is making a significant difference in the school and community.
- _____ 9. Real-life issues are expressed and addressed from a Biblical perspective in the Huddle meetings or events.
- _____ 10. Sport experience issues are expressed and addressed from a Biblical perspective in the Huddle meetings or events.

_____ **Total**

HSR Score

Now find the average of each X factor by dividing your total by the number of statements for that category.

Total Score / Average

Example for Present:

Total score (35) divided by the number of statements (7) = average score of 5

Present	_____ / 7 = _____
Challenge	_____ / 6 = _____
Adventure	_____ / 12 = _____
Relationships	_____ / 10 = _____

To increase the effectiveness of your Huddle, focus extra training on the X factor with the lowest average.

“Present”

Leadership Team Lesson

Steps to Success:

- ▶ Understand the Mission of FCA
- ▶ Understand where to get further training on how to reach those on your campus through praying, inviting and sharing your faith

Every athlete wants to know what the goal is. We want to know how to compete at our highest level. In FCA, our goal is “**to present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.**”

That is what we do and that is what it is all about to be involved in an FCA Huddle.

Read Acts 19:8-10. It is incredible to imagine everyone in that province in Asia had the opportunity to hear the Word of God. That’s what we do in FCA – we impact lives through the experience of athletics so that all might have a chance to hear about faith in Christ.

Write the FCA Mission Statement in your own words.

Discussion Questions:

- ▶ How do you see your Huddle accomplishing this?

- ▶ How big do you expect your Huddle to be?

- ▶ Where will your Huddle meet?

- ▶ How often will your Huddle meet?

- ▶ When will your Leadership Team meet?

- ▶ How often will your Leadership Team meet?

Huddle Ministry Planner

When you pray and seek God's direction for your Huddle Ministry, one of the most important things you can do is seek the example of other Huddle Ministries that have been effective. In our **Huddle Ministry Planner**, we have provided you a collection of these resources. The trial version of the **Huddle Ministry Planner**, found on the CD, is a great collection of these resources. Our online version is the most complete and up-to-date version with a possibility of more than 100,000 different Huddle Ministry events and meetings.

Take a few moments to plan a meeting or event right now using the trial version or the online version (the trial version does need to be installed on a computer). Check off the list the target audience that you have created a plan for:

- Huddle Members
- Athletes, Teams and Coaches
- All Students

More in our X factor Training...

In our X factor Training on the **Campus eEquipment CD**, you have the opportunity to receive additional training on the following:

- ▶ Developing Your Personal Testimony
- ▶ Three Story Evangelism
- ▶ P.I.T. Crew

“Challenge”

Leadership Team Lesson

Steps to Success:

- ▶ Clarify the Huddle Leaders' relationships with Christ
- ▶ Discuss the need for spiritual disciplines for spiritual growth

Once an athlete knows what the goal is, he/she wants to know how to get there. So, what are the disciplines that a Huddle Leader needs to be challenged with to be an effective athlete leader? We believe the most important part of being an athlete leader is to have a personal faith in Jesus Christ. With a personal relationship with Christ, a person has the potential to do things that are absolutely incredible. We also believe that an athlete leader needs to have a close, growing relationship with Christ.

Take a look at John 15:4. In this passage, Jesus' words are clear: there is a relationship between “remaining” (having a close relationship) with Him and bearing fruit.

Discussion Questions:

- ▶ How did you come to know the Lord? What was your life like before you had a relationship with Him? What is it like now? What were the circumstances around you making the decision for faith in Christ?

- ▶ How do you stay close to the Lord? What helps you grow in your relationship with Christ?

Now turn to the Seven Daily Exercises in the **FCA Athlete's Bible**. Look up the passages connected with each of the exercises and answer the following:

- ▶ Which would you want to do more often?

- ▶ What effect would that have on your life?

- ▶ How will you develop the discipline?

Challenged by Multi-Media Resources

Part of the challenge of having a growing relationship with Christ is to know who you can look to as a role model. There are probably many around you, but the **Campus eEquipment** videos have provided some examples of high-profile athletes that you can learn from to see how they have accepted this challenge of having a growing relationship with Christ.

Take time now to watch one of the **Campus eEquipment** videos from the DVD profiles in the **Pro Perspective** or the **Athletes in Motion** sections. Then write the name of the person that profile was about:

More in our X factor Training...

In our X factor Training (on the CD), you can learn more about those elements of a personal relationship with Christ and how to grow closer to Him. Here is what is covered:

- ▶ Know Christ
- ▶ Life in Christ
- ▶ Accountability

“Adventure”

Leadership Team Lesson

Step to Success:

- ▶ The Huddle Leadership Team will develop a plan for their Huddle Ministry

As athletes, the adventure of competition, improving, even struggling, are all a part of the athletic experience for which we live. This adventure is what separates athletes from non-athletes and builds us into the individuals we are.

Discussion Questions:

Now look at Matthew 10:5-10.

- ▶ To whom were the disciples to go?

- ▶ To whom were they not to go?

- ▶ What were they to do?

- ▶ What were they told not to do?

- ▶ What did they need to do it?

The adventure of being a Huddle Leader begins with understanding who is involved in the Huddle Ministry. Jesus’ example of targeting a specific group of people with a specific message is one we use in FCA. There are four main target audiences: athlete Huddle leaders, Huddle members, the athletic community and the students at your school.

Which of these audiences do you think will be the easiest to minister to? Which will be the most challenging?

Now, review the Leadership Responsibilities on pages 39-41. Carefully review the responsibilities for your position then answer the following:

- ▶ What are the areas that will be easiest for you?
- ▶ What are some areas that will be a challenge for you?
- ▶ What areas would need prayer support?

Determining your Targets

- ▶ List those who are on your Leadership Team.
- ▶ How many are coming to your Huddle? How many would you like to come to your Huddle this year?
- ▶ How many athletes are on teams at your school? How many coaches?
- ▶ How many students are at your school?

Now go back through each of these target audiences and answer the following:

- ▶ What are some of their needs?
- ▶ What are ways you can influence their lives?

A Huddle Ministry with a Purpose

Target Audience + Purpose = Event with a Purpose

We have taken four key words from our Mission Statement to help focus effective Huddle Ministries. If you take each one of those key words from the purpose statement and one of the target audience and put them together you will construct events with a purpose.

Remember we exist to “present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.”

Each of the key words can be defined as:

Present is “reaching others with Christ.” What does it mean to you to reach others with Christ?

Challenge is “developing faith fundamentals.” What does it mean to you to develop personal faith fundamentals?

Adventure is “faith in action.” What does it mean to you to put your faith in action?

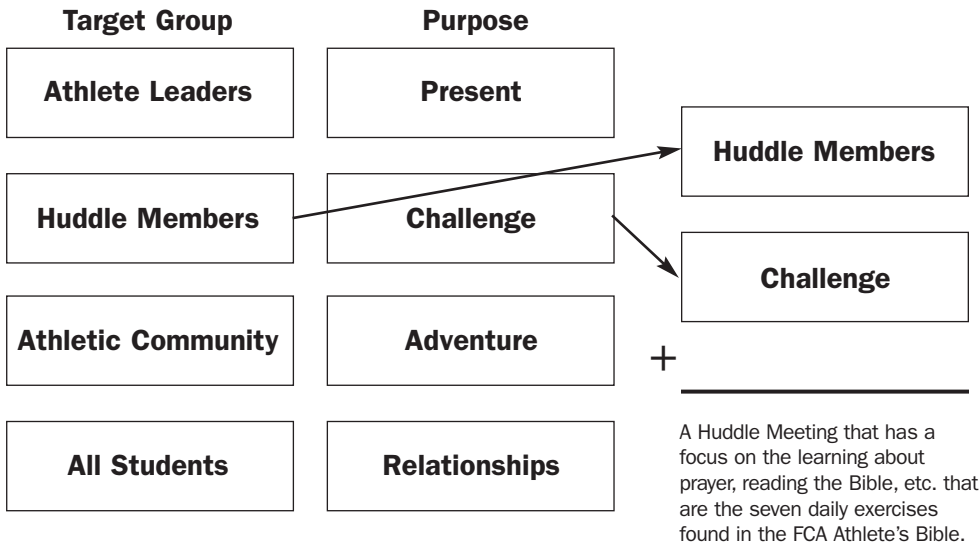
Relationships are built by “connecting with others.” What does it mean to you to connect personally with others?

A Huddle Ministry that is effective is one that has focused meetings and events. To do this, the leaders must design meetings and events with a purpose that reach their target audiences with specific messages.

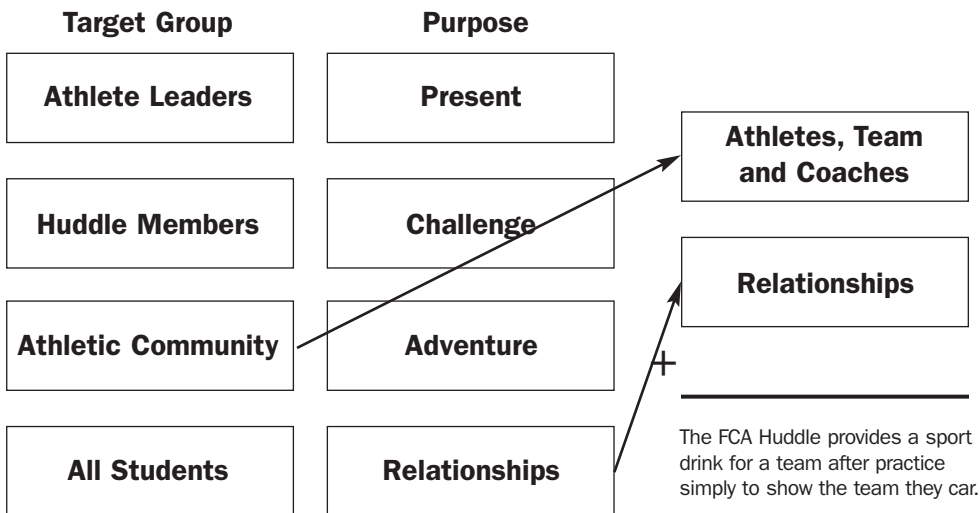
Target Audience + Purpose = Events with a Purpose

The following exercise is designed to help you understand how to design meetings or events with a purpose. To complete this exercise you would take one of your target audiences and one of the key parts of our mission (our X factors) that you want to focus on to design a meeting or event with a purpose. Here are two examples:

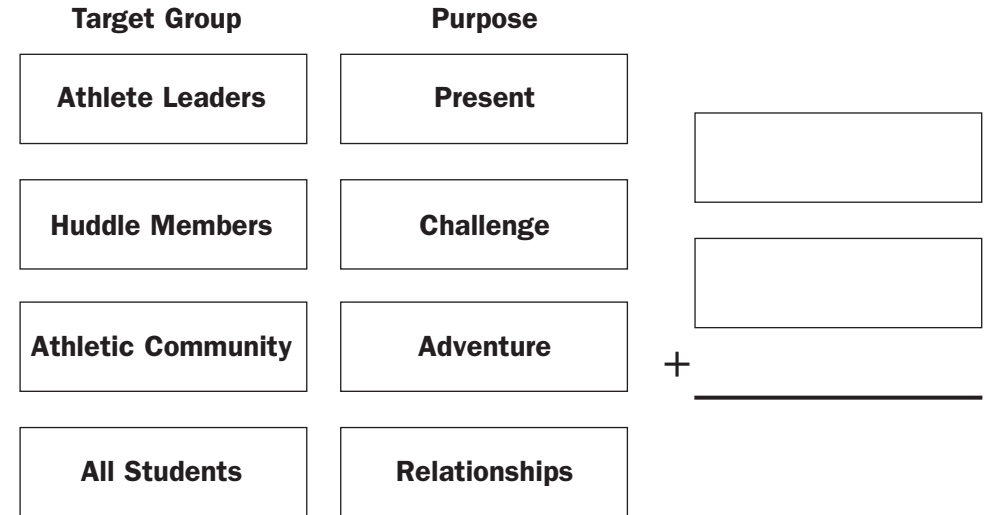
Example 1



Example 2



Now it is your turn. Take the following three opportunities to take one target audience and one X factor and design a meeting with a purpose.



When completing this exercise you can ask yourself the following questions:

1. When designing a meeting or event for Athlete Leaders I will personally:
2. When designing a meeting or event for Huddle Members we as a Huddle will:
3. When designing a meeting or event Athletes, Team and Coaches we as a Huddle, in our Huddle ministry, will accomplish the following with athletes, teams or coaches in our school:
4. When designing a meeting or event for All Students at our school we as a Huddle, in our Huddle ministry, will accomplish the following with all students in our school:

Events with a Purpose

Now apply this idea using the Resource Section in the **Playbook** or the **Huddle Ministry Planner**. Pull from the different libraries to design Leadership meetings, Huddle meetings for Huddle members, outreach events for the athletic community at your school and outreach events for the student body at your school. Design all the meetings and events you plan on doing over the next three months.

Use the **Huddle Ministry Planning Sheets** on pages 67-69.

More in our X factor Training...

The X factor Training will show you, as a leader, more about how to develop a written plan for your Huddle, how God has gifted you to accomplish this role and even help you as a Leadership Team discuss using each other's gifts. Included in those sessions are:

- ▶ Developing a Campus Plan
- ▶ Determining Your Spiritual Gifts Test
- ▶ Working as a Team
- ▶ Hitting Your Target

Huddle Meeting Planning Sheet

TITLE _____	WORKOUT
DATE _____	
TOPIC _____	
AUDIENCE: _____ Huddle Members	WRAP-UP
PURPOSE: _____ Present _____ Challenge _____ Adventure _____ Relationships	
WELCOME/ANNOUNCEMENTS	
WARM-UP	NOTES

Huddle Coach

- ___ male and female
- ___ ethnic diversity
- ___ sport diversity

Student Leaders

- ___ male and female
- ___ ethnic diversity
- ___ sport diversity

Total Leadership Team

- ___ male and female
- ___ ethnic diversity
- ___ sport diversity

Small Group Models:

The following are different small group formats for you to use as examples for your Huddle meetings. A small group could be defined as a group of six or fewer people. Small groups could be used at different times during your Huddle meetings, but these models are presented for use during the “Workout” time of your Huddle. The list does not represent a complete list, only some examples. After reading each one, evaluate one strength and one weakness for each model in terms of helping your Huddle develop relationships:

1. “The Speaker Format” is simply where a speaker delivers his/her thoughts and allows for no small group interaction. This is the least effective in helping Huddle members develop relationships.
 - ▶ Strength

 - ▶ Weakness

2. “The Interactive Format” is where a speaker delivers his/her thoughts and allows feedback. This feedback helps develop relationships when done in small groups.
 - ▶ Strength

 - ▶ Weakness

3. The “Small Group Huddle Format” is where the Huddle has leaders who are in charge of small groups that meet within the flow of the Huddle meeting.
 - ▶ Strength

 - ▶ Weakness

4. “The Huddle Reaching Out Through Small Groups Format” is a Huddle that uses the small group concept to send trained leaders outside of the big Huddle meeting to athletes, teams or coaches to get them involved in a small group discussion about spiritual things.
 - ▶ Strength

 - ▶ Weakness

Now that you have discussed the different formats, which do you plan on doing?

FCA’s Online Community

So far, you have been talking about connecting with those in your Huddle meetings. Another way to connect with others is to connect with those outside of your local Huddle by being a part of the FCA online community.

Now take the opportunity to create your personal **Campus eEquipment** page. By doing this, you will have the very best and updated resources, as well as the latest information about what is going on around you in FCA.



Go to www.fca.org and click on the **FCA eEquipment logo** to jump into the **Campus eEquipment area**.

More in our X factor Training...

In our X factor Training, you will learn more about specific models for small groups and how to have a diverse Leadership Team. You will understand how important your Huddle’s relationship with the church is. Included in those sessions are:

- ▶ Models of Small Groups
- ▶ Diversity in your Huddle Ministry
- ▶ FCA’s Relationship with the Church