



PLANNING YOUR COMMUNITY

MEGA SPORTS CAMP EVENT

Overview:

This document covers some of the more specific practical ideas for planning a community MEGA Sports Camp.

Suggested Schedule:

This schedule has been created to work in a two to three-hour block of time. The time commitment of host families is about the same as it would be for hosting a birthday party.

We recommend you use a COMMUNITY MEGA Sports Camp event in one of the following ways:

- Half-day Camp: **Day 4 READY**
 - Use 1 morning, 1 afternoon or 1 evening
- Full-day Camp: **Day 1 HERO + Day 4 READY**

Event	Recommended Length	Components	Where	Leader
Rally Time	30 minutes	Welcome	Backyard/Park	Host Family or Church Leader
		Coach Jon Spotlight	Online Video	
		“MEGA Sports Camp Song”	Online Video	
		MEGA Point Spotlight	Online Video	
		Bible Story	Backyard/Park	
		Closing Prayer / Response		
		Instructions for the Day		
Warm-Ups	15 minutes	Exercise Warm-Up	Backyard/Park	Host Family or Video
Sports / Skills Training	30 - 60 minutes	Sports Training Exercises and Games from MEGA Sports Camp Playbooks	Backyard/Park	Host Family or Church Leader
Snack Time	15 minutes	Closed Packet Snack	Home	Host Family
Huddle Time	15 minutes	MEGA Verse Practice Lesson Questions & Discussion	Home	Host Family
Craft Time	10 minutes	Sports-Related Craft	Home	Host Family
Sports Story	10 minutes	Sports Story MEGA Point Review	Home	Host Family



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RESOURCES

An abundance of resources can be found in the MEGA Sports Camp Starter Kit. There are also additional resources to improve the camp experience that can be purchased from www.MyHealthyChurch.com

From the MEGA Sports Camp Theme Kit

Print Pieces

- Rally Guide
- Director Guide
- Sports Playbooks
 - o Basketball: [Click here](#)
 - o Cheerleading: [Click here](#)
 - o Soccer: [Click here](#)

Slides / Graphics

- Main Theme
- MEGA Point
- MEGA Verse
- Bible Story Pictures

Videos

- Coach Jon Spotlight
- MEGA Point Spotlights
- MEGA Verse Videos

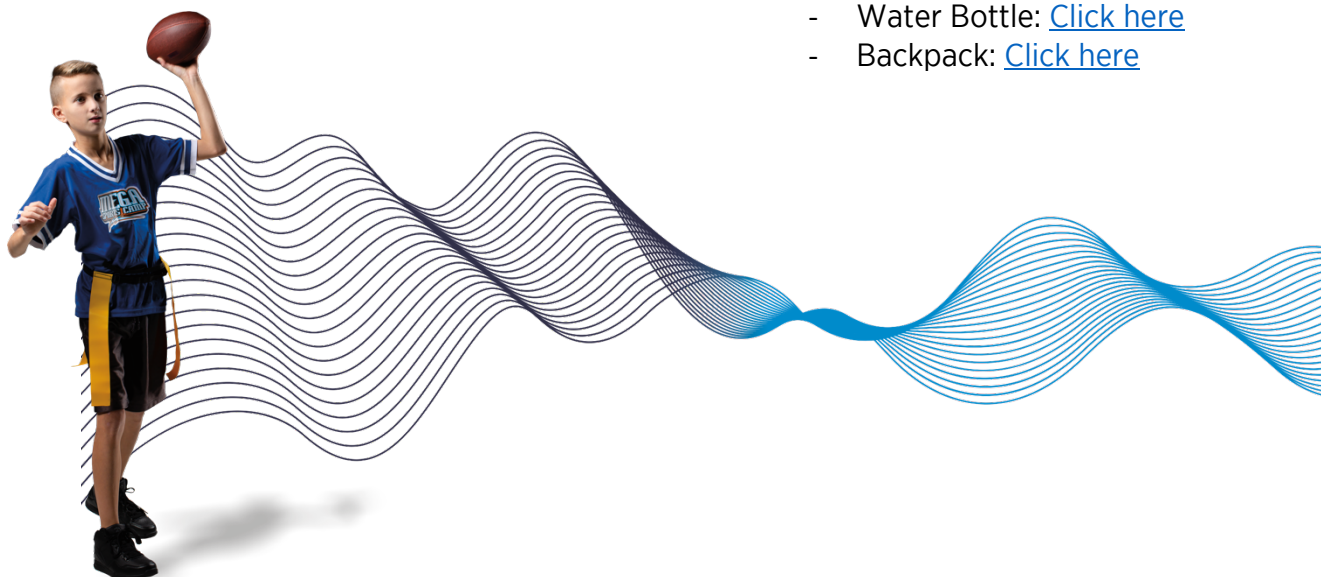
Additional Resources

For Camp Leader

- Cloth backdrop for filming: [Click here](#)
- Additional Rally Guides: [Click here](#)
- Cheer Helps
 - o Cheer Training: [Click here](#)
 - o Cheer Music CD: [Click here](#)
 - o Cheer Routines: [Click here](#)
- Sports Playbooks
 - o Baseball: [Click here](#)
 - o Flag Football: [Click here](#)
 - o Preschool: [Click here](#)
 - o Volleyball: [Click here](#)

For Kids / Families

- Coach Huddle Guide: [Click here](#)
- Salvation Share Squares: [Click here](#)
- Theme Keepers: [Click here](#)
- Sports Flash: [Click here](#)
- Wristbands: [Click here](#)
- Water Bottle: [Click here](#)
- Backpack: [Click here](#)





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COMMUNITY MEGA Sports Camp

First decide how many Community MEGA Sports Camps you want to do, when you will be doing them, and who will be leading the groups. Here are some options to consider:

1. **Pastor Led** – Rather than leading a five-day camp at the Church, you could use this model to lead five ONE-day Community camps in a different families' homes around the area on different days of the same week.
2. **Pastor/Parent Partnership** – You could organize a number of ONE-day camps to happen on the same day in different parts of the neighborhood. Livestream the rally times so that every group gets the same content, but the host parents could manage the sports and other aspects of camp.
3. **Parent Led** – You could let parents run the entire camp. They could customize it for their kids or a small group of neighborhood kids. This would mean the rally time could last longer and possibly be more engaging because it is individualized for that family or neighborhood.

RALLY TIME

One of the best parts of MEGA Sports Camp is the rally time! This time should be high energy and engaging. During a Community MEGA Sports Camp, we recommend the following:

- **Start the day with the Rally:** While kids are focused and excited, start with a high- energy rally time. Make it fun and engaging.
- **Mix it up:** Use both video and people in the rally time to lengthen kids' attention spans.
- **Make it extra fun and impactful:** This is five days of rallies into one or two blocks of time. Make sure it gives kids a great experience and gets the gospel message across to them clearly. Don't squeeze too much into this time!
- **Use the gospel message from the MEGA Sports Camp curriculum:** Keep the message outreach focused. Day 4 from *HEART of a Champion* is all about Jesus dying for us.
- **Make it easy for parents to use video content:** Think through with host families how they will either show the livestream to kids or show video content from the curriculum.





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What needs to be created?

MEGA Sports Camp already provides everything you need to produce a Community MEGA Sports Camp rally.

WELCOME

- This should include a high-energy welcome, ice-breaker question, Coach Jon spotlight video,* daily challenge for the group and sneak peek to what is coming up in the day.

MEGA SPORTS CAMP SONG*

- Kids sing along to the theme song. You could even produce actions to the song and have a few kids or teenagers lead others in doing the actions.

MEGA POINT SPOTLIGHT*

- This video is just a quick and fun reminder of the MEGA Point for the day!

BIBLE STORY

- Use the Bible story visuals and other creative techniques to teach the Bible story and connect it to the MEGA Point.

CLOSING PRAYER / RESPONSE

- Connect the points for kids and close the spiritual part of the rally time. Maybe close with a simple reflection for the kids.

INSTRUCTIONS FOR THE DAY

- Instruct kids about how the rest of your time together looks. Keep it simple and quick!

** The videos that are already in your MEGA Sports Camp theme kit.*



WARM-UPS

Before everyone heads out to do their sports or skills training, we recommend they do a fun warm-up time. There are lots of different ways you could do this.

- **Warm-Up Song:** Use the “MEGA Sports Camp Warm Up Song” to help get kids ready for their sports session.
- **Warm-up worksheet:** Provide kids with a warm-up worksheet that they can follow.
- **Online video:** Look for warm up videos online to use or send links to hosts.
- **Create your own warm-up video:** Have one of your coaches walk the kids through some different exercises. Talk about the importance of stretching to stay healthy.

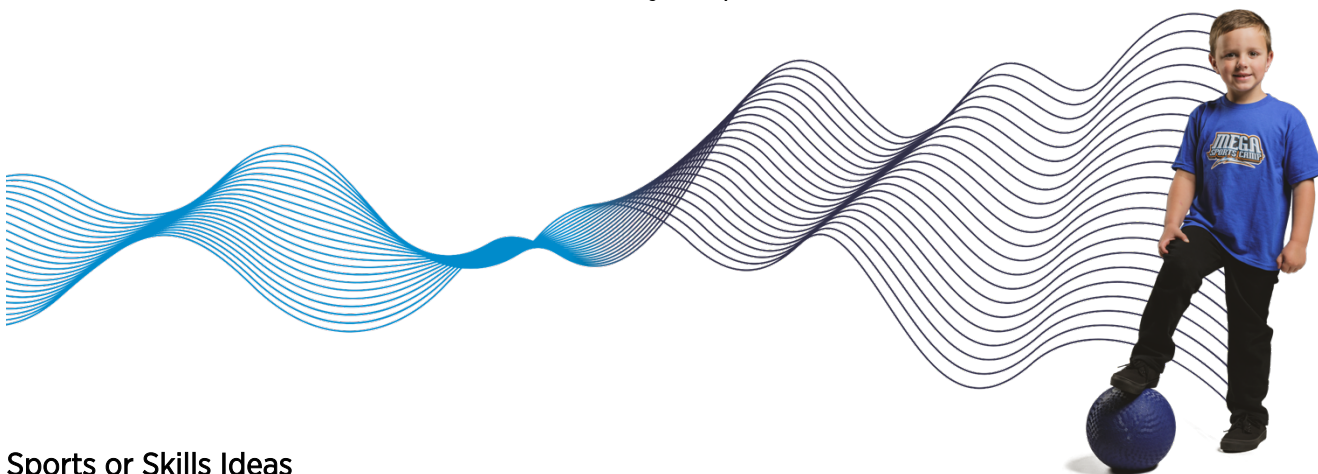


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SPORTS/SKILLS TRAINING

This is one of the most important elements of a MEGA Sports Camp event. Remember our goal with Community MEGA Sports Camp is not necessarily about kids learning to become the best athlete. It is about helping kids be active and have fun together. Here are some things to consider:

- **Keep necessary supplies limited:** Try to use equipment that is reasonable to expect that families already have like a ball or a bike.
- **Consider making Community camps specific to one sport:** For instance, why not make one camp location a cheerleading focused and one basketball focused? This would help when kids register for a camp or invite their friends to their camp.
- **Provide options for host families:** The more options you can provide for the host families the better. Gather a wide variety of sports/skills that families could do.



Sports or Skills Ideas

Here are a few ideas to consider when suggesting sports or skills for host families to do.

- **Soccer Skills:** Use the *MEGA Sports Camp Soccer Playbook* to complete different drills. Focus on passing, dribbling, and shooting. You could also play fun games like crab soccer.
- **Basketball Skills:** Head to a local park to find basketball nets or just focus on basic dribbling or passing skills. Use the *MEGA Sports Camp Basketball Playbook* for ideas.
- **Cheerleading:** Use the *MEGA Sports Camp Cheerleading Playbook* and purchase Cheer Routine Training Videos from MyHealthyChurch.com to learn a new cheer routine. You'll also need the Cheerleading DVD & CD-ROM for music and routines.
- **Dance:** Kids could spend their time learning a dance routine. You could provide a simple teaching video for the kids to follow and practice.
- **Bike Ride:** A bike ride would be a simple way for kids to stay active. The host could talk about road safety and taking care of your bike.



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- **Kickball:** This could be a simple game that kids could practice their throwing and kicking.
- **Obstacle Course:** Create a simple obstacle course in the backyard. This could be a fun way for kids to get exercise.
- **Water Wars:** If the weather is good, turn it into a water war day. Provide buckets of water, some sponges, and water balloons.
- **Nature Walk:** Search for local nature walks to recommend to host families. Then you could even provide them with a worksheet to track the things they find in nature.
- **Baseball Skills:** This could be a simple way for kids to practice their basic baseball skills. Use the *MEGA Sports Camp Baseball Playbook* for ideas.
- **General Outside Games:** Think of fun games to play like jump rope, hopscotch and tag.

SNACK TIME

With the Community MEGA Sports Camp, snacks are always fun for kids. After their sport or skill workout, they will be thirsty and hungry.

For safety purposes, we recommend that you provide snacks that are purchased in single portion, closed packages. Always consider allergies when selecting and distributing snacks.

HUDDLE TIME

The *MEGA Sports Camp Coach Huddle Guide* is the perfect tool to lead kids in a short, small-group reflection. This would give host parents all they need to lead Huddle Time. The primary aim of this time is for kids to talk and share.

CRAFT TIME

Although MEGA Sports Camp doesn't typically have crafts, there are plenty of great craft ideas online that relate to sports! Here are some suggestions:

- Flag / Pennant Decoration
- Basketball – cup & ball
- Foam Hand
- Cheerleader Pom-Poms
- Medal / Award / Trophy
- Desktop Basketball Net
- Paper Plate Tennis
- Paper Football / Goalpost

SPORTS STORY

The *MEGA Sports Camp Starter Kit Rally Guide* provides an encouraging story about a professional athlete that can be tied to the Bible story. Use the *MEGA Sports Camp Sports Flash* for kids to take home to remember their day at MEGA Sports Camp.



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GRANTED PERMISSIONS FOR ONLINE MEGA SPORTS CAMP

There are certain online permissions granted for churches who have purchased the **MEGA Sports Camp *Heart of a Champion*** Starter Kit.

It is legally important that the terms of the permissions are honored by the purchaser as it may significantly inhibit the future use of this theme.

What specific items are the permissions granted for?

- MEGA Sports Camp Song & video
- MEGA Sports Camp Warm-up Song & video
- Coach Jon Spotlight videos
- MEGA Point Spotlight Videos
- All slides & graphics for rally times

What types of online events do I have to use these items in?

We've granted permission during the COVID-19 pandemic for ministries like yours to use MEGA Sports Camp digital content online. **However, these restrictions apply: Content can only be posted to a Facebook group or event, hidden website, password restricted on YouTube or used in a livestream. We are asking that users remove all digital content from the curriculum from all platforms within a month of your camp ending.** Please let us know you are planning on doing MEGA Sports Camp virtually by emailing us at rightsandpermissions@myhealthychurch.com

DENIED PERMISSIONS FOR ONLINE MEGA SPORTS CAMP

If you choose to livestream the rally portion of the Community MEGA Sports Camp, then you should be aware that the copyrights for the following music items are not owned by My Healthy Church or Salubris Resources. Therefore, we cannot provide permission for these items to be used in any online application whether audio or video or lyrics. If your church has a CCLI license agreement, you can contact the copyright holder and inquire about online rights for your church use. That copyright information can be found below:

Romans 5:8

© Jeff McCullough JumpStart3

Romans 10:9 (You Will be Saved)

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Romanos 10:9 (Serás salvo)

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Psalms 19:1-2 (The Heavens Declare)

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