

# DAY 1

## Theme: THE GAME PLAN

A focus on the Two Greatest Commandments: *“Love the Lord your God with all your heart, and with all your soul, and with all your mind... and love your neighbor as yourself” (Matthew 22:37-39).*

**Virtue:** Excellence (*striving to do your very best in all you do*)

---

## BOLD BIBLE COVERS

### Theme Connection:

When athletes are training for the Olympics, one of their top priorities is to have a good relationship with the coach. JESUS is our Head Coach! We need to spend time with Him if we want to become Champions for Christ. One way we can do this is by **reading our Bibles everyday!** It is Jesus that gives us the confidence to be **bold in our faith**. Don’t be afraid to share the Good News about Jesus with others. These Bold Bible Covers can be a reminder for us to read the Word of God so we can become **Champions for Christ**.

### You'll Need:

- Bible covers ([orientaltrading.com](http://orientaltrading.com) - IN-48/2910)
- Colorful duct tape
- Permanent markers
- (Opt.) Athletics Stencils ([download](#))

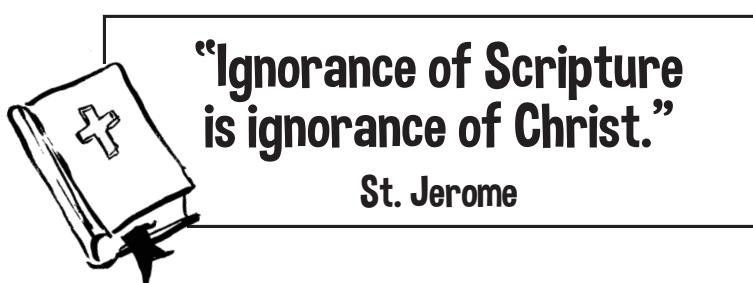
### Prep:

- Tear strips of duct tape for younger children.
- (Opt.) Print stencils on cardstock and cut them out.

### Activity:

1. Write your name on the inside flap of the Bible cover.
2. Tear two strips of tape to form a cross on the cover.
3. Decorate your Bold Bible Cover using stencils, markers and other pieces of colorful tape.

*Ask the Knights of Columbus or the parish to donate Bibles for the kids.*



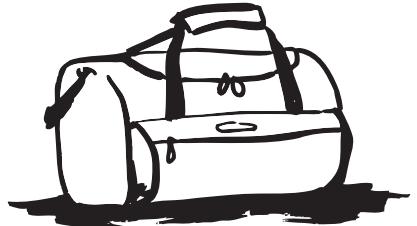
# CATHLETICS SPORT BAGS

## Theme Connection:

Every athlete needs a sports bag to carry their water bottle, healthy snacks, exercise gear and other personal items. This week, you can keep your special VBS items in your sports bag.

## You'll Need:

- Drawstring Bags ([orientaltrading.com](http://orientaltrading.com) - IN-48/2397 or IN 57/9068)
- Stencils (*sport, religious or letters*)
- Permanent markers, fabric markers or colorful tape
- (Opt.) Cathletics Stencils ([download](#))



## Prep:

- Insert a paper in each bag so the marker doesn't run through the other side.

## Activity:

1. Write your name on your sports bag.
2. Write or stencil the word "CATHLETICS" on the front side.
3. Decorate your bag using various stencils, markers and colorful tape.



# SPORT BOTTLE WRAPS

## Virtue Connection:

These Sport Bottle Wraps will help remind us how important it is to drink lots of water in order to keep our bodies healthy. It's a good idea to drink water before, during and after exercise. Athletes can perform with **excellence when they take good care of their bodies.**

## You'll Need:

- Plastic water bottle (*1/child*)
- Adhesive Velcro strips
- Stickers (*sports and religious theme*)
- Pencil crayons and colored markers
- Clear tape
- Scissors
- Sport Labels (*1/child*) (*download*)

## Prep:

- Print and cut out the Sport Bottle Labels.
- Cut strips of craft foam.

## Activity:

1. Color a label and write your name on it.
2. Tape the label on the craft foam using strong clear tape.  
*The tape will also prevent the labels from getting wet.*
3. Stick the soft side of the Velcro strip on the inside edge of the craft foam.
4. Stick the grippy side of the Velcro strip on the outer edge of the craft foam.
5. Decorate the label with stickers.
6. Wrap the label around the water bottle and fasten it using the Velcro.  
*These cool Sports Bottle Wraps can be re-used on various water bottles.*



**“With joy you will draw water from the wells of salvation.”**

**Isaiah 12:3**

# COLOR ME TEAM T-SHIRTS

## Theme Connection:

These Color Me Team T-Shirts are a great way to promote your parish VBS! These Cathletics T-Shirts will be a fun reminder that we are all on the same team, training hard to be Champions for Christ.

## You'll need:

- White t-shirt (*graphic available to download*)
- Fabric markers and/or washable markers

## Prep:

- Get your shirts printed 2-3 weeks in advance to ensure they are ready for your VBS.

## Activity:

1. Color your shirt and wear it to VBS everyday!
2. Group leaders can get the kids to autograph the back of their shirt.

*If the kids color their shirts with washable markers, they can wash their shirts and color them over and over again.*



**“You were made for greatness.”**

**Pope Benedict XVI**