



CATCHING HOPE

ATHLETIC
TRAINING
WORKBOOK



WELCOME TO CAMP

We are so excited that you decided to join us this summer for our biggest Sports Camp yet! The theme this year is "Catching Hope." We believe that when we catch the hope that is available for us in Jesus, we can step into the purpose God created us for!

Our coaches and volunteers have been praying that this camp would be a blessing to our community, and you are part of that answered prayer! Our goal for this camp is for you to learn something new, improve your sports development, and grow closer to God each day!

Together with your coaches, you'll take time each day to read through the "word of the day" and learn how to maximize your potential- growing physically, mentally, and spiritually. This workbook is yours to keep, so feel free to write your name on it, and get your teammates autographs. You never know which one of your teammates will make it to the Pros one day! Enjoy the process and "make the big time" where you're at!

We trust that if you give your very best and let God do the rest, you will have an awesome camp experience!

Be sure to JOIN US this Friday June 14th, at 6:30pm for our Sports Service at Hope Chapel! We will have camp awards, Cheer and Hula performances from campers, and a Sports Panel with some of our guest coaches. We hope you'll join us!

THIS BOOK BELONGS TO _____

SPORT _____

Be strong in the Lord and in His mighty power. Ephesians 6:10

CAMP SCHEDULE

SESSION 1

Ages 6-9 (also Keiki 45 + Cheer + Canoe Paddling)

8:00-8:15am Check-in

8:15-8:30am Opening Rally

8:45am Buses depart to locations

12:15-12:30pm Buses return to Hope + Parent Pickup

SESSION 2

Ages 10-14 (also Hula)

1:00-1:15pm Check-in

1:15-1:30pm Opening Rally

1:45pm Buses depart to locations

5:15-5:30pm Buses return to Hope + Parent Pickup

SPORTS LOCATIONS

BASKETBALL South Maui Gymnasium
BASEBALL Kalama Park Baseball Field
HULA Hope Chapel Courtyard
FLAG RUGBY Kalama Park
FLAG FOOTBALL Kalama Park
CROSSFIT Aloha Kihei Crossfit

CANOE PADDLING Kihei Canoe Club
VOLLEYBALL Hope Chapel Grass Bowl
SOCCER South Maui Soccer Field
CHEER Hope Chapel Courtyard
KEIKI 45 Hope Chapel

IMPORTANT NOTE

Campers are required to check-in daily at Hope Chapel. Each session will begin and end at Hope. Campers that arrive directly at their locations will need to return to Hope to check-in before participating.

WHAT TO BRING

- Snacks
- Sunscreen
- Hat
- This workbook
- Water bottle
- Any sporting equipment suitable for your sport

DAY
ONE

STAND FIRM

IF YOU STAND FOR NOTHING,
YOU WILL FALL FOR ANYTHING.

This week will be filled with fun, games, growth, and a lot of sweat. But day one is always about learning the fundamentals – passing, dribbling, catching, throwing, and, sometimes, even how to stand. If we aren't standing properly, our opponents could take advantage and we will fall easily. This is true in sports and in our spiritual life. The best athletes win the battles physically, mentally and spiritually.

In the Bible, Paul wrote to remind early Christians of this truth. He says, "Finally, be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to **stand firm** against all strategies of the devil." Ephesians 6:10

The God of the Bible cares about us and doesn't want us to fall for the evil strategies of the devil, our enemy. The devil wants to trip you up by making you feel unworthy of success, timid, fearful, and he will make you think you're a failure. But, with God you can stand firm! This week we will not only learn about the fundamentals of sports, we will also learn about the fundamentals of life with God – what it means to put on the armor of God. Wearing and knowing this armor will change so much about you! It will change how you act, how you play, and how you think. With it, you will learn how to stand firm when things seem hopeless. The armor of God will give you the ability to catch hope.

LEARN MORE Read Ephesians 6 & Acts 16:25-36

QUESTIONS TO THINK ABOUT What are you most looking forward to at camp this week? How are you looking to grow most this week?

BELT OF TRUTH

AND BREASTPLATE OF RIGHTEOUSNESS

DAY
TWO

SPORT REVEALS CHARACTER

We have all played games that felt like everything was on the line; games where winning meant that we came out on top, and games lost where we were out for the count. In both types of games, we learn a lot about ourselves. When the scoreboard says we won, how we handle being on top matters, and how we act when we suffer a loss is just as important. In wins or losses, our character, how we treat others, matters. Great athletes know this, and God knows this.

The first two pieces of the "Armor of God" are the **belt of truth** and the **breastplate of righteousness**. Truth and righteousness are the foundation of character. In the Bible, we learn that God is true, right, loving, and just. When He created the world, everything was good, right, and true. In the first chapter of the Bible, God speaks to create everything – the earth, the stars, the animals, the trees, and the people. God created people to be like him and that means we were created to do right and be honest. In sports, to do right might mean showing kindness to the losing team after a win or helping someone on your team get better at their shot. Doing the right thing and being honest isn't always easy, but ultimately God desires us to be men and women of character on and off the field.

LEARN MORE Read Genesis 1-2 & Luke 10:25-37

QUESTIONS TO THINK ABOUT How do you feel when you win a big game? What are character traits we want to 'be revealed' in the heat of sports competition?



DAY THREE

SHIELD OF FAITH



THE BEST OFFENSE IS A GOOD DEFENSE.

In sports, we know the importance of getting the rebound in basketball; the significance of the goalie in soccer; and the importance of a strong D-line in football. In nearly every competitive sport, you must be able to defend, protect, and block the opponent's attack. The same is true in our spiritual life, too. As we have been going through the "Armor of God," have you noticed all the equipment has been defensive? Breastplates, belts, and now a shield. This is because we live in a broken world where real evil exists, and we always must be on guard. Very early on in the Bible, we see an opponent working against the goodness and truth God created. He deceived the first humans to not trust God. He pitted humans against God and separated them from Him. We call this separation the Fall, when humans rebelled against God. This deceiver is still working to make us doubt God's goodness and he goes

against Him, His people, and His creation. That is why the shield of faith is so important. Faith is our shield against attacks!

Faith is when we put our trust in something. We can have faith in the God of the Bible, and in the truth that God is good and wants to have a relationship with us. Faith in God can protect us from fear when the world looks scary. It can protect us from doubt when we don't believe we are enough. And it protects us from the lies of the enemy. Faith is how we catch hope when things around us look hopeless.

LEARN MORE Read Genesis 3 and Hebrews 11

QUESTIONS TO THINK ABOUT Do you enjoy playing defense or offense more? How can you prepare for the attacks of the enemy?

HELMET OF SALVATION AND SHOES OF THE GOSPEL OF PEACE

DAY FOUR

WISDOM IS ALWAYS AN OVERMATCH FOR STRENGTH PHIL JACKSON

If you have ever played tackle football or gone skateboarding, you know the value of wearing a helmet, even if you don't like wearing them. Behind your skull is a soft and vulnerable brain and if your brain gets damaged you could have issues thinking, walking, throwing, playing, or even speaking! People for thousands of years have known this truth and helmets have been worn to protect and secure peoples' heads. When we read in the Bible to put on the **helmet of salvation**, we can secure it by obtaining salvation. Salvation keeps our vulnerable and important minds safe and secure knowing we are saved!

What are we saved from? Separation from God! How are we saved? By God's love through Jesus Christ!

Over 2000 years ago, God sent his son, Jesus, to be with us. Jesus showed us what it means to live a perfect life with God and made a way for all of us to do the same. Jesus, though he made no mistakes, was killed, and took the penalty of our sins – the wrong and hurtful choices we make. He sacrificed himself on the cross on our behalf so that we can be with God forever! But something miraculous happened, Jesus didn't stay dead; this proved to the world that Jesus was God and stronger than even death! We call this truth the Gospel, or good news. When we believe in the Gospel, we walk in confidence knowing we are at peace with God, and our minds can rest knowing we have salvation through His loving sacrifice. This is the hope we catch – because of Jesus, we are saved and God is forever with us.

LEARN MORE Read John 3:16 & John 15:1-17

QUESTIONS TO THINK ABOUT What are some wise choices you have made on the field/court? What are ways people have sacrificed for you?



SWORD OF THE SPIRIT

**DON'T BE AFRAID OF FAILURE.
THIS IS THE WAY TO SUCCEED.**

LEBRON JAMES

You wouldn't want to hit a golf ball with a baseball bat, and you wouldn't want to use a tennis racket as an ore for your canoe. You need to strategically choose the right tool for the right circumstance. Paul ends with telling us what tool we should bring to the battle – "the sword of the Spirit, which is the word of God" (Ephesians 6:17b). When it comes to attacks of the devil, our greatest weapon is God's word. God's word is alive and active; it teaches us truth, love, grace, justice, who God is, and all that he has done for us!

Our hope is that this week you have grown in your skills, made new friends, and felt encouraged by your coaches! We know it's sad that camp is only for a week, but what is awesome is that God's word can be with us forever. God's word is the ultimate source of encouragement, growth, and truth. Trials will come and hardships will happen on and off the court, so as you leave this week, know you are leaving with everything you need to walk with God – His word and spirit. By putting on the full armor of God you can stand firm and catch hope ...and the best part is you don't have to do it alone! Here at Vertical Sports and Hope Chapel we are here for you, praying for you, and hoping to see you again. Thank you for joining us this amazing week!

LEARN MORE Read Hebrews 4:12-16 & 1 Timothy 4:8-13

QUESTIONS TO THINK ABOUT What was your favorite part of the week? What is something you learned about God this week?



GOSPEL OVERVIEW



CREATION

God existed before there was anything else. He created the world from nothing and everything God created was good! When God made people, He made them in His image. They are very special to Him!



FALL

When God created people, He gave them the opportunity to know Him and live in relationship with Him. But through Adam and Eve, people broke their relationship with God by choosing to go their own way and sin (sin is anything we think, say or do that disobeys God). From that point on, brokenness entered our world and we still see it everywhere, especially in ourselves and others.



REDEMPTION

When sin and death entered the world and broke it all, there was no hope of everything ever being right again. But God sent Himself, in the form of Jesus to do the impossible. Jesus made things right again in our relationship with God by dying on the cross, and then defeating death when he rose again. Jesus is the reason we have redemption (the action of being saved from sin).



RESTORATION

Jesus brought about restoration (making broken things right) when he defeated death - God's world was being made right again, but it's not done yet. We experienced the new love and hope God has given us as followers of Jesus. We also see a world that is still broken, which God has not yet made right, but we know he will. In this time, we all get the choice of whether we will trust Jesus for our forgiveness and follow Him.

WHAT'S NEXT

GET INVOLVED WITH VERTICAL SPORTS + HOPE CHAPEL

WEEKENDS AT HOPE CHAPEL

Friday Night 6:30pm
Sunday Morning 8:30am + 10:30am

We stream the service live on Sunday mornings at 8:30am. Watch on Facebook or hopechapelmaui.com

VERTICAL SPORTS

Ongoing sports programs happening throughout the year. Stay up to date at verticalsportsmaui.com

Don't miss our Father/Son Daddy/Daughter Basketball Program starting in August!

KIDS, YOUTH AND YOUNG ADULTS

Nursery-6th Grade during services on Fridays and Sundays (Nursery on Sundays only)

Jr High Fridays 6:30pm

High School Thursdays 6pm

Young Adults Wednesdays 6:30pm

UPCOMING EVENTS

Find weekly and upcoming events at hopechapelmaui.com/events

FOLLOW US ON SOCIAL MEDIA FOR DAILY CAMP UPDATES AND MORE!

@verticalsportsmaui @hopechapelmaui

DON'T MISS THE SPORTS SERVICE THIS WEEKEND!

June 14th at 6:30pm

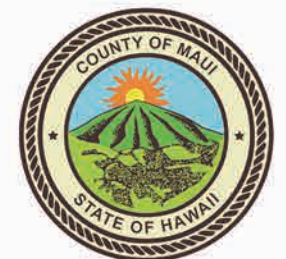
Camper Awards
Cheer Performance

Hula Performance
Camp Highlight Video

WALK WITH THE VERTICAL SPORTS MAUI TEAM IN THE MAUI CHARITY WALK NEXT MAY!

MAHAHALO

TO OUR SPONSORS



GUEST COACHES



MARISSA VOLK
49'ERS CHEER



EDDIE WILLIAMS
NFL BROWNS



TAYLOR JONES
NCAA BASKETBALL



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TAYA COROSDALE
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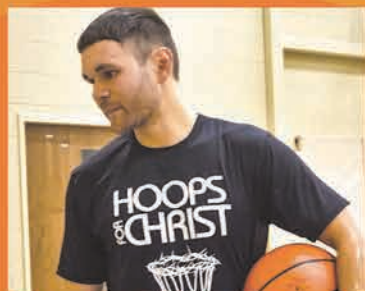
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