



PLANNING YOUR VIRTUAL MEGA SPORTS CAMP EVENT

Overview

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

Suggested Schedule

This schedule has been created to work in a two to three-hour block of time. This schedule could be repeated daily for up to five days using the Starter Kit. Consider these options:

- **Daily Camp** – One to five mornings, afternoons, or evenings in a row
- **Weekly Camp** – One to ten “meeting times”
 - For more than five days – split the content in half using the Bible Story one day and then the Sports Story the following day

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



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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

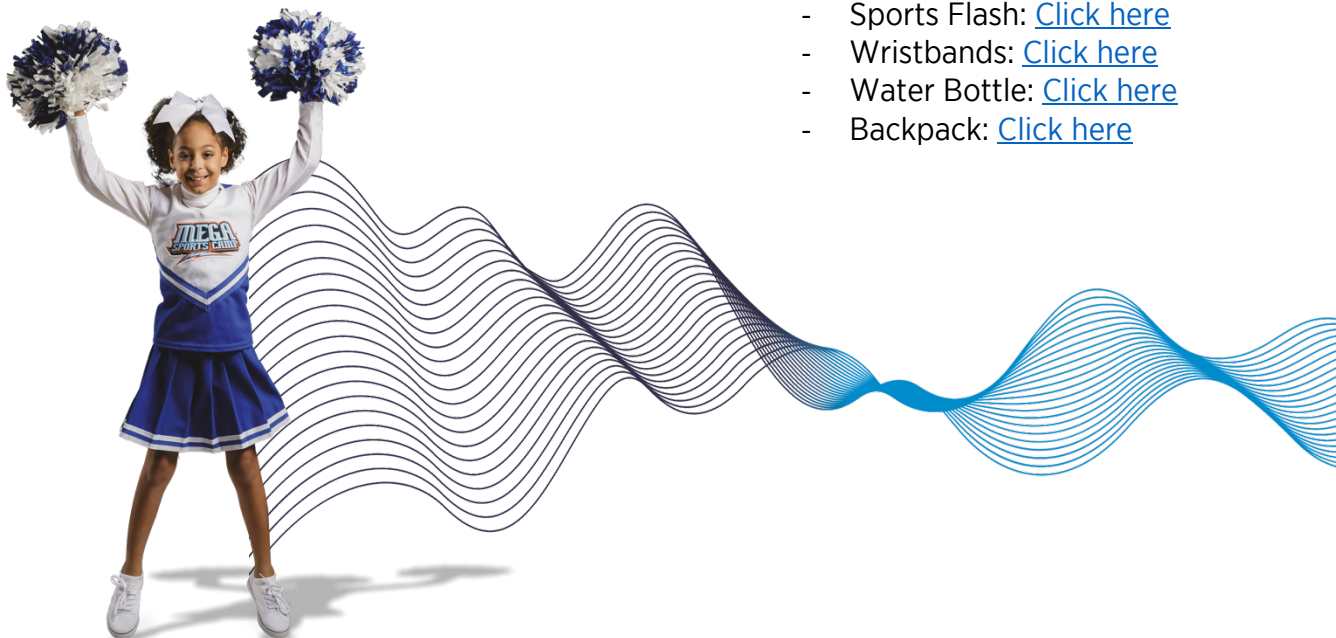
Additional Resources

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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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 Virtual MEGA Sports Camp, we recommend the following:

- **Schedule a time:** It's best if all families can watch the rallies at the same time. This will maintain the feel of an "event" that kids don't want to miss.
- **Livestream or Facebook Premiere:** These platforms allow kids to leave comments and allows you to interact with them.
- **Make it interactive:** Tell kids to comment, ask them questions, have them follow along from home, and participate. Ask them to post videos of them working on their skill or pictures of their completed craft. Set challenges and do giveaways and awards.

What needs to be created?

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



COUNTDOWN

- This video gives kids time to log on and helps you to wait for any latecomers.

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 video.* 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.



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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 families 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 daily warm-up worksheet that they can follow.
- **Online video:** Look for warm-up videos online to use or send links to families.
- **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.

SPORTS/SKILLS TRAINING

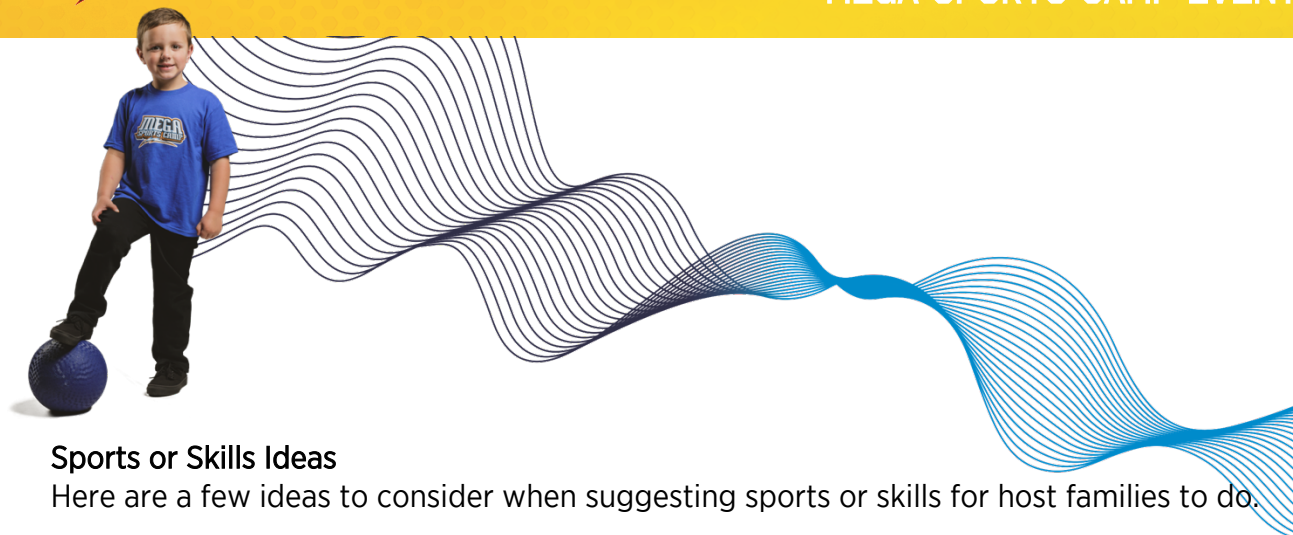
This is one of the most important elements of a MEGA Sports Camp event. Remember our goal with Virtual MEGA Sports Camp is not necessarily about kids learning to become the best athlete. It is about helping families be active and have fun together. Here are some things to consider:

- **Keep necessary supplies limited:** Try to use equipment that is reasonable to expect families to already have, like a ball or a bike.
- **Provide options for families:** The more options you can provide for the families the better.
 - Gather a wide variety of sports/skills that families could do.
 - Encourage families to do something different every day.
 - Families could also come up with their own ideas for ways to get active.





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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 goals 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 the week learning a dance routine. You could provide a simple teaching video for the kids to follow and practice each day.
- **Bike Ride:** A family bike ride would be a simple way for kids to stay active. Parents could talk about road safety and taking care of your bike.
- **Kickball:** This could be a simple game that kids could play to 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. Encourage the whole family to join the fun.
- **Nature Walk:** Search for local nature walks to recommend to 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.
- **Swimming:** For those who have their own pool, this would be a fun option! You could provide them with some fun exercises or games for the pool.



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SNACK TIME

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

If the church is providing the snack, 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.

However, another fun option would be for parents and kids to make their own edible crafts. Here are just a few ideas:

- Trail mix with dried fruits and nuts
 - o Talk about the nature walk or how these items strengthen our body.
- Fruit kabobs
 - o Talk about track and field sports, especially how hard it must be to “stick” that long pole in the right place for a pole jumper.
- Cut fruit arranged in clear cups
 - o Talk about how and why trophies and awards are so fancy.
- Decorate a rice cake with a healthy spread, fruit, and nuts to create a ball.
 - o Talk about their favorite “ball” sports and why those are their favorites
- Fruit and homemade “dip”
 - o Talk about water safety and how kids can safely take a “dip”
- Be CREATIVE!



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

SPORTS STORY

The **MEGA Sports Camp Starter Kit Rally Guide** includes an encouraging story about a professional athlete that can be tied to the Bible story. Use the **MEGA Sports Camp Sports Flash** for parents to give to kids 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 Virtual 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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