



SET MY GOAL

FUNDAMENTALS FOCUS

In sports, kids will focus on the importance of setting goals that they want to achieve.

In faith, kids will see how God has special things for them to accomplish.



MEGA POINT

I will set my goal.

Overview

In sports, fundamentals are vital to an athlete's success. As kids practice the fundamentals of their sport, they will get better in competition. Even the very best athletes still want to improve, and they often set goals to help them focus. Today's sports example is LeBron James. Even though he is one of the best basketball players in the world, he still sets goals.

In the Bible, Nehemiah shows kids how God wants to help us accomplish great things. In today's story, the kids will meet Nehemiah. They'll find out why he set his goal to rebuild the wall of Jerusalem and how he included God in his goal setting.

In Response Time, kids will have the opportunity to set a goal too. They might choose something about sports or from life. They will end the day by asking God to help them commit to accomplishing their goal.



SPORTS STORY

**LeBron James's
free throw goal**



BIBLE STORY

**Ready, set, go build the
wall
Nehemiah 1:1 to 2:10**



MEGA VERSE

MEGA Verse:

Watch, stand fast in the faith, be brave, be strong. 1 Corinthians 16:13, NKJV

> OPENING RALLY



DAY 1

RALLY SEGMENT	PERSONNEL NEEDED
• WELCOME	• Rally Coach; Music Coach
• MEGA POINT SPOTLIGHT	• Rally Coach
• MEGA VISITS	• MEGA; Rally Coach
• AWARDS, MEET THE COACHES, WARM UP	• Rally Coach; Head Coaches
• PRAYER	• Rally Coach
YOU WILL NEED	GETTING READY
☐ Flash Drive ☐ Day 1 Sports Flash ☐ "I Did It" slip	☐ Practice the songs you plan to sing. ☐ Read through the Opening Rally so you are comfortable sharing with the kids. ☐ Print the Rally Guide pages from the Flash Drive for MEGA to review. ☐ Practice the MEGA Point before you teach it to the kids.

WELCOME

- Have fun music playing as the kids arrive.
- Display the Opening Rally MEGA Sports Camp FUNdamentals logo slide.

Welcome to our first MEGA Sports Camp rally! Who's excited to be here? (*Group response*). I'm really glad you are here. At this camp, we are going to play sports. Who's ready to play sports? (*Group response*).

Our theme at MEGA Sports Camp is FUNdamentals. In sports, fundamentals are the basic things you practice until they become easy for you like dribbling, shooting baskets, passing, catching, and many more things. You'll practice fundamentals like these during the Sports Sessions.

There's something else that we're going to do at MEGA Sports Camp. There's a clue in our FUNdamentals theme. Shout it out if you can guess what it is. (*Group response*) FUN! At this camp we're going to have lots of fun! Who's ready to have fun? (*Group response*)

- Invite the Music Coach to the stage to lead the song.
- Play the "MEGA Sports Camp Song" video.

COACH'S CORNER



Directions for displaying and playing the MEGA Sports Camp Slides and videos are included in the text.



MEGA POINT SPOTLIGHT

- Display the Day 1 MEGA Point Spotlight slide.

Great job, everyone! We're here to find out about the FUNDamentals in sports and in life. Let's meet Coach Josiah. He's going to introduce our MEGA Point.

- Play the Day 1 MEGA Point Spotlight Video.
- Display the Day 1 MEGA Point slide.



MEGA VISITS

- MEGA enters from the back and runs to the stage causing quite a commotion. He might climb over a row of kids, trip in the aisle, etc. When he finally gets to the stage, he should raise his hands triumphantly.

I like what Coach Josiah shared with us today. Setting goals can make a big difference in how you do in sports. We need to come up with a fun way to practice the MEGA Point.

- Appear to be thinking about this for a few moments before you notice MEGA.

I just thought of a great way to make remembering our MEGA Point fun! Kids, this is MEGA. He's our Sports Camp mascot, and he's full of fun. On the count of three, introduce yourself to MEGA by shouting out your first name. Ready? One, two, three.

- Pause while kids shout their names.
- MEGA waves excitedly.

MEGA, will you help us have fun as we practice the MEGA Point together? Can you come up with a sign that shows you want us to say the MEGA Point?

- MEGA nods yes and does the MEGA Point action.

That's great, MEGA! Let's say today's MEGA Point for him. I'll start and you finish it.

Today's fundamental is . . . *I will set my goal.*

- MEGA claps and jumps enthusiastically.

I agree, MEGA. I think we're off to a great start at MEGA Sports Camp. MEGA, are you going to hang out with us today?

- MEGA nods yes.

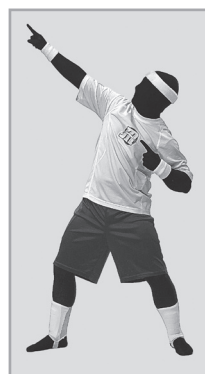
Great, MEGA! At our next rally, we'll hear a sports story about one of the most famous basketball players in the world. Plus we've got some fun planned, and all of our Head Coaches are going to help. You can help too, MEGA.



COACH'S CORNER



If there are kids present from another camp, ask one to come up, give MEGA a high five or a hug, and explain to everyone who MEGA is and what he does.



MEGA Point Action

- MEGA raises his arms and dances in a circle.

Kids, be ready to say the MEGA Point any time you see MEGA. Pay attention. You never know when he'll show up and want you to say the MEGA Point.

- MEGA nods and does the MEGA Point action.

MEGA wants us to say the MEGA Point again. Ready—

Today's fundamental is . . . *I will set my goal.*

- MEGA claps and jumps enthusiastically.
- Display the Awards slide.

AWARDS

Now, let's talk about another fun part of this Sports Camp—awards! Who likes to win prizes? (*Group response*)

Every day, you'll get a *Sports Flash* (hold up the Day 1 Sports Flash) filled with fun activities.

Everyone who tries to do the activities and brings back the “I Did It!” portion next time will get their name entered in a special drawing.

- Tear off slip and show what to return.

Every day we'll give away special prizes, so don't forget to bring back your “I Did It!” slips.

- Hold up the items you've chosen as prizes. (The **Water Bottle** or **T-shirt** from your kit make great prizes. Other options are marked in the **MEGA Sports Camp Catalog**.)

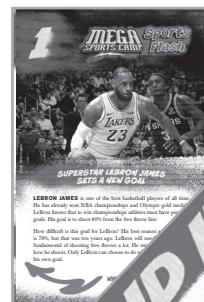
MEET THE COACHES & WARM UP

- Call the Head Coaches to the front, grouped by sport. Introduce each coach.

Before we head out to our first Sports Session, let's warm up. Everyone, stand up and get ready for more fun.

- Play the “MEGA Sports Camp Warm-Up Song” video.
- Display the Day 1 MEGA Point slide.
- MEGA exits now if he has not done so already.

Great job getting warmed up!



PRAYER

I think we're almost ready to go and play. Let's pray and ask God to be with us today.

Dear God, thank You for bringing this great group of people to MEGA Sports Camp today. Help everyone to have fun and stay safe while we play. Help us listen carefully to our coaches as they help us learn how to become better athletes. Amen.

- Dismiss the kids to go to Sports Session 1.

COACH'S CORNER



MEGA should be off stage during all prayers to avoid distracting the kids.

COACH'S CORNER



Feel free to adapt the prayer as needed to fit your camp.

➤ SPORTS SESSION 1



The Head Coaches conduct this session in the various Sports Areas. Instructions are found in the sports playbooks. The Huddle Coaches will assist the Head Coaches and encourage the athletes.

➤ COACH HUDDLE



Coach Huddle is held in the Sports Areas. The Huddle Coaches lead this discussion time with their kids. The Coach Huddle Guide provides the Huddle Coaches with direction.

➤ SPORTS SESSION 2



The Head Coaches conduct this session in the various Sports Areas. Instructions are found in the sports playbooks.

➤ SNACKS & BREAK



Let the kids take a break and finish their snacks before they gather for the Halftime Rally.

➤ HALFTIME RALLY



DAY 1

RALLY SEGMENT	PERSONNEL NEEDED
• WELCOME	• Rally Coach; Music Coach
• MEGA VISITS	• MEGA; Rally Coach
• SPORTS STORY with MEGA MINUTE CHALLENGE	• Rally Coach; Head Coaches, MEGA
• CONCLUSION	• Rally Coach; MEGA
YOU WILL NEED	GETTING READY
☐ Flash Drive ☐ Basketball ☐ Masking tape ☐ Large trash can or box ☐ 10 pieces of typing paper or newspaper pages for each Head Coach and MEGA (Optional: sets of 10 pieces of paper in different colors)	☐ Practice the songs you plan to sing. ☐ Read through the Halftime Rally so you are comfortable sharing with the kids. ☐ Print the Rally Guide pages from the Flash Drive for MEGA to review. ☐ Wad up the paper into balls. ☐ Place the container in the middle of the stage. Tape a line at least 7 feet to the left of the container. Place this line further away from the container if needed. This activity should be hard. Remember—the purpose is to show that most people cannot complete 8 out of 10 shots.

WELCOME

- Transition from snack time by playing “MEGA Sports Camp Song” to announce the beginning of the Halftime Rally. Encourage the kids to begin singing as soon as they arrive.
- Display the Halftime Rally MEGA Sports Camp FUNdamentals logo slide.

If you’ve been having fun today, cheer as loud as you can! (Group response) Who’s already learned something new? (Group response) We’re off to a great start!

- Display the Day 1 MEGA Point slide.

MEGA VISITS

- MEGA enters, dribbling a basketball, and comes up on stage.

Hi, MEGA! It looks like you’ve been practicing sports too. Did you go and visit the kids at their Sports Sessions? (MEGA nods.) How are they doing with the MEGA Point?

- MEGA gives a thumbs-up and sets down the basketball. Then he does the MEGA Point Action.

MEGA wants us to say the MEGA Point together. How about if the boys say it first. Ready?

Today’s fundamental is . . . *I will set my goal.*



- MEGA claps and jumps enthusiastically.

Now it's the girls' turn. Ready?

Today's fundamental is . . . *I will set my goal.*

- MEGA claps and jumps enthusiastically.
- MEGA whispers something in the Rally Coach's ear.

What's that, MEGA? (*Pretend to listen again.*) The kids chose group names for their Huddle Groups?

- MEGA nods yes.

MEGA, I think we want to know what those group names are. Kids, when I say go, shout your group name as loudly as you can. Ready? Go! (*Group response*)

Wow! Hey, MEGA, I'm going to tell the kids about a famous athlete who has played on some winning teams like the Cleveland Cavaliers and the Miami Heat. And now he plays for the Los Angeles Lakers. Can you stay and help me tell the sports story?

- MEGA nods and claps excitedly.

SPORTS STORY

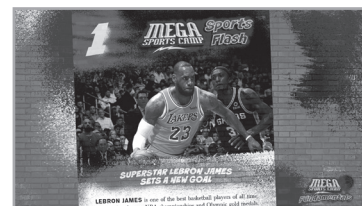
YOU WILL NEED	GETTING READY
☐ Masking tape ☐ Large trash can or box ☐ 10 pieces of typing paper or newspaper pages for each Head Coach and MEGA (Optional: sets of 10 pieces of paper in different colors)	☐ Wad up the paper into balls. ☐ Place the container in the middle of the stage. Tape a line at least 7 feet to the left of the container. Place this line further away from the container if needed. This activity should be hard. Remember—the purpose is to show that most people cannot complete 8 out of 10 shots.

Who loves basketball? Clap twice if you love basketball.

- Let kids clap their hands twice as you count their claps aloud.

One of the fundamentals of basketball is shooting free throws. That's what today's sports story is about. Raise your hand if you think you know who we're going to talk about today. (*Group response*)

- Display the **Day 1 Sports Flash** slide.



Who's heard of LeBron James? (*Group response*) He is one of the most famous basketball players there is. He's won NBA championships and Olympic gold medals. He's a great basketball player. But even when you are as good as LeBron James, you still need to set goals. A couple of years ago, LeBron James set a goal of making 80 percent of his free throws. That means he wants to make eight out of every ten free throws that he shoots.

MEGA MINUTE CHALLENGE

- Display the MEGA Minute Challenge slide.

Let's pause our story here and add some fun as we talk about the fundamental of setting a goal. I need the Head Coach for each sport to come up here.

- Head Coaches come to the stage and join MEGA.
- Hold up the container and a paper wad.

We're going to use this container as our goal and these paper wads as our basketballs. Each Head Coach is going to have ten tries to get the paper wads into the goal. MEGA is going to get ten tries too. Just like with free throws, they need to stand behind a line. If they make at least eight of the shots, they will have an average of 80 percent.

Coaches, it's time to set your goal for this game. How many baskets do you want to make? *(Pause for coaches to respond.)*

Let's see how they do. Make sure to cheer for your sport's Head Coach and count how many baskets they make. Are you ready? *(Group response)*

- Play the MEGA Minute Challenge Countdown video.
- Let each coach shoot ten shots. As they finish, line them up from most to fewest baskets made.
- If you have a lot of coaches, have several coaches play at the same time using different colored paper wads.
- Display the Day 1 MEGA Point slide.

Who remembers what LeBron's free throw goal is? *(80 percent)*
How many of our coaches made 80 percent or eight out of ten of their baskets?

Do you think LeBron James has ever made 80 percent of his free throws in a season? *(Group response)* No, he hasn't. He is still trying to meet the goal that he set.

- MEGA does the MEGA Point action.

Today's fundamental is ... *I will set my goal.*

- MEGA pumps his arms.

CONCLUSION

When we come back for the Closing Rally, we're going to hear a story from the Bible about setting goals. Right now we have another Sports Session. Who's ready to play some more sports?



DAY 1

