

**Release and Waiver of Liability, Assumption of Risk,
and Indemnity Agreement (“Agreement”)**

In consideration of participating in the _____
I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue _____, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant

Date:

Signature of participant

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An Overview of FCA Materials to Plan Your Huddle Ministry

To plan your Huddle Ministry:

A. Go to www.fca.org

1. Under the main menu: Huddle Resources

a. Huddle Ministry Planner

Use the Welcome, Warm-ups and Workouts.

b. Huddle Playbook

Huddle Planning Sheet (page 67)

Meeting Topic Survey (page 173)

Warm-ups (page 137-145)

One Way 2 Play Drug Free (page 159-172) (six meeting plans)

Meeting and Event Posters (page 189-190)

2. FCA Resource DVD

Athletes in Motion (four different Workouts with testimonies from pro athletes; each about five minutes), great for small group meetings.

Pro Perspectives (10 pro athletes' perspectives on different topics (about two to three minutes each); also includes a Workout; great for small groups.

B. FCA Athlete's Bible

► There are two easy steps to make a great student-focused Huddle:

1. Choose a Workout.
2. Choose a Warm-up.

► For a great athlete-focused Huddle:

Choose a Workout.

C. Outreach ideas for athletes, teams and coaches

► In the **Playbook**, on pages 146-150

► **Huddle Ministry Planner**

► On Web at www.fca.org/Campus eEquipment

D. Outreach ideas for all students

► In the **Playbook**, on pages 151-154

► **Huddle Ministry Planner**

► On Web at www.fca.org/Campus eEquipment

An Overview of FCA Materials to Train Leaders

Discipleship for New Christians:

► FCA Athlete's Bible

Basic Training Sessions:

► In **Playbook** pages 53-73

► On the Web at www.fca.org click the **Campus eEquipment** logo

X factor Training:

► On the Web at www.fca.org click the **Campus eEquipment** logo

May	Saturday					
	Friday					
	Thursday					
	Wednesday					
	Tuesday					
	Monday					
	Sunday					

Warm-ups

The Warm-up is designed to be an “ice breaker.”

Autographs

For this activity, you need 10 non-permanent, washable ink pens. Have five guys each remove one shoe and one sock. They have three minutes to collect as many female signatures as possible on the soles of their feet. You might want to limit each girl to signing the foot of only three guys.

Back Artistry

Materials: Paper and pens

How to: This activity is done easily, in any setting, with any number of participants. People get in groups of 10 and sit one behind the other. The leader draws a simple design on a piece of paper (start simple: a Christmas tree, a star, a house, a snowman, etc.) The person at the back of the line is shown the picture and begins by using a finger to draw the simple design on the back of the person in front of him/her. That person in turn tries to replicate the design, drawing it on the one in front of him/her, and so on up to the first person in the line. The front person then draws what he/she thinks was drawn on their back onto a piece of paper. Compare with the original design. Do a few rounds of this and then facilitate a discussion about communication. (This is an update version of the good old game: Telephone)

Backwards Charades

Materials: A notepad and a marker

Objective: To have each group work together to have the people elected guess what their team is acting out in silence.

Set-up: Break your team into 2 groups and each group pick somebody to be “it.” (Rotate this person after each guess)

Details: The 2 people “it” face their team and away from the leader (you). The leader (you) then holds up a word or phrase that the people “it” can’t see. Their teams have to work together (in silence) to have the person “it” say exactly what was written down on the notepad to act out.

Examples: Q-tip, Putting on make-up, Snot Rocket, 8 Reindeer, A drive-thru, Stuck in an elevator, Stuck in a phone booth, Mowing the lawn, Getting the mail, Building a snowman, Changing a light bulb, Changing a tire, Downloading, Watching a movie, Riding a roller coaster, Answering the phone, Web surfing, Running a marathon, Swimming a lap, Getting the mail, Washing the car, Grilling, Grocery shopping, A wet noodle, Figure skating, Double Dutch Jump Rope, E.T., A Piñata, Milking a Cow, A Dog on a pogo stick, Doing the wave, Pin the tail on the donkey, Happy Gilmore, The Grand Canyon, The Eiffel Tower, Scoring a Goal, The Tooth Fairy, Santa Claus, Easter Bunny, An FCA Huddle, The American Flag, A Petting Zoo, Singing in the Rain, Apple Picking, Asking for Directions, Running from a Bee, Graduating, A Diesel Truck, etc.

Balloon-Bag Volleyball

Materials needed are a trash bag and a few balloons. Set up a volleyball net and form teams. But instead of using a volleyball, you use the trash bag filled with balloons. Seal the end of the bag with duct tape. Basic volleyball rules apply except that a person may hit the ball up to six times per side and can't use their hands or arms. They only use their head and feet.

Banana Rugby

Much like "Frisbee Rugby." In a large room that's easy to clean, two teams each try to advance the banana over the opposite goal line. The banana can be advanced only by passing it. Players may take only two or three steps before throwing the banana. A team loses possession of the banana if a member takes more than the acceptable number of steps before throwing or if a throw becomes an incomplete pass. Have plenty of bananas on hand; they're reduced to mush quickly. And spiking the banana after a score is not recommended.

Barnyard Animals

Each person is given a farm animal, making sure that another person in the group has the same animal. The students close their eyes and make the sound of that particular animal. The object is for the students to find the other person with the same animal by listening for the same sound. Once the students have found each other, they should find out about one another and report back to the group.

Blind Square

Blind-fold the kids and get a giant piece of rope that is tied together at the ends. Have them form a square.

Bun Shuffle

All this game requires is a group of people sitting in chairs in a circle. The game works well with large and small groups. The leader of the group calls out an item that some people have in common, such as "everyone who is wearing a red shirt." Then the leader gives a direction of the number of seats to move. For example, the leader might say "everyone with blue eyes move six seats to your right", and everyone in the group with blue eyes moves six seats to their right. If someone is sitting in that seat already, the person, in this case, the one with blue eyes, must sit in their lap. The game can go on as long as you wish. It is a great way to get to know one another.

Circle of Compliments

This icebreaker can be used with a large or small group. Everyone gets a partner and sits in a circle. One of the partners sits facing the inside of the circle, while the other partner sits in front of them, facing their partner. For about 20-30 seconds each, the partners exchange what they like about the other person (it can be anything from hair to spirituality, depending on how well the partners know one another). After 30 seconds, the outer circle moves one person to the left, and begins the cycle over again. Not only did our FCA Huddle get a lot of laughs out of what was said, the compliments made you feel great for the rest of the day.

Circle the Hoop

Materials: Hula-hoops

How to: The group stands in a circle holding hands. They may be indoors or out, and up to 30 people can participate. Hang a hula hoop over one pair of hands, and instruct the group to pass the hoop around the circle without breaking hands. This will involve stepping over and through the hoop but can be accomplished. After that challenge has been mastered, add a second or even third hoop and time the group.

Option: You could also break the group up into 2 teams and have them compete getting the hula hoop down and back of the line they will stand in.

Disability Walk:

Tell the group that you want them to have the whole group at the location you have picked out in 60 seconds. To be completely successful the whole group by the end of those 60 seconds need to all be at the location. Before they start, pass out different disabilities. Do this by whispering to each person their disability, tell the group they cannot give away what their disability is but must keep the disability all the way through the activity.

Sample disabilities: (feel free to be creative)

- ▶ can't use your feet
- ▶ can't talk (give to the loudest, most talkative)
- ▶ can't see (have blindfolds available)
- ▶ can't not use your hands
- ▶ has to crabwalk
- ▶ hop on one foot
- ▶ crawl
- ▶ connect two people together, and give a disability
- ▶ you can give one person more than one disability.

The Dragon Game

Split the group into two parts. Get them into line and have them wrap their arms around the waist of the person in front of them forming a long chain. Stick a rag or handkerchief in the back pocket of the last person. The goal is for the front person of one group to get the tail of the other, while the tail of the group tries to avoid getting caught.

Note: This is best done outdoors if you have over 20 kids.

Drop the Keys

Materials: 1 set of keys; a chair for each person minus one.

Details: Arrange the chairs in a circle, facing inward or outward. Have the group sit in the chairs. One person is "it" and doesn't have a chair to sit in. "It" holds the keys in his/her hand and grabs a person from the circle, then that person grabs a person and so on. When "it" drops the keys, the people in the line have to try to get to a seat; the one with out a seat is "it".

Easter Egg Hunt

Try this for a different slant on the Easter Egg Hunt: Hide the eggs all over your wrestling gym (on the floor, between the mats, and on the lip that holds the wall mats up). Since seeing eggs on wrestling mats is not a challenge, blindfold all the kids and have them all “look” at once. (This would be amusing to tape and then show the kids later on!) It might be best to have them crawl while they look, to ensure that not too many eggs get smashed. In addition, tape a piece of paper with a specific incident from the last week of Jesus’ life on some or all of the eggs. After all the eggs are found, the students then have to figure out the chronological order of all the events of Easter Week. This is a great way to make sure your students really do know what Easter is all about.

Famous Name Game

Have everyone write down 10-15 names of famous people. Put these names on slips of paper and put in a hat or box. Divide into teams of 3, 4, or 5. Have someone with a watch keep time for 1 minute. One team member reads a slip of paper and tries to get his/her teammates to say that name by describing the person without using their actual name. If they don’t know who the person is, they cannot pass – they must try to get their teammates to say the name by describing the name. Teams get points for each name guessed and continues until there are no more paper slips.

Option: Round two can be played as Charades with the same names.

Find Your Shoe

This activity requires a shoe from each person. Have everyone take off a shoe and throw it into the middle of the room. Then have a race to get the shoe back. (Turn off the lights before you start the race.)

Fly-Catching Contest

“Flies” are jelly beans. In this game, team members try to toss jelly beans into a teammate’s mouth from a certain distance. Points are awarded for successful catches.

Four Square

First you will need several balls (light ones that are easy to hit around. Punch balls that you blow up work the best). Next split you group up into four groups. Then divide you room that you are playing in into four areas. Then tell each group to sit in their assigned area and to try to cover as much space as possible. Tell them that they can hit to balls with only there hands and head. They must also sit down during the game and not get up. This is why they must cover as much ground as possible. Then start throwing the balls into each area (10 of 15 balls work great). Play for 2 to 3 minutes long and the group with the least amount of balls in their area wins.

Frozen Gum

Freeze a couple of packs of bubble gum. Divide the group into teams. Each person races down, un-wraps a piece of gum and chews it until they can blow a bubble. Having it frozen makes it more difficult to chew. To make it even more difficult, have them wear a pair of socks on their hands while opening the gum and then pass the socks on to their teammates.

“Honey, If you love me, will you please smile for me?”

Indoors, any size group (5+), any age (jr. and sr. high) The group sits in a circle facing inward. One member of the group is “it.” The objective is for this person to make another smile. He goes around the circle, picks a person, kneels, and asks him/her, “Honey, if you love me, will you please smile for me?” The person must respond with, “Honey, I love you, but I just can’t smile for you,” without smiling. If he/she smiles, that person becomes “it,” replacing the first. If the person “it” does not persuade a person to smile, he/she must approach another until he/she does. The person “it” may do any gestures he/she wants to make the person smile (e.g., make funny faces, do a stunt), but cannot touch the person. This is a circular game, meaning it does not end. A good length for this game would be 20 minutes, or when most of the group has been “it.”

House of Cards

Provide your Huddle members with a deck of playing cards or note cards. Tell them they must create a card house with at least two levels to it. (They will soon discover the difficulty in establishing the foundation level, not to mention the upper level.) After some time has passed, use their experiences to emphasize the parable of The Wise and Foolish Builders (Matthew 7:24-27). Compare the house built on sand to the card houses that kept falling down – our lives without Christ as the builder. Then compare the card houses that did stand to those with the solid foundation of rock – Christ as the careful and masterful builder of our lives.

I Didn’t Know That!

You will need plenty of 3-by-5 index cards and pens to get this icebreaker started. Pass out the cards and pens and have everyone write four things about themselves on an index card (no names or gender). All of the cards are collected and mixed up. Everyone picks a card at random. People then mingle and talk about what was written on the cards until they find the person for their card. During the mingling they will learn about many of the other people. After everyone has found the person that matches their card, all players must introduce the person that is on their card and tell a little about him or her.

Liar, Liar

Provide a piece of paper and a pen for each person. Then have everyone write down two truths and one lie about themselves. As they read their sentences aloud, people try to guess which one is the lie.

Lots of Lava

Have a group of the huddle stand on the 2x3 feet folded sheet. Tell them now that the ground around them is lava. Their goal is to unfold the sheet with out anyone stepping into the lava and dying. If someone does, they have to start all over again. Once they have unfolded the sheet and they are all standing on it you go into Row over the lava game. Tell them that they have to move themselves from where they are to a different location, (suggested 50 yards around from where they are perhaps). If someone steps off and falls into the lava, they have to start from where they began.

Monster Creation

This is a great team-building exercise and requires no materials. Divide your Huddle into groups of seven. No more, no less. The rule is simple. The teams must move from one part of the room to the other with only four body parts touching the floor at one time. There are no absolutely right solutions. Encourage each team throughout the exercise to follow the rules, be creative and work together. Some of the results will be amusing. It might not hurt to have a still or video camera handy to capture the silly moments. At the end, have a short discussion about what it means to work together to achieve a goal.

New Year's Resolutions

At your first January meeting, have all Huddle members write out their New Year's Resolutions. Give each student an envelope to address to themselves and have them place their resolutions inside and seal it. The Huddle Coach will then collect all the envelopes and store them in a safe place. At the final Huddle meeting in May, the envelopes are passed out and students will open their envelope. This is a great way for them to hold themselves accountable as they are reminded of the resolutions they made.

Pitt Ball

(For groups of 16 or more.) Divide your group into two groups. Have each group stand in a circle, shoulder to shoulder. Give each group a small nerf ball. The object is to pass the ball from the first person in the group, around the circle, to the last person in your group, using only your armpits. If you drop the ball, you must start over. If you use your hands, you must start over. First team to get the ball back to the starting person wins.

Pole Game

Another good game especially if you have active kids that need to burn off steam is one we call the pole game. First you need a pole or something about 3 feet long that will stand up and is not too hard to tip over. Get everyone in a circle around the pole holding hands. The object is to pull someone in and use them to knock over the pole without knocking it over yourself. If a person knocks over the pole they leave the circle, if the circle breaks the two people who let go leave the circle. It is a pretty active game and can get a little rough on less active people. The best part is that it gets very competitive and the rowdiest most energetic tend to stay in the longest keeping them busily occupied.

Popsicle Push-Up

Tell the four volunteers that their goal is to do a push up as a unit of four people, with no one's feet touching the ground. The rest of the group can offer suggestions on figuring activity out. Once it is done, have the whole group do in such a way that a push up is done simultaneously with no feet touching the ground. Let them figure it out. Try not to give hints.

Q-Tips

Give everyone three Q-tips. Every person tells three things about themselves and each time they say something they must stick a Q-tip in a hole in their head (1 ear, 1 nostril, 1 mouth). They leave them there until everyone has finished. The object is to break the inhibitions by laughter, since everyone will be looking silly.

Sardines

Can only be played if you have a lot of room, but not open space. This is sometimes called Seek and Go Hide. One person is picked to be it. This person must find a very good hiding place while everyone else sits in a neutral spot with their eyes closed for a specified amount of time. When the time is up, everyone goes looking for it. If it is found, you try not to let other people know where it is and YOU HIDE WITH it. The object is to not be the last one left. The first person that found it gets to be it the next time.

Sound Scavenger Hunt

Divide the group into teams of four or five and give each group a tape recorder with a list of sounds they need to record. Designate each sound with a point value from 100 to 500 points, depending on the difficulty of the assignment. Try to get some local area pastors or teachers involved by having them sing a song as one of the sounds. Let your imagination run wild for the different items and you'll see your students get excited and competitive in this activity.

You may need to set a time limit of 45 minutes so you can come back and discuss the activity and swap stories. This activity will help build some unity not only in the individual teams but also in the group as a whole. FCA also will be quite visible in the community as the students tell different individuals what they are doing and what FCA is all about.

Spell My Feet

Choose five (or 10) people and have them take off their shoes and socks. Take a marker and write a large letter on the bottom of each of their feet so if they sit facing you and hold their feet in the air, you can read the letters. On the first person put an A and an N (one letter on each foot), on the next an E and a T, then GR, OM, and SP. You will call out different words for them to spell and they have to cross legs, stretch, and situate themselves in a position so that the bottom of their feet spells the word you called. You can do this with two teams of five if you want and see who spells the word first. This is hilarious, enjoy!

Use these words: master, roast, smear, togas, snore, ten, proms, get, spam, great, son, eat, nap, great, name, team, spot, meat, pan, goes, neat, page, mop, tan, Tom, ran, rope.

Spew

This game goes with a lesson in Revelation about how God will spew the lukewarm out of His mouth. Get some ALKA-SELTZER and a carbonated clear drink, such as Sprite, 7up, Ginger Ale, or Squirt. Tell each of your participants to place a single ALKA-SELTZER underneath their tongue. Don't worry, they won't be able to taste or swallow it with it under the tongue. Now give them each a cup of the clear carbonated drink. Fill it with about 3 or 4 ounces. The Object is to see who can hold it in their mouth the longest, Inevitably, it will EXPLODE and SPEW out of their mouths! We don't advise swallowing it. It won't hurt them but... yuck. They must have at least a couple ounces in order for it to work. It's not about how much they can "drink." It's about how long they can hold it in their mouths.

Straw Towers

Divide your people into groups of about six-ish. Any number of groups (that can fit in the room) can play.

Materials: Tons of drinking straws (about the diameter of McDonald's (burger) straws, BUT the soft kind AND simple and straight) about 50-100 straws to each group. 2 small rolls of tape per group. One small 'corner' of the room per group. Give about 10 minutes to see which group can make the tallest self supporting structure. They then have to bring their masterpieces to the front, and see whose structure remains standing the longest.

When the construction time is up, have each group move their structure to the front of the room. Then you proceed to give a short (not too short) talk about what your life is based on.

As time progresses, these straw structures will topple over/collapse/get blown down by the fan/etc one by one. Acknowledge each one as it drops, and at the end you can discuss with the group what makes the good ones stay up, and why those on the ground have fallen. Pay particular attention to the base/foundations of these structures. Conclude that one needs a strong (good/solid/big/firm/etc) foundation (=Jesus/Christian values) for ones life, or something to that effect. (The best structures seem to be those constructed like the Eiffel Tower or oil rigs.

During the 10-15 minutes allotted to build the straw towers, you can move around and watch to see who are the leaders and who are the followers.

Trust Lift

Get one person to volunteer to be lifted by the group first. Have them stand with their hands at their sides. The group should now position themselves around the person. The group leader should stand behind the person being lifted in order to support their head. Have one person at each shoulder, two people on each side supporting the torso, two people on each side for the legs. Have everyone put their hands on their designated spot. The person being lifted, when ready, should say "ready" and the group confirm with "ready." The person being lifted should then say "falling" when about to fall and the group, when ready, should respond with "fall." Lift the person slowly, and evenly. Lift slowly having the person above heads.

If everyone feels comfortable than you can lead the group to sway the person side to side. When bringing the person down bring them all the way to the ground gently. Support the head well in order that it doesn't bump the ground.

Two People Trust

This is a mini activity having one partner blind folded. The other partner is going to be a verbal guide. Set up a mind field of junk in front of the blindfolded person (backpacks, books, notebooks; anything will do) and have the guider verbally guided the blindfolded person through the minefield.

Willow in the Wind

Get everyone in a circle; pick one person to be in the middle. Have the group stand with shoulders touching. The kids should have their feet in a comfortable position in order to hold weight (it's probably best to have one foot in front of the other). Tell group to position their hands at shoulder height, palms out. The person in the middle should have their hands crossed on their chest. Give the person in the middle the option to have their eyes open or closed. Explain to the person in the middle to keep their feet together, planted on the ground. Make sure they keep their knees straight but not locked. The person in the middle is going to fall back as the group with their hands pass her/him around, forward, backward etc. Before starting have person in the middle say "ready" when they are ready to fall, and have the group respond back by saying "ready" confirming that they are ready. Then when the middle person is actually going to fall have him or her say "falling," and the group respond with "fall" Only then should the person in the middle fall.

Wink Killer

Everyone sits in a circle. Youth Director, or teacher, whoever is leading the group takes a deck of cards and uses only as many cards as there are players. One of the cards must be the ace of spades. Then the leader goes around the circle with the card faces hidden and has everyone draw a card and keep it hidden. Whoever draws the ace of spades becomes the "killer". (You can also just go around the circle with everyone's eyes closed and tap the "killer" duck-duck-goose style.) The object is for the killer to catch someone's eye and wink at them. When you are winked at, you must say aloud "I'm dead" and sit quietly until the game is over. The object is for someone to be able to identify the killer before he is killed. If someone in the group thinks they can identify the killer, they must say aloud to the group they think they know who it is. If they correctly identify the killer the game is ended. If they are wrong, they too are dead.



More Warm-ups can be found at www.fca.org. Click on the **Campus eEquipment logo**.

Outreaches for Athletes, Teams and Coaches

Events or ideas that reach out specifically to the athletic community.

3-on-3 Basketball or Flag Football Tournament

Have a school-wide tournament. Invite all athletic teams and clubs at your school to enter. Get your coaches to be the referees. Set rules/guidelines for the event – like every team must have a girl on the team or each team has to have a freshman. After the tournament, have a pizza party, invite a guest speaker to share a testimony and then present the awards.

“Bless the Coaches” Breakfast

Once a month invite coaches to a breakfast at the school and show you appreciate them by blessing them. Contact a local restaurant to sponsor the breakfast. Have a student-athlete share why FCA means a lot to them. Have them also share why their coaches mean a lot to them.

Chili Bowl

Setup a double-elimination flag/touch football tournament for a Saturday morning. Invite all athletes from the school to play. After the tournament, serve chili and have some students share what Christ means to them.

Coaches Night Out

Give your coaches a free night of babysitting so they can take their spouses on a date. Pick a Friday or Saturday night, book the nursery at a local church and invite your coaches kids to “come and play” while they take their spouse on a date. Have games, crafts, etc for the kids to do. This is a great way to bless your coaches and show how much you appreciate them.

Coaches/Principals Luncheon

Host a coaches/principals luncheon during a teacher workday. Send invitations to all coaches, athletic directors, principals and assistant principals in a designated school district. Ask them to let the FCA Huddle Coach at their school know if they will attend. Have a nice lunch, then a short program with a testimony from a coach, principal and maybe a businessman or woman to let them know what an important role they are in the lives of our young people. Give out door-prizes. The purpose is not necessarily to promote FCA, but do mention FCA and invite them to get involved if they would like to. Try to get this event underwritten by a local business.

Coed Sports Mixer Night

Sponsor a coed sports mixer night using the school athletic facilities. Students can recruit other students from their school to play on their team and compete in a mini-tournament of volleyball, flag football or basketball. Have each team pay an entry fee of \$12 and charge a \$2 admission to local fans to watch the contests. Ask parents to donate food for concessions and the Huddle’s only expense will be in purchasing medals for the winning teams.

Gatorade Quench

This is a great way to show teams that you care for them. Work it out with a local retailer to give you a bunch of free or discounted Gatorade. Tell the coach that the FCA Huddle wants to provide that for them after a hot practice sometime. This is a great way to show teams that you care for them.

Girls vs. Boys Volleyball Match

Sponsor an exhibition volleyball match between the varsity football team and the girls varsity volleyball team. You could charge \$1 at the door and still have a good crowd of parents and students. This can be great exposure for FCA on campus. See if you can get some coverage by having the local newspaper announce it on the sports page. Alter the rules to compensate for skill levels and for the protection of the athletes. You could do similar events in another season – i.e., wrestling team versus girls basketball team in basketball. The battle of the sexes is always a sure bet and both teams will have a good time.

You definitely will need to check with the coaches and athletic director, and may even have to clear it with the state high school athletic board.

Honor-a-Team

Pick a team each month to honor at your FCA meeting. Contact the coach of the team to let him/her know that he/she will be honored along with the entire team at a particular FCA meeting. Have a special speaker (pro or college athlete or coach) to speak to the team. Each team member is honored with a special something at the meeting (T-shirt, cookies, book, something cool).

Human Foosball

Materials: A ball and 2 goals or end lines

Details: To play it you need two teams of about 10-15 people. Everyone lines up just like a foosball table is lined up. You have to hold hands with the person next to you, and you can’t let go. The lines of people can only move side to side, no moving from front to back. To move the ball you can only use your feet or head. To play you have to have a gym floor or a really big room. The goal line is past the end lines on either side of the floor.

Junior High Sports Outreach

Invite students from the junior high schools that will be attending your high school upon completion of junior high. Pick several specific sports and assign one high school student who excels in that sport to a certain area of the gym. These will be training stations and each leader will teach techniques on his or her particular sport. When the junior high students arrive, divide them into appropriate sized groups and send one group to each area of the gym. At the beginning of the training time, the high school student at each station should share his/her testimony with the junior high students. Each junior high student will be required to train in every sport, so at the end of an allotted amount of time, each group will progress to the next station. When everyone has trained in each sport, have them gather together to hear a guest speaker. End with pizza and then a group sport activity (kick-ball game, relay races, etc.)

On-Campus Clinics

Host clinics for various sports on strength and conditioning, nutrition, sports psychology, how to avoid injury, treatment/recovery from injury, training for athletic trainers. Recruit college and professional athletes and coaches in your community to be the speakers. Share the gospel and about FCA. Give out goodie bags that include info on Weekend of Champions and Summer Camps, More Than Winning tracts, STV magazines, something edible. Also have Bibles available for those who do not have one.

Outlandish Olympics

Using games with a twist (Twister, Win Lose or Draw, Slip and Slide, Capture the Flag, Ultimate Frisbee), have the different athletic teams sign up for a day of competition against all of the other sports in your school. Award the winning sport with a trophy that is passed on each year to the winning sport or give them a team pizza party.

Serve the Teams

Take them something after practice – like watermelon, popsicles, etc. – and share the Gospel. Be sure to get the coach's permission beforehand. Also offer to do team chapel services for the different athletic teams in your school.

Small Group Bible Studies

Host a small group study with the players of a particular sport. Ask some of the players to help you by inviting their friends. A member of your FCA group could lead the group or speakers could be scheduled to help. Choose a topic that would interest the players.

Spaghetti Dinners

Have your Huddle sponsor team “spaghetti dinners” for the different athletic teams in your school. The officers simply arrange a date with the coach, then the coach passes it on to the team. The Leadership Team then cooks prior to the dinner. At the dinner, the officers invite the team to try FCA and tell them when and where they meet. The night also includes a testimony from a local college athlete in that sport.

Sportsmanship Award

Have your Huddle create a Sportsmanship Award (name it after a legendary coach from your school or a high profile athlete or coach from the area who represents integrity). Develop the criteria for the award – characteristics of the individual and guidelines. You can award it every week, once a month or once a season – it is your choice. Find a local sports store or restaurant to help sponsor the award and they can donate the prize for the winner. Get the word out about the award – have a section in the school newspaper. At the end of the year, all the athletes can be eligible for the Sportsman of the Year Award. Hold a banquet or tie it into an existing school sports banquet.

Stadium Clean Up

Have your FCA Huddle volunteer to clean up their high school stadium after a football or basketball game. This is a great project that is hard work without the glory. It reflects a servant's heart- like Jesus! You could even give spiritual literature to the janitors you are helping out.

Superstars Competition

Have students fill out a registration form, including a permission slip for parental consent. Each participant competes in six out of 11 events that are chosen ahead of time and indicated on their registration form. Points are awarded to the top five finishers of each event (i.e., first place = 5 points, second place = 4 points, etc.) The overall winners are determined by the highest point total of six events for each division. The top three in each division will receive a trophy and the first place winner of each event receives a ribbon. All participants should receive something for participating (i.e., a T-shirt you have designed for the event or tickets to a local Christian concert.)

Team Chapels

Let all the teams on your campus know that your Huddle would love to come and host a pre-game chapel for any of the sports on campus. Take 15 minutes before a game to share an inspiration word from Scripture and pray with and for the team. Stay for the game and encourage the players.

Team of the Month

Adopt a “team of the month,” which will involve going as a Huddle to a game (and being CRAZY!), preparing snacks or treats for the athletes before a big game, showing up after practice with Gatorade or something similar, videotaping game highlights and showing them at a meeting and allowing the team to come to a meeting to talk about their season. Take the time to pray for them.

Team Pledge

If there are a handful of Christian athletes on a team, have the athletes write out a one-page letter why they play sports for Christ and not themselves. At the bottom of the letter (use Scripture and your own words to explain why you “Play 4 Him”), have all the athletes sign and put their jersey number at the bottom. At the games, have FCA members pass out copies to all the fans who attend the game. This is a great way to be a witness for Him.

Team Talks

Ask a coach for permission to talk to his/her team for 15 minutes. Invite them to a pizza party or social function.

Thanksgiving Baskets

This is a great way to impact those coaches who aren't part of your FCA Huddle. Divide the members of your Huddle into small groups. Have each group pick a coach on staff at the school and make a Thanksgiving basket for him or her. Fill them with things like homemade cookies, homemade candy, gum, post-it-note pads, devotion books, calendars, Scriptures, bookmarks, etc. Also enclose a card thanking them for all of their hard work and dedication. The coaches will love it!

Track Meet Event

During the spring track season, set up an FCA tent at the meets, passing out cups of Gatorade to the runners. Also, pass out **More than Winning** tracts and FCA information to coaches and athletes. This is a great opportunity to reach a lot of coaches and athletes at one time.

Ultimate Frisbee Tournament

Have an area-wide Huddle Frisbee tournament where school Huddles throughout the area sponsor teams and compete in Ultimate Frisbee. Invite non-FCA students to be on the team. Before the tournament, have a speaker share what FCA is all about.

Your Favorite Number

Have the Huddle Coach write five different numbers on a piece of paper. Give one list of numbers to each member of the FCA or to a team made up of three or four members of FCA. The member or the team is then responsible to bring an athlete with those numbers from any sport to the next FCA Huddle meeting. A prize should be given to the winning individual or group.



Find more event ideas to reach out specifically to athletes and coaches at www.fca.org. Click the **Campus eEquipment logo**.

Outreaches for All Students

Events or ideas designed to reach out to all students in your school.

Bonfire Bonanza

In the fall, just as the evenings are getting cooler, host a bonfire. Get chocolate, marshmallows and graham crackers to make S'mores. Have members of the huddle bring guitars to lead worship and singing around the bonfire.

Canned Food

Have classes compete to see who can collect the most canned food by the end of the week. Find a local charity to donate all of the canned foods to.

Community Fundraiser

Ask a local restaurant to allow the Huddle to invite everyone to an FCA night. Have the store donate 20 percent of the proceeds to the area FCA. Have a raffle and fellowship over dinner with different local school Huddles. Have your FCA staff wear a crazy hat and invite parents and friends. Put stickers under seats and call out the numbers to give away prizes.

Concert of Prayer

Once a year, each Huddle should hold a Concert of Prayer (COP). The COP should be a serious time of prayer and worship that lasts between one and three hours. Start with music and worship to prepare the heart. Designate someone to facilitate prayer. Divide the time into three main segments. The three segments should be focused on **renewal** (asking God to touch us) and **revival** (asking God to use us). The three parts are: **personal** (pray individually); **local** – the school, the FCA, the community and the church (pray in small groups of three to five) and **national** – the president, government and the country (pray together as a whole group). Use music between each segment.

Do the Drive-In

Sponsor a "Drive-In Movie Night." Use your school or church parking lot, sew a lot of sheets together, hang them off the side of a building. Get a video projector and sound system, build a concession booth, and invite your whole school! Find local vendor who will donate food (pizza, subs, ice cream). Do it free!

Fan of the Game

Almost everyone will want to be the Fan of the Game! First of all, ask permission from the school office to do this, and see if they will make an announcement when the Fan of the Game contest will be held. During lunch time, a few days before a home basketball game, have some of your student leaders set up a box labeled “Fan of the Game.” Ask the entire student body to write their names on a piece of paper and put them in the box. At lunch the day of the game, draw one name. The winner will receive a free pizza and six-pack of soft drinks that night at the sporting event. You also can place a couch at the event, and the winner and two friends could sit on the couch for the ball game. This is a great way to publicize FCA and to get the entire school involved in FCA events. You might be able to see if an Adult Chapter in your area could provide the pizza and soft drinks for the sports event.

Fifth Quarter

After a Friday night game, rent the gym. Then provide all sorts of fun things for the whole student body to do, like 3-on-3 basketball tournaments, ping pong tournaments or indoor soccer games. At about 11 p.m., have a bunch of pizzas brought in and as everyone is eating them, have a coach or guest speaker tell the group what God means to them and how FCA could help them in their lives.

Fun Fest

Host an afternoon or evening event where students are allowed to set up game and food booths. They may put out information about their organization. All students are invited to join the day’s activities. This event is a great opportunity to join with other campus organizations to serve your entire campus. A special speaker or band scheduled at the end of the event is a great way to draw people in for the entire event.

Morning Glory

Once a month, invite all to pray at the flagpole before school. Watch the sun come up together and see God’s morning glory. Find a consistent day, like the first Tuesday of each month. On this day each month, go to the flagpole 30 minutes before school and pray together. Drop notes in the teachers’ and coaches’ mailboxes telling them that you prayed for them.

Night of Champions

Invite the junior high and high school students and adult leaders to a night of games, high-energy music and inspiring stories of Christian athletes. Partner with a local college or church to host and advertise the event. Try to get some up and coming Christian bands to perform, and provide dinner for the attendees. A sample schedule: 2:30 p.m., registration and games; 3:45 p.m., dinner; 4:45 p.m., indoor rally; 7 p.m., concert begins.

Program Testimonials

Prior to a big rivalry game, print up a testimonial sheet and distribute it to all the fans as they arrive. The testimonial sheet can be a standard sheet of paper folded in half that reads like a program. On the front, print the basic information of the game (time, place, etc.). On the inside, print testimonies from players on both teams. On the back, tell about FCA and the work it is doing in each school and in the community. This can be a great tool to share Christ with the multitudes while spreading the news about FCA. It also brings the rivalry into perspective.

Rock Climbing

Invite all the Huddles in your district to bring unsaved friends for a night of rock climbing at the local climbing facility. It will be a night of fellowship, snacks, climbing, Christian music and a Gospel presentation. This is a great way to have an athletic event different from typical sports events, as rock climbing is becoming very popular with youth.

School Assembly

Call your FCA representative and talk with your school principal about hosting an all-school assembly program. FCA has outstanding speakers who travel around the country speaking in public and private schools. Your local FCA representative will be able to give you information about how your entire campus can be reached with a school assembly.

Suicide Awareness Week

Have your Huddle team work with the student government at your school to sponsor a Suicide Awareness Week. On Wednesday during lunch have a program in the lunchroom. The program could consist of a mime who could get the students’ attention and a graduate who was president of the student body the previous year, to share his/her testimony. You could include music and additional testimonies from Christian athletes from the school. Thursday you could have a school assembly with a speaker chosen by the student government and FCA. Friday night you could sponsor an open gym with food, a speaker and a Christian band. Parents and students could be invited to this evening meeting.

Super Bowl Party

Host a Super Bowl party with a local church or Huddle from another school. The party could be preceded with a concert by a local band or musician. Show the game on a large screen in the church or school gym and film your own commercials to show in place of the ones shown on TV. Ask church members and/or local businesses to donate snack food to be served at the party. Canned goods could be collected as an admission charge to help feed the needy in your community. Invite a Christian football coach to be the half-time speaker.

Super Huddle Concert

Have a school-wide concert with other Huddles. Bring in a band that is fun to worship with, have student skits and create a challenge for the Huddles to compete against each other as teams. Invite Huddle coaches to be part of a panel and rate the skits.

Untamed Tournament

Organize a tournament of outrageous activities. Have games like the Extreme Egg Toss, Basketball Blitz, Fish Frenzy, Hokey Hoop Toss, and Brutal Balloon Dodge. Think of creative prizes for the winners of the tourney.

We all scream for Ice Cream

Announce a "Homemade Ice Cream Contest" hosted by your huddle and any other campus organizations that want to participate. Use your campus cafeteria, decorate it like a birthday party and have teams of students compete to make the best homemade ice cream. Give a "Golden Freezer" award for the best ice creams.

Worship in the Park

Host a worship service in your local park with a local church or huddle from another school. Have everyone bring blankets and lawn chairs, and set up for a worship service. Have a local worship band come, bring "song books" and use this as an opportunity to reach out to your non-Christian friends. You can also bring picnic food or barbeque and have an outdoor fellowship afterwards.



Find more event ideas to reach out to students at www.fca.org. Click the **Campus eEquipment** logo.

What if **athletic fields** across the country were **filled with students** challenging each other to **read the Word of God** and come to **faith in Jesus Christ?**

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ONE DAY. ONE MESSAGE. ONE STAND.

October 8, 2008

Coming to a field near you this fall!
www.FieldsofFaith.com

IN PARTNERSHIP WITH
THE FELLOWSHIP OF CHRISTIAN ATHLETES

The poster features a black and white photograph of a young man standing in a grassy field, looking towards a large stadium in the distance. The text is overlaid on the top and bottom of the image.

Fields of Faith

Fields of Faith is an outreach that is officially sponsored by Fellowship of Christian Athletes. God placed in the heart of FCA Oklahoma Area Director, Jeff Martin, the vision to reach campuses across the country through *Fields of Faith*.



What if athletic fields across the country were filled with students challenging each other to read the Word of God and come to faith in Jesus Christ? With that simple thought, *Fields of Faith* was launched in 2004.

FCA is partnering with other national ministries and churches to reach over 100,000 students on October 8, 2008. Potentially, *Fields of Faith* can reach millions in the years to come. We are encouraging all FCA staff, Huddle Coaches and student leaders to work with their campuses to host a *Fields of Faith* Rally at their middle school, high school and college campuses.

Our hope is that Huddle Coaches and student leaders will host a local rally at their schools. Some areas will host area-wide *Fields of Faith* at one location for the whole community. Both ways are effective.

Here are several steps for your FCA to host a *Fields of Faith* Rally:

1. **DECIDE** to host a rally at your school.
2. **CHECK** with your school to get access to an athletic field for the second Wednesday in October at 7 PM (most rallies meet at 7 pm but this can be changed depending on the school's schedule). You need to reserve the field. The best situation would be to get access to the stadium, but the important thing is to have access to a field. Since FCA is a school recognized club on campuses, you have the same rights as other clubs. If you have any problems with getting access, call your FCA staff member.
3. **ORGANIZE** a *Fields of Faith* team that will serve as a committee. Getting others involved like parents and youth pastors is essential. This team will help organize and plan the rally.
4. **PROMOTE** the rally with posters and brochures (available through the website).
5. **BUY** the official *Fields of Faith* T-shirts for all students. This creates great awareness and interest. Wearing the T-shirt leading up to the rally is important, but it is essential to have all the students wear the shirt on the day of the event. This makes a big statement on the day of the event.
6. **PLAN** the rally. Having a well organized rally is imperative. Remember to keep it simple. It should consist of student testimonies (that have been trained to give their testimony), reading God's Word (2 Chronicles 34), and a Gospel presentation. You can add worship praise music (not a concert).
7. **TRAIN** the volunteers and people involved in the program. Go to the *Fields of Faith* website (www.FieldsofFaith.com) and click on the training section.

8. **FOLLOW-UP** with all the decisions and commitments that were made at the rally. Utilize the resources on the website as tools to minister to the students.
9. **REALIZE** that *Fields of Faith* is more than a rally or an event. It is about ministry and ministry is about relationships. Make sure that you are committed to connect students with local churches and getting them involved in FCA on the campus. Once the rally is over, the work really begins.

Below is some additional information about *Fields of Faith*. If you have any questions contact your local FCA office or the FCA National Office.

The Story

In 2004, Oklahoma FCA Area Director, Jeff Martin, watched as a dream came true when more than 6,000 students gathered on school athletic fields throughout Oklahoma, Texas and Kansas. Through this unique campus movement, more than 100 students indicated decisions for Christ. In 2005, 9,200 students gathered for the same purpose, and 372 made commitments to Christ. This year, the annual event, *Fields of Faith* is expecting more than 100,000 to be reached through this powerful ministry.

The Message

Fields of Faith has the potential to make an incredible impact simply due to how it is presented. This ministry allows students to invite classmates and teammates to, on the second Wednesday of October, meet on their school's athletic field to hear fellow students share their testimonies. In 2 Chronicles 34, King Josiah, who was himself an influential teenager, gathered his peers and challenged them to read the Bible, thereby changing their culture.

"Next the king stood at his post and made a covenant in the Lord's presence to follow the Lord and to keep His commandments, His decrees, and His statutes with all his heart and with all his soul in order to carry out the words of the covenant written in this book." – 2 Chronicles 34:31

The Opportunity

It's time to face reality. We are losing the spiritual battle in America! It is estimated that 80-82% of youth who attend church will stop going between the seventh and 12th grades. The question that must be asked, then, is this...If we have more ministry opportunities than ever before, why are we experiencing so many losses in the spiritual realm? The answer lies in one word: fundamentals. When a team is losing, they go back to the fundamentals. They don't make their game plan more complex. This is where *Fields of Faith* comes in. It's all about the basics.

The Basics

The formula is based on the method used by King Josiah:

1. Bring people together at one time.
2. Read Scripture.
3. Be challenged by fellow students to read the Word of God and to follow Jesus Christ.

The Strategy

The strategy is simple, so don't make it complicated. Let students reach their peers through...

- ...partnerships with local churches.
- ...wearing *Fields of Faith* t-shirts.
- ...gathering at local athletic fields on the second Wednesday in October.
- ...planning a rally to take place that evening.
- ...challenging other students to read the Bible and to live by its teachings.
- ...allowing students share their personal testimonies.

The Plan

It is the hope of FCA that one day every state, every community and every campus would be impacted by a *Fields of Faith* Rally. In 2008, FCA is planning to reach more than 100,000 students through this ministry. FCA will be the catalyst for the national launch of *Fields of Faith*, and already other ministries and denominations are agreeing to partner as national sponsors. Join with us as we strive to make an impact on campuses across the nation.

The Impact

"Our *Fields of Faith* went great. We had 150 students with 10 rededications and 1 surrendering to special service. God really moved. We are looking forward to next year." – Jon Bawden

"I was so encouraged by the efforts of our group! I gave them the material and they did the rest. God used Hinton's FCA to reach about 100 students. Thanks for giving our students the vision of being "missionaries" in their schools and communities!" – Dwayne Pate

"I was talking with one of the students who accepted Christ after the rally, and asked him why he came that night. He said that he saw all the t-shirts at school that day and asked what was going on. The students invited him to the football field that night and he got saved!" – Chad Wiginton

"Thank you for supporting *Fields of Faith* this year. We had over 2,000 people in Grande Communication Stadium Wednesday night. There were 37 young people who made a decision for Christ!! I did not speak with each one individually, but they all prayed with me the prayer of salvation – many were visibly emotionally and moved by the Spirit." – Eric Boyt

ONE WAY 2 PLAY – DRUG-FREE!

An Overview

We have drawn on the expertise of Christians in this field, and together we have created a program which God can use to touch young lives. One Way 2 Play – Drug-Free! It's innovative, relevant and effective.



The features of this exciting program include:

1. Four simple **Implementation Steps** to help implement this program in an FCA Huddle, athletic team or youth group.
2. Meeting Plans which you can use to implement the One Way 2 Play – Drug-Free! program with your group. The first meeting focuses on the consequences of drug use, the reasons students use and abuse drugs and how God can provide purpose, wisdom and strength to live drug- and alcohol-free. The second meeting focuses on how each person can make a commitment to be drug-free and encourage others to do the same.
3. The philosophy and the message of One Way 2 Play – Drug-Free! are clearly defined in this booklet.
Faith in Jesus Christ. We believe Christ forgives us, gives us the wisdom to make good decisions and the strength to carry them out.
Commitment to say No! to alcohol and other drugs. We pledge to be strong in our commitment and to help others be strong, too.
Accountability to one another. We will regularly ask each other the five hard questions.
4. The One Way 2 Play! **commitment sheet** provides an opportunity at the end of the second meeting for young people to commit themselves to live and play drug-free.
5. To reinforce the **commitment** to One Way 2 Play!, we offer resources so Huddle teammates (and anybody else) can wear symbols of this commitment. A **Resource Order Form** for these attractive pieces are included with the booklet and the commitment sheet.
6. A **recognizable accountability sign** that can be used with your group. When a peer is seen breaking the commitment, the Number One sign can be made to remind of the commitment.

OW2P! Huddle Meeting #1

Goals are:

This meeting is designed to help your Huddle understand how to set goals, including personal goals and goals for the Huddle.

WELCOME

Open the meeting with prayer, followed by any announcements, future meetings, FCA special events, Camp information, etc. You may also want to greet visitors.

WARM-UP

Get people into groups of six to 10 people. Give each group a piece of paper and a pencil. Tell each group to list celebrities (athletes, rock stars, actors, etc.) who messed up their careers, relationships and health by using drugs.

After five to eight minutes, have each group share its answers and give a prize to the group with the most names.

WORKOUT

Read the statistics in the booklet, **One Way 2 Play – Drug Free!** on drug and alcohol use. Then explain that drugs and alcohol can ruin lives, friendships and athletic performance. Briefly share a story or two from your own experience. Get them in their groups again, and ask them to list:

- ▶ What are some of the negative consequences from alcohol and drug abuse?
- ▶ What are some of the reasons people drink and use drugs?
- ▶ How can Christ give us the purpose, wisdom and strength to live drug- and alcohol-free?

Let each group share its answers. If time runs short, focus especially on answers to the last question.

Scripture Search – Read and discuss with the group:

- ▶ Getting drunk (or high) is sin – Galatians 5:19-21
- ▶ Instead, be filled with the Spirit – Ephesians 5:18
- ▶ Your body is a temple of the Holy Spirit – 1 Corinthians 6:19-20
- ▶ Don't cause others to stumble – Romans 13:1-5
- ▶ All our choices, both positive and negative, have consequences – Galatians 6:7

Close the meeting in prayer by asking each person to complete this prayer silently: “Lord Jesus, I want to live alcohol- and drug-free because...”

Ask or assign four or five students to prepare a skit on the devastating effects of drinking and drug use called, “I was a Teenage Morphine Power Ranger Pill-Head.” Ask them to interject some humor, but at the end it should have a powerful and serious message about the ways drugs and alcohol affect family relationships, friendships, self-concept, motivations and athletic performance.

OW2P! Huddle Meeting #2

Goals are:

- ▶ “To present...the challenge and adventure of receiving Jesus Christ as Savior and Lord...”
- ▶ To look closely at the person of Jesus Christ and gain an understanding of His work and purpose.

WELCOME

Open the meeting with prayer, followed by any announcements, future meetings, FCA special events, Camp information, etc. Greet visitors.

WARM-UP

Explain, “Last week we talked about the reasons people use alcohol and drugs and the devastating consequences of using and drinking. To illustrate what we talked about last week, we have a skit to show the effects of drinking and drugs. And now, our **Not Ready for Prime-Time Players** present, ‘I was a Teenage Morphine Power Ranger Pill-Head.’”

WORKOUT

Tell them, “This week we are going to talk about what we, in our Huddle, can do about the abuse of alcohol and drugs.”

Get them into small groups of six to 10. Give each group a piece of paper and a pencil, and ask them to list answers to these questions:

- ▶ Why is it hard for many people to say “No” to drugs and alcohol?
- ▶ What are some specific ways we can help each other be strong in our commitment to Christ and remain – or become – drug- and alcohol-free?

Let each group share its answers.

Hold up the One Way 2 Play – Drug Free! commitment sheet, and explain each part of it: faith, commitment and accountability. Explain why and how each of these is important.

Get them into their groups again and ask them to write down their answers to these questions:

- ▶ What are some reasons you wouldn't want to make this commitment to Christ and to each other?
- ▶ What are some reasons you want to make this commitment to Christ and to each other?

Let each group share its answers.

Tell them that people who sign their names to a commitment are 60 percent more likely to carry out that commitment, and those who are in accountable relationships are 85 percent more likely to carry out their commitments. Explain that this is not a “flash in the pan.” You are going to display the commitment sheet at every Huddle meeting and encourage them to ask each other these accountability questions on a regular basis (at least monthly, either by pairing up spontaneously, having regular accountability partners or by having you, the coach, ask them these questions).

Tell them you want them to come to the front to sign the commitment sheet. Before they come, lead them in prayer.

Accountability – The Key to Success

After they have completed signing the Commitment Sheet, tell them that accountability is a key to success. Explain that **One Way 2 Play – Drug Free!** offers an accountability sign to remind their friends of the commitment they made, the “Number One sign.”

Then ask, “What are some situations when this accountability sign could be used?” You may need to get them started. Here are a few examples:

- ▶ A friend begins to take a drink at a party.
- ▶ You hear a friend talking about going to a wild party.
- ▶ A friend is planning to use steroids to increase strength.

Allow this “brainstorming” to go on as long as they are coming up with ways it can be used. This will get them thinking in practical terms of how **One Way 2 Play!** can be put into action!

WRAP-UP

End the meeting with encouragement to live for Christ, who loves them and will provide strength, wisdom and love. Remind them you will ask them the hard questions next time. Close in prayer.

Sample FCA OW2P! Meeting

2-3 Minutes Welcome/Intro to OW2P! by the FCA Coach or Huddle president. (See page 159 for more information to introduce the program. OW2P! is FCA's nationwide drug and alcohol prevention program...you'll be challenged to commit to be alcohol and drug-free.)

1-2 Minutes Testimony #1 Female Athlete

1-2 Minutes Testimony #2 Male Athlete

(10 Minutes) “Challenge” by the FCA Coach/Captain or another speaker

OR

(35 Minutes) FCA Video “Masquerade”

Total: 20 minutes using a speaker/45 minutes using video

Needed Materials:

OW2P! brochures

Pencils

OW2P! rosters

“Masquerade” video and TV/VCR

Important Notes:

- ▶ When explaining **OW2P!**, go over these three components:
 1. **F**-aith
 2. **C**-ommitment
 3. **A**-ccountability
- ▶ Challenge students (when talking about “faith”) to receive Christ, if they haven't already. Stress that they probably won't “say no” to drugs and alcohol through their own efforts, but they need to “say yes” to Jesus.
- ▶ Mail completed **OW2P!** cards to your local FCA office.

The following four meeting plans will give you material to plan at least one Huddle meeting bi-monthly with a **OW2P!** theme.

The beginning of a new school year always promises a fresh start and a hope that the future will be brighter and your life stronger. You have heard it said many times at the end of a losing season, “Wait until next year!”

“Our team will be back and we’ll be a winner!” Athletes know as well as anybody that a fresh start often brings new direction and new success.

These lessons are designed to help you start the new school year by making choices that can set the course for the rest of your life. FCA’s **OW2P!** challenge is all about saying yes to Someone before we can say no to something.

Success means saying yes to a personal relationship with Jesus Christ, then allowing Him to live His life through you. In all the decisions of your life, you are simply following the lead of Christ, the Head Coach. You can do all things when you are accountable to Him, including saying no to drugs, tobacco, alcohol or any other thing that might stand in the way of your relationship to Him.

As you study these devotions and learn what God’s Word says about who you are and who Jesus Christ is, let Him call the “plays” in your life. Be coachable, allowing your parents, Christian friends and coaches to encourage you and challenge you in your walk with Christ and your desire to live alcohol, drug- and tobacco-free.

Action Steps

1. **Faith in Christ** – Ask yourself this question: “Are my social life and dating relationships pleasing to God?” Be painfully honest. You are violating God’s principles if you:
 - ▶ are an underage drinker or abusing drugs (Romans 13:1).
 - ▶ are using any form of tobacco products (1 Corinthians 3:17).
 - ▶ are engaging in premarital sex.Agree with God that this is sin. Ask His forgiveness and ask Him to give you strength to quit (1 Corinthians 10:13).
2. **Commitment** – If you haven’t already, make a pledge before God to say no to alcohol, drugs, tobacco and premarital sex. Be willing to help others say no, too.
3. **Accountability** – Tell a mature Christian adult (parent, coach, teacher) about your commitment to be drug-, alcohol- and tobacco-free. Ask that person to ask you the “Five Hard Questions” on a regular basis.

Five Hard Questions

1. Are you living and playing alcohol- and drug-free?
2. Are you encouraging others to live and play that way?
3. Are you being honest with at least one mature person about your feelings and temptations?
4. Are you trusting Christ to meet your needs?
5. Are you honoring Him in your thoughts, words and actions?

OW2P! Huddle Meeting #3: Faith

Understanding the Nature of Faith

Goal:

To share with students that only through faith in Jesus Christ can we be forgiven, have the wisdom to make the right decisions and experience the strength to carry them out.

Warm-up

Time permitting, have students partner up. Blindfold one of the pair and then have the other one lead the blindfolded friend through a small obstacle course. Discuss how that same experience relates to our faith in God.

There is a story of a tightrope walker who tied his rope across a waterfall and then asked the crowd that gathered if they believed he could walk across. “Yes!” they yelled, and he did. He then asked how many believed he could walk across the falls on the rope pushing a wheelbarrow. “Yes, you can do it!” they screamed, and he did. He then asked how many believed he could do the same thing, but this time with a person in the wheelbarrow. “Oh, yes! I believe it!” they exclaimed. Then he asked, “Which one of you will be that person?” No one responded.

Faith is more than saying: “I believe.” To believe in what you can see requires no faith. But to be convinced that what you cannot see is real, and to have as much confidence in its reality as you do in what you can see, hear, taste, touch and smell, is genuine faith. It is the confidence to get in the wheelbarrow and trust the one pushing with the results. Faith is to be willing to act upon the belief. Do you live by faith in God? Have you put your full confidence in Him, trusting all results in every area of life to Him? Or do you say you trust Him, and then refuse to get in the wheelbarrow, instead trying to control things on your own?

Workout

Hebrews 11 is often called the “Hall of Faith.” It offers example after example of men and women who took God at His word, asking no questions, trusting Him with the results. Faith goes beyond reason, it believes without understanding “why.” It sings in prison (Acts 16:25). It sees personal struggles as opportunities (Romans 5:3). It chooses to suffer hardships (Hebrews 11:25). It believes that all things, good or bad, work together for good, to conform us to be like Jesus (Romans 8:28-29). The key to commitment to being drug-, alcohol- and tobacco- free is faith in Jesus Christ.

Read and discuss the following verses and promises in which we can put our faith.

1. Faith in His forgiveness: 1 John 1:9 – Faith that He has forgiven me for my sins and will cleanse me when I confess that have sinned.
2. Faith the He will give me wisdom to make good decisions: Proverbs 2:6; 1 Corinthians 1:30; 1 Corinthians 10:13; James 1:5. A good key to wisdom is Proverbs 13:20.

3. Faith that He will give me strength: Ephesians 3:16; Philippians 4:13; Colossians 1:10-11; 2 Corinthians 12:10; 2 Samuel 22:33-34; 1 Chronicles 16:11; Psalm 28:7; Psalm 29:11; Psalm 105:4; Isaiah 40:31; Isaiah 41:10.

Wrap-Up

It is by faith that we are saved (Ephesians 2:8) and come into a personal relationship with Jesus Christ. It is also by faith that we experience victory in life and we become totally dependent on Jesus Christ to live through us providing the wisdom and strength to live. Do you just say you have faith that Jesus can give you the forgiveness, wisdom and strength to live and play drug-, alcohol- and tobacco-free? Or are you willing to get in the wheelbarrow and actually put your faith into action?

OW2P! Huddle Meeting #4: Commitment

Total Commitment Means Giving My All

Goal:

To convince students that a commitment is a lifelong pledge, not a conditional promise.

Warm-up

Spike Dykes, former head football coach at Texas Tech University, tells the story of a pig and a chicken walking down the street. As they passed by a grocery store they saw a sign in the window that said, “Bacon and eggs needed.” The chicken looked at the pig and said, “Let’s help the grocer out.”

The pig responded, “You must be crazy. For you that’s just a contribution, but for me it’s a total commitment!” In today’s world, the word commitment has become more a word of convenience than of sacrifice. Many people are willing to give a part of themselves but hold back from a total commitment. To commit is to say, “I will,” no matter what the cost!

Workout

Because of his commitment to God, Daniel made choices in every area of life that reflected his commitment. To Daniel, commitment meant for better or for worse – no matter what the consequence, no matter what the cost – he was in it to death. God honored his commitment and Daniel had great faith in God’s promises. His commitment to God even influenced others!

In the first chapter of Daniel, Daniel chose not to eat or drink certain foods because of his commitment to God. Daniel 1:8 says, “Daniel resolved not to defile himself.” In other words, he was committed to a life of purity to God. Along with his buddies Shadrach, Meshach and Abednego, Daniel did not eat the rich food and wine provided by the king.

Later (in Daniel 3), when the king made a gold idol for everyone to worship, Shadrach, Meshach and Abednego would not bow down to it even if it meant they would be thrown into a fiery furnace. Commitment is standing by your word no matter what may happen to you! They told the king that God could save them from the furnace “but even if He does not, we want you to know that we will not serve your gods or worship that image of gold” (verse 18). They were committed no matter what! In this case, God chose to deliver them.

In Chapter 6, an edict was issued, that anyone who prayed to any god for 30 days would be thrown into the lions’ den. Daniel was committed to his time with God and continued to pray every morning, noon and evening even if it meant joining the lions! Sure enough, he was thrown into the lions’ den! God shut the mouths of the lions and the king ended up praising God.

Once again, his commitment determined his actions and influenced others. The motivation behind these commitments was not to look good in front of others or to look down on others. It was their love for God that enabled them to commit to do the things they did.

In the New Testament, Stephen was killed because of his commitment to Christ (Acts 7). Paul was repeatedly beaten, and even thrown in jail, because of his commitment to God. Paul urged Christians to be living sacrifices (Romans 12:1-2). It was Paul who said, “I have been crucified with Christ and I no longer live, but Christ lives in me” (Galatians 2:20). God’s goals had become Paul’s goals. If Paul died he considered it gain, if he lived he would serve Christ (Philippians 1:21). If he suffered, he knew he would get a reward from Christ (Romans 8:18). Since Paul was committed to Christ, his attitude was that it really did not matter what happened to him. Paul was committed to something bigger than himself. He relied on Christ’s strength as his source of power to keep and live out his commitment (Philippians 4:13).

Divide into groups of no more than seven and discuss these questions:

1. How can Paul’s advice in Romans 12:1-2 help you keep your commitments?
2. Identify at least two other things that can help you keep your commitments.

Wrap-Up

You have made a commitment to live drug-, alcohol- and tobacco-free. It’s a commitment made through your love for Christ to keep yourself pure and free from substances that can control you. Ephesians 5:18 says not to “get drunk with wine, but instead be filled or controlled by the Spirit of God.” The only way for us to live a life of purity is to let Jesus live through us! His Spirit in you will help you live a life committed to Him!

OW2P! Huddle Meeting #5: Accountability

Trusting Others to Help Me Keep My Commitments

Goal:

To show students that, much like having a workout partner to spot us while lifting weights and push us to do our best, it helps to have a partner to help us stick with our commitment to play drug-free.

Warm-up

In a small group, discuss things that you would not finish if someone were not holding you accountable.

Workout

Though he lived over 3,000 years ago, many people today still know of him. His name is David. Sixty-two chapters of the Old Testament are devoted to telling of his life, and 59 references in the New Testament call people’s attention to him! He was a great and powerful man known as “a man after God’s own heart.” Yet, David, the great man of God, committed a series of sins that led to terrible consequences.

When he was about 50 years old, David had come to a point of comfort in his life. As the King of Israel, he had the greatest military in the world and all of the possessions one would ever need. One thing he did not have was any accountability. He just lived a life of secrecy. It was during this time in his life that he committed adultery. Since no one held him accountable for his actions, instead of admitting it, he covered it up with premeditated murder. For a year, he lived a lie – a lie of deception (2 Samuel 11).

Then, God sent Nathan, and in a brief and effective conversation, he told David the truth, holding David accountable for his choices (2 Samuel 12). It was not until then that David admitted his wrong and in humility turned back to God. As young Christian men and women, it is good to have accountability partners to check and double check us on our spiritual disciplines and commitments in hopes that we will not end up, like David, in a mess.

A few observations: Nathan was not taking God’s place – he was called by God. The last verse in 2 Samuel 11 says, “The thing that David had done was evil in the sight of the Lord.” We must all give account to God. Galatians 6:7 tells us, “Do not be deceived, God cannot be mocked; for whatever a man sows, this he will also reap.” We always will face the consequences of our actions. God did use Nathan, a man David greatly respected, to help him see his error (Proverbs 27:6). When Nathan said, “You are the man!” it hurt David but brought about healing in his life. As an accountability partner, your messages, like Nathan’s, should be done skillfully and humbly, at the right time and in the right way. Call it what it is – don’t hedge. Speak the truth in love and full of compassion, remembering that you, too, have sinned.

Read and discuss these Scriptures: Proverbs 17:17; Proverbs 27:6, 17; 2 Timothy 4:2.

Wrap-Up

Discuss the kind of questions you and your partner will ask every week to help hold each other accountable to the commitment you have both made to live and play drug-, alcohol- and tobacco-free. You want to partner (guys with guys, girls with girls) with someone you respect greatly and who you know will fearlessly speak the truth. This is not necessarily a best friend.

Remember:

- ▶ Pray for your partner! (2 Thessalonians 1:11)
- ▶ Be available! (Philippians 2:20)
- ▶ Expect results! (Philippians 1:6)

OW2P! Huddle Meeting #6: Discernment

Goal:

To help students learn to discern the powerful media messages about alcohol and tobacco products.

Warm-up

Divide into groups of four or five. Give each group a pen and a piece of paper and ask them to write down as many ad slogans as they can think of in 60 seconds. For example: “Did somebody say McDonald’s?” “We could have been huge!” (Budweiser) “Just do it!” (Nike). Point out how these messages get stuck in our brains. Note how many are related to alcohol or tobacco products.

Workout

One of the most creative and bizarre basketball plays occurred in recent years between two high school rivals. On an out-of-bounds play under the basket, a player was getting ready to inbound the ball. At that moment, one of his teammates jumped down on his hands and knees and started barking wildly, like a dog. All players turned to see what he was doing. All except one. This one sprinted toward the basket where he received a perfect pass from his teammate for an easy lay up. The distraction worked perfectly.

Trick plays are difficult to prepare for because they look so much like the real thing. Before you are aware of what is happening, you have been fooled – and maybe beaten. Many young people who desire to live their lives drug-, alcohol- and tobacco-free become victims of the “trick play” as well. These “plays” are designed by powerful advertising agencies that have millions of dollars at stake. The 60-second TV commercial or the full-sized outdoor billboard are powerful ways to get a message across. As Christians, we need to be aware of the influence that the media can have on the choices we make.

Understanding the three keys to the inner workings of advertising can help protect you from making bad choices through the power of advertising. The first key: built into every ad is the strategy of persuasion. This strategy relies heavily upon images designed to appeal to our feelings. Seeing a strong, masculine cowboy smoking a cigarette can tempt one with a feeling of power.

A second key is that most people treat photographs and video images as reality. What we see, we believe to be real, accurate and truthful. We don’t stop to think that those beautiful people in shorts playing football in the snow-covered Rocky Mountains while drinking Busch beer would, in real life, freeze to death.

The third key lies in the idea of double think. Intellectually, guys know that drinking a certain brand of beer is not going to cause beautiful women to flock to their sides. However, at the same time they would like to think that just maybe their chances might be increased if they drink that brand of beer. That’s double think. It’s all very tricky business.

Divide into groups of no more than seven and discuss these questions:

1. What is the one ad that has stuck in your brain more than any other? Why has it had such a strong influence on you?
2. Can you think of a commercial or ad that sells a lifestyle, not just a product?

Wrap-Up

Read aloud the five attributes of a critical thinker below. Give a copy to everyone as they leave.

A Critical Thinker:

1. Has a strong desire to please God in all that he/she does.
2. Has a strong sense of right and wrong based on the Bible.
3. Recognizes that many people who created ads may not have Christian values.
4. Understands that all commercials and ads are not harmless fun.
5. Has a habit of asking probing questions about media he/she watches.

Adapted from *Learn to Discern* by Robert De Moss

Meetings Topic Survey

Instructions

Circle the 10 topics that most interest you. Put a (X) in the box by your top three choices.

- | | | |
|--|---|--|
| <input type="checkbox"/> AIDS | <input type="checkbox"/> Faith | <input type="checkbox"/> Peer pressure |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Family | <input type="checkbox"/> Poverty |
| <input type="checkbox"/> Basics of the faith | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Prayer |
| <input type="checkbox"/> Cheating | <input type="checkbox"/> Friendship | <input type="checkbox"/> Preparing for college |
| <input type="checkbox"/> Christian apologetics | <input type="checkbox"/> Giving away your faith | <input type="checkbox"/> Priorities |
| <input type="checkbox"/> Christian music | <input type="checkbox"/> God | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Gossip | <input type="checkbox"/> Rock music |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Heaven | <input type="checkbox"/> Satan |
| <input type="checkbox"/> Current events | <input type="checkbox"/> Hell | <input type="checkbox"/> Self-image |
| <input type="checkbox"/> Dating | <input type="checkbox"/> Holiness | <input type="checkbox"/> Sin |
| <input type="checkbox"/> Death and dying | <input type="checkbox"/> Holy Spirit | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Homosexuality | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Honesty | <input type="checkbox"/> Steroids |
| <input type="checkbox"/> Divorce | <input type="checkbox"/> How to study the Bible | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Doubt | <input type="checkbox"/> Jesus | <input type="checkbox"/> Television |
| <input type="checkbox"/> Drinking | <input type="checkbox"/> Leadership | <input type="checkbox"/> Temptation |
| <input type="checkbox"/> Drugs | <input type="checkbox"/> Loneliness | <input type="checkbox"/> Walking your talk |
| <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Love | <input type="checkbox"/> Work |
| <input type="checkbox"/> End times | <input type="checkbox"/> Materialism | <input type="checkbox"/> Worship |
| <input type="checkbox"/> Ethics | <input type="checkbox"/> Money | |

This page can be a great tool to help you understand the needs of your Huddle. Photocopy this page and use it with your officers or with the entire Huddle, and then meet with your officers to determine how you will address the desired topics.

Join TeamFCA

As a competitor – athlete, coach or fan, you are a skilled person. You have talents and abilities. You have expectations and deliver results. But for a Christian competitor, being skilled is just the beginning. A Christian competitor aims to become like Jesus Christ – the greatest competitor of all time. He is the greatest competitor for the souls of men...the greatest champion to hang on the cross...the greatest teammate to lift up those around him...the greatest captain to build a lasting team. If you want to play like Christ every time you put on your uniform, lace up your shoes or walk out of the locker room, then you are ready to sign **The Christian Competitor's Creed**. This is a creed for Christians who want their love for sports to become evidence of their love for Christ. This is a creed that declares your membership on TeamFCA – the team that wears the jersey of Jesus.



If the creed on the following page expresses the desires in your heart and you want to join TeamFCA, go to www.fca.org to learn more. It doesn't cost any money, but it will cost you what it takes to be the ultimate competitor!

As a member of TeamFCA, we have great resources to help you live out your commitment. Be sure to visit www.fca.org to get equipped.

Order an FCA Teammate Starter Kit. For only \$25 you'll receive:



Order by calling (800) 289-0909 or by going to www.fca.org.



The Christian Competitor's Creed

I am a Christian first and last.

I am created in the likeness of God Almighty to bring Him glory.

I am a member of Team Jesus Christ.

I wear the colors of the cross.

I am a Competitor now and forever.

I am made to strive, to strain, to stretch and to succeed in the arena of competition.

I am a Christian Competitor and as such, I face my challenger with the face of Christ.

I do not trust in myself.

I do not boast in my abilities or believe in my own strength.

I rely solely on the power of God.

I compete for the pleasure of my Heavenly Father, the honor of Christ, and the reputation of the Holy Spirit.

My attitude on and off the field is above reproach – my conduct beyond criticism.

Whether I am preparing, practicing or playing; I submit to God's authority and those He has put over me.

I respect my coaches, officials, teammates and competitors out of respect for the Lord.

My body is the temple of Jesus Christ.

I protect it from within and without. Nothing enters my body that does not honor the Living God.

My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.

I give my all – all of the time. I do not give up. I do not give in. I do not give out. I am the Lord's warrior – a competitor by conviction and a disciple of determination.

I am confident beyond reason because my confidence lies in Christ.

The results of my efforts must result in His glory.



To sign the creed, visit www.fca.org to become an official teammate and receive your membership card.

The Competitor's Creed

Bible Study

The following study is designed to take you through The Competitor's Creed line by line to help you better understand what The Creed means and how it applies



to you as athletes and coaches. Our hope is that you would not only sign The Competitor's Creed at www.fca.org, but that you would live it out to the fullest.

Competitor's Creed Study 1: Identity

I am a Christian first and last.

I am created in the likeness of God Almighty to bring Him glory.

I am a member of Team Jesus Christ.

I wear the colors of the cross.

► *I am a Christian first and last.*

What does it mean to be a Christian “first and last?”

What does Jesus encourage us to do in Matthew 6:33a?

► *I am created in the likeness of God Almighty to bring Him glory.*

What is one attribute God has given you that you are thankful for?

How does Psalm 139:13-16 make you feel about the way God created you?
How did David feel (v.14)?

► *I am a member of Team Jesus Christ.*

What is the best athletic team you have ever been on? Why?

What are some key elements of great teams?

In what way is sacrifice important to a team?

What does Galatians 2:20 say about being a member of Team Jesus Christ?

► *I wear the colors of the cross.*

What is the purpose of wearing your school's colors when you compete?

What does it mean to “wear the colors of the cross?”

What are some practical ways you can “wear the colors of the cross” as an athlete?

What is Paul saying in Romans 14:8?

Live It Out

What is the main theme of this lesson?

How can this lesson help you be a Competitor for Christ? (What is one step you plan to take?)

Competitor's Creed Study 2: Competitors

I am a Competitor now and forever.

I am made to strive, to strain, to stretch and to succeed in the arena of competition.

I am a Christian Competitor and as such, I face my challenger with the face of Christ.

► *I am a Competitor now and forever.*

What is the dictionary definition of a Competitor? How does this compare with your definition of a Competitor?

When I was coaching we had a cartoon on the coaches' office window that epitomized my view of a competitor. There was a frog inside the mouth of a pelican with one hand around the pelican's neck. The caption read, "Don't ever give up!"

Name one athlete or coach who fits your definition of a competitor.

Read 2 Samuel 23:8-17. Which definition of a competitor would be most accurate for David's mighty men? Why?

What did the Lord do for Eleazar and Shammah in their battles (v.10, 12)?

► *I am made to strive, to strain, to stretch and to succeed in the arena of competition.*

What are you striving and straining for as an athlete/coach?

What is Paul "straining" for in Philippians 3:13-14? How does this apply to you as an athlete/coach?

Read 2 Kings 18:5-7. What was it that made King Hezekiah successful?

How do you think God defines success in the arena of competition? How can this be accomplished?

► *I am a Christian Competitor and as such, I face my challenger with the face of Christ.*

Does your definition of a Competitor from above conflict with what it means to be a Christian? Why or why not?

As Competitors in athletics, we must face our challengers head on, not shying away from anyone. We should fear no opponent. With that said, what does it mean to face our challengers with the face of Christ? (Read 2 Corinthians 4:6 to see if this helps.)

On a side note, as Christian Competitors, our challenger is not always the person lined up across from us. Paul writes in Ephesians 6:12, "For our struggle is not against flesh and blood, but against the rulers...the authorities...the powers of this dark world and against the spiritual forces of evil in the heavenly realms." Similar to our preparation for competition, we must be prepared to take a stand against the devil and his schemes by putting on the armor of God (Eph. 6:10-18).

Live It Out

What was one thing that struck you from this lesson? How can this help you be a Competitor for Christ?

Competitor's Creed Study 3: Steal or Reveal?

I do not trust in myself.

I do not boast in my abilities or believe in my own strength.

I rely solely on the power of God.

I compete for the pleasure of my Heavenly Father, the honor of Christ, and the reputation of the Holy Spirit.

► *I do not trust in myself.*

How important is trust to your success in athletics?

What are some ways you can show trust to those on your team and your coaching staff?

Read Psalm 20:7-8. What are the “chariots” and “horses” that some are trusting in today? As David prepared for battle, who was he trusting in for victory? What was the result of those who trusted in “chariots” and “horses” verses those who trusted in the Lord? (v.8)

When you compete, who or what are you trusting in for victory?

► *I do not boast in my abilities or believe in my own strength.*

What are some harmful effects of boasting in our athletic/coaching abilities?

Read Luke 18:9-14. What is the difference between these two men who came to God in prayer? What did Jesus say would happen when we boast in ourselves?

Going into my 8th-grade-wrestling season I was a returning state qualifier and had high expectations of being an undefeated state champion. In preparation for the season, I had the words “Bad to the Bone!” put on the back of my warm up shirt for everyone to see. God had the perfect opportunity to humble this brash young boy and he did in only my third match of the season when I lost 4-2. At our next practice my coach played the song “Bad to the Bone” as we warmed up, just for good measure. The shirt got trashed and I ended up finishing 4th at state that year, and learned a very valuable lesson in the process. How about you? When has God had to humble you?

What does God say about boasting in Jeremiah 9:23-24?

What do you think Paul means when he says in Galatians 6:14, “May I never boast except in the cross of our Lord Jesus Christ?”

► *I rely solely on the power of God.*

Who comes to mind when you think of someone with extraordinary physical power?

How would you describe God's power? How does Paul describe God's power in 2 Corinthians 4:7?

How can God's power help you as a competitor? (Read Isaiah 40:28-31)

► *I compete for the pleasure of my Heavenly Father, the honor of Christ, and the reputation of the Holy Spirit.*

As Christian Competitors, we have to remember that our #1 goal in competing is to please our Heavenly Father, as Paul states in 2 Corinthians 5:9. This brings honor to Christ and upholds the reputation of the Holy Spirit. How does Paul pray for the Colossians to please God (Col 1:10)? How can you please God when you compete?

Live It Out

Boasting in our abilities steals the glory that God deserves in our lives and is not pleasing to Him. When you compete, are you stealing God's glory or are you revealing it? Are there any changes that need to be made in you to reveal more of God's glory?

Competitor's Creed Study 4: Attitude

My attitude on and off the field is above reproach – my conduct beyond criticism.

Whether I am preparing, practicing or playing; I submit to God's authority and those He has put over me.

I respect my coaches, officials, teammates and competitors out of respect for the Lord.

- ▶ *My attitude on and off the field is above reproach – my conduct beyond criticism.*

Read Titus 2:6-8. What is God saying to you through this passage? How does this passage apply to athletics?

How can your attitude and conduct impact your team?

Are you pleased with the example you are setting for those on your team? Do you think God is pleased with your example? Why or why not?

Take a serious look at your life and ask yourself, "Is there anything I am doing that, if found out by others, could potentially destroy my life?" If so, read and follow James 5:16 and 1 John 1:9.

- ▶ *Whether I am preparing, practicing or playing; I submit to God's authority and those He has put over me.*

What is the most difficult thing you have to do in preparation for competition?

In 2 Timothy 4:2, Paul writes "be prepared in season and out of season." How does this apply to you as a coach or athlete? How about as a Christian?

What would your sport be like if there were no rules?

How is God's authority like the rules in your sport?

What does Job 34:12-15 say about God's authority?

Read Romans 13:1-2,5. How does Paul instruct us to act toward those God has put over us? Why?

When is it acceptable not to submit to the authorities (Acts 5:27-29)?

- ▶ *I respect my coaches, officials, teammates and competitors out of respect for the Lord.*

Which of these groups above do you have the hardest time showing respect to? Why?

The word respect is used twice in this line of the creed. Is there a difference in the meaning of these references? What?

Read 1 Peter 2:17. How can you show “proper respect” to (value) coaches, officials, teammates & competitors?

Live It Out

What is one way that God spoke to your heart through this lesson? How can you apply this in your life?

The “attitude adjustment” challenge – read Philippians 2:5-8 and memorize verse 5.

Competitor’s Creed Study 5: The Temple

My body is the temple of Jesus Christ.

I protect it from within and without. Nothing enters my body that does not honor the Living God.

My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.

► *My body is the temple of Jesus Christ.*

How would you describe God’s temple to someone? How is it described in 1 Corinthians 3:16-17?

What does it mean to say, “My body is the temple of Jesus Christ?”

► *I protect it from within and without. Nothing enters my body that does not honor the Living God.*

What are some things you try to “protect” your body from? How do you protect it from these things?

We must work to protect our bodies from within (mentally) and without (physically). **Protection from within** comes when we take every thought that enters our minds captive and make it obedient to Christ (2 Corinthians 10:5). This is the key to the transformation that Paul writes about in Romans 12:2. Because the mind is the control center of our thoughts, feelings, attitudes and actions, it is the primary line of defense for protecting our bodies from things that do not honor God. **Protection from without** comes from working to keep our bodies healthy through exercise and eating right, and from keeping harmful substances out of our bodies.

Is it harder for you to protect your body from within or without? Why?

According to 1 Corinthians 6:19-20, why should we honor God with our bodies?

► *My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.*

What is the purpose of the intense training we go through as athletes and coaches?

In Colossians 3:23, how hard does Paul say we should work? Who are we to work for?

Do you view your sweat and your soreness as an offering to the Lord? How so?

Read Romans 12:1. What does Paul urge us to do with our bodies? Why?

Live It Out

In what way are you currently treating your body as a temple of Jesus Christ?

What is one step you plan to take to honor God with your body?

Competitor's Creed Study 6: The Lord's Warrior

I give my all – all of the time. I do not give up. I do not give in. I do not give out.

I am the Lord's warrior – a competitor by conviction and a disciple of determination.

I am confident beyond reason because my confidence lies in Christ.

The results of my efforts must result in His glory.

- ▶ *I give my all – all of the time. I do not give up. I do not give in. I do not give out.*

When is it most difficult for you to give your all in athletics? Why?

How can you apply Galatians 6:9 to athletics?

- ▶ *I am the Lord's warrior – a competitor by conviction and a disciple of determination.*

What are the characteristics of a warrior in athletics?

As you read through 1 Samuel 17:32-37 & 45-50, what are some things that affirm the warrior in David?

- ▶ *I am confident beyond reason because my confidence lies in Christ.*

On a scale of 1-10, how confident are you in your ability to perform well in athletics? Explain your answer.

What causes your confidence to go up or down?

How confident was David as he went into battle with Goliath? Why? (1 Sam. 17:37, 46-7)

How can your relationship with the Lord strengthen your confidence in competition?

- ▶ *The results of my efforts must result in His glory.*

Read 1 Corinthians 10:31. Through what activities are we to give God glory?

Do your efforts in competition generally result in God's glory? How so?

In Matthew 5:16, what is the reason Jesus tells us to let our lights shine?

Live It Out

As you reflect on this lesson, how can you be "the Lord's warrior" in competition?


We are the Lord's warriors. We must compete as His representatives and for His purposes. We must **give our all** for Him, **be confident** in the task He has called us to and carry it out in a way that **results in His glory**.

Personal Testimony Worksheet


How I came to know the Lord...

How I understood the basics of the Gospel...

In Closing...



HUDDLE MEETING



DATE:

TIME:

PLACE:

Fellowship of Christian Athletes - www.fca.org



**FELLOWSHIP OF CHRISTIAN ATHLETES
HUDDLE MEETING**

DATE:

TIME:

PLACE:



Fellowship of Christian Athletes - www.fca.org

Number _____ Fellowship of Christian Athletes

Funds Returned Contribution Transmittal

Huddle Name _____ City _____ State _____

Make Check to: **FCA** _____
(Huddle Name)

Send Check to: _____
(Name/Address of Treasurer)

We will mail your returned funds (less the administrative charge) and donor receipts back to the treasurer for distribution.

Enclosed are Checks from: _____ to _____ 2008/2009

Name of Donor	Amount
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Total of Checks \$ _____

*Less: Admin. Charge \$ _____

Amount of Funds to be returned \$ _____

Instructions:

1. The 7-digit national number will be assigned by the Home Office in Kansas City. Please use the donor number with name on subsequent reports (you will find the 7-digit number on the lower left-hand corner of the receipt). If no address is on donor check, or if a change of address is necessary, please use the next line for address.
2. Mail the original report and all checks to Finance Department, c/o Receipting, Fellowship of Christian Athletes, 8701 Leeds Road, Kansas City, MO 64129. Mail a copy of the report to your local/state office. Keep one copy of this report for your records. Enter national FCA number on your copy from the receipts.
3. *The administrative charge represents a 10 percent fee to be retained by the Home Office for administering the input of checks on Master Directory File, preparing receipts, cutting the check and related postage. The remaining 90 percent will be sent back to your Huddle. There is a maximum \$50 administrative charge per transmittal.

Signed _____ Date _____

Liability Insurance Coverage Certificate Request Form Fellowship of Christian Athletes

Name of event: _____

Date(s) of event: _____

Approximate # of participants: _____

Location of event: _____

Brief description of activities: _____

Name, address and phone of Organization
or Facility (church, school, etc.) requesting
to receive a Certificate of Liability: _____

Attention: _____

Phone number: _____

Fax number: _____

E-mail Address: _____

Special Instructions: _____

FCA Representative Responsible for Event: _____
(Staff or Volunteer)

Signed _____ Date _____

The original Certificate will be sent to the organization requesting proof of insurance. A copy of the certificate will be sent to the FCA Special Event Insurance Department. This completed form must be sent to FCA at least three weeks prior to the date of the event to:

Fellowship of Christian Athletes
Special Event Insurance Dept.
8701 Leeds Road
KC, MO 64129
(800-289-0909)
(816) 923-2136 - fax

Automobile Insurance for Donated and Loaner Vehicles

The following information is required in order to provide coverage for liability and/or physical damage:

PLEASE NOTE: When taking out this insurance, you are assuming the responsibility for the deductible if there should be an accident, and it is \$250 for Comprehensive coverage and \$500 for Collision coverage.

Effective dates of insurance for the vehicle being used: _____

Description (Make, Model, Year): _____

Serial number: _____

Fair market value of vehicle: _____

Principal driver: _____

Date of birth: _____

Driver's license #: _____ State licensed: _____

Loss payable endorsement to: _____

Address: _____

Please Check:

- Need endorsement sent to loss payee
 Do not need endorsement sent to loss payee

Signed: _____ Date: _____

Address _____

Phone #: _____

Please send this completed form two weeks in advance to:

Fellowship of Christian Athletes
c/o Vehicle Insurance
8701 Leeds Road
Kansas City, MO 64129

Sample Form for Loaning Vehicles

Date: Month/Day/Year

To: First Church, Donate Use of Church Vehicle

From: Joe Staff, FCA Staff Person

This lease agreement is written to provide an understanding of the terms of the agreement whereby the Fellowship of Christian Athletes will lease from First Church a 2006 Ford Van (12 passenger), Vehicle Id Number 123456789 (you supply name and donor and description of vehicle). It is hereby understood that the FCA will lease for \$1 the above mentioned vehicle.

The vehicle will be used from July 9, 2008 through July 13, 2008 (you supply the dates) in travel between Kansas City and Pella, IA Central College (you supply the places).

Thank you for your generosity in helping to provide this vehicle for use by the FCA.

Accepted by:

Signed: _____

Name of lender/title: _____

Address: _____

City/State/Zip: _____

Phone number: (Office) _____ (Home) _____

FCA staff person signature: _____

Instructions:

1. Please send a copy of this form to FCA's Home Office.
2. Retain a copy for yourself.
3. Leave a copy for the person who supplies the vehicle.

Sharing the VICTORY

Sharing the Victory (STV), the official FCA magazine, is published nine times a year. Offered at a discount to all TeamFCA members, Huddle Coaches, volunteers, staff and ministers, STV tells the story of what God is doing through FCA, while offering ministry-focused articles to encourage athletes and coaches in their faith. Included are athlete/coach profiles, FCA ministry articles, monthly fitness/ training tips, Huddle spotlights, TeamFCA profiles, Q&A columns, devotions, two-page posters and much more! Huddles can use STV in a variety of ways, as it offers great discussion material.

Regular subscriptions are \$19.95 per year (\$14.95 with the discount mentioned above). Gift subscriptions also are available. To subscribe, go to www.sharingthevictory.com or call 1-800-289-0909.

Reader involvement is an essential part of the STV ministry. Listed are several ways in which readers can participate:

1. Submit your TeamFCA Profile.

By logging on to www.sharingthevictory.com and submitting your profile form and a quality digital photo of yourself, you qualify for the chance to be featured in STV as a TeamFCA Profile. This column is open to all who participate in FCA including student-athletes, coaches, Huddle members, volunteers and FCA staff.

2. Submit your Huddle Spotlight.

The *Spotlight* column features active Huddles, large or small. These Huddles can be junior high, high school, college or adult groups that meet on a regular basis and have a unique idea/event they would like to share with the rest of the FCA ministry. Go to www.sharingthevictory.com to submit your Huddle Spotlight form.

3. Send us a question for *Double Take*.

Readers have the opportunity to present a tough question to the STV staff, who will then track down two athletes, coaches or members of TeamFCA to debate the answer. Previous topics have included anger on the court, Christians and tattoos, homosexuality in the locker room and playing for a non-Christian coach. E-mail topics and questions to stv@fca.org.

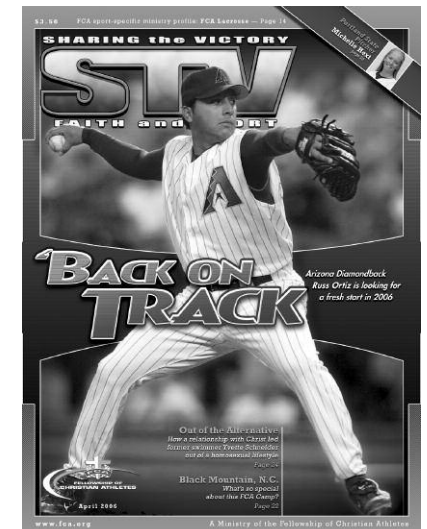
4. Send us your *Ministry in Action* photos.

Take a great photo at your last event? Send it to STV! Each month, STV features a ministry photo in the *Extra Point* column as a way of showing what God is doing through FCA around the country. Photos can be e-mailed to stv@fca.org.

5. Send us *Behind the Bench* devotions.

Do you know a coach's wife who has great wisdom? Encourage her to submit a *Behind the Bench* devotion to minister to other coaches wives regarding their unique lifestyle. E-mail devotions to stv@fca.org.

In addition to participating in the magazine, you also can let STV go to work for you as a Huddle fundraiser. Call 1-800-289-0909 for details.



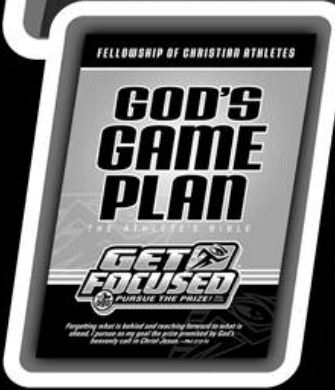
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Examples of t-shirt designs shown:
 - Central High PANTHERS
 - I Compete for the HONOR OF CHRIST, The Reputation of the HOLY SPIRIT, The Glory of the ONE TRUE GOD.
 - YOUR SCHOOL NAME
 - FCA THE GLORY