



Dear VBS Director,

**Welcome to the Cathletics Vacation Bible School!**

This program was creatively designed to help kids and leaders explore, learn and grow in their Catholic faith.

**The goal of this program is to engage kids in the LIFE OF CHRIST with teachings from God's Word on the Commandments, the Beatitudes and the Fruits of the Holy Spirit.**

The Cat.Chat VBS is designed as an easy-to-use, flexible five day program. Each daily schedule will vary from parish to parish, but generally summer programs run from Monday to Friday (*approx. 8:45 a.m.-12:00 noon*). The last day of the VBS may extend into the afternoon with a special liturgy (*Mass*) and the Cathletics Party.

Each day of the Cat.Chat VBS includes:

- **Opening Assembly (20-25 min.)**

Everyone meets together for music and theme song, prayer, announcements, virtue demonstration, Bible verse, skit, and dismissal into groups for station rotations.

- **5 Main Stations: Faith, Crafts, Games, Music and Snacks (25 min. each)**

Adult and teen volunteers (*group leaders*) lead their group of children through the five different stations.

Allow an extra five minutes for groups to change stations.

The groups will vary in size, depending on the number of participants attending your VBS.

- **Closing Assembly (10-15 min.)**

Everyone meets together for the Cat.Chat song(s) of the day, announcements, prayer, and dismissal.

Ideally, children should be divided into groups according to their age: 4-5 year olds, 6-7 year olds, 8-9 year olds, 10-11 year olds. Youth ages 12 and up can have roles in areas such as music, skits, party planning, decorating, food prep, assistants for station leader or group leaders, etc.

Each day, the activities in this VBS program focus on a central theme and virtue. From the faith, snacks and crafts to the music and games, each activity is designed to reinforce the daily lesson and enhance the child's faith learning experience.

Thank you for taking on this important role. You're in for a fun and faith-filled week!

We hope this Cat.Chat Vacation Bible School program blesses you as much as it blesses the children who participate.

In Christ,

**The Cat. Chat  
VBS Team**

**"If He asks much of you, it is because  
He knows you can give much."**

**St. John Paul II**



# PROGRAM OVERVIEW



	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Theme</b>	THE GAME PLAN Focusing on The Greatest Commandments	KNOW THE RULES Learning the Ten Commandments	TRAINING HARD Practicing the Beatitudes	GAME ON Living out the Fruits of the Spirit	VICTORY! Becoming Champions for Christ
<b>Saint of the Day</b>	St. John Paul II	St. Anne	Blessed Pier Giorgio Frassati	St. Marguerite D'Youville	St. Francis Xavier
<b>Virtue of the Day</b>	Excellence	Prudence	Fortitude	Temperance	Justice
<b>Opening Ceremony</b>	VBS Theme Song, Prayer, Announcements, Theme Intro and Virtue Demonstrations and Skit				
<b>Skit</b>	Making the Team	The Rule Breakers	God Kind of Boot Camp	Run Like A Champion	The Prize!
<b>Faith Station</b>	Bible Verse Song: <i>Jeremiah 29:11</i> Bible Story: Noah's Ark	Bible Verse Song: <i>2 Timothy 2:5</i> Bible Story: Moses and the Ten Commandments	Bible Verse Song: <i>Philippians 4:13</i> Bible Story: The Beatitudes	Bible Verse Song: <i>1 Corinthians 9:25</i> Bible Story: The Good Samaritan	Bible Verse Song: <i>Philippians 3:14</i> Bible Story: The Annunciation
<b>Music Station</b>	Champion for Christ King of All	Do What's Right Patience	Courageous Rise Up	Fruits of the Spirit I Will Win	Spark My Heart For Children Everywhere Bonus Song: Faithful
<b>Craft Station</b>	Bold Bible Covers Sport Bottle Wraps	Sport Bracelets Cathletics Scripture Cards	Fantastic Frisbees Beatitude Banners	Scripture Sticks Light of Christ Candles	Mission Money Banks VBS Photo Frames
<b>Snack Station</b>	Tasty Torches Bagel Rings Patriotic Parfaits	10 Commandments Treats Bible Bites Tasty Traffic Lights	Wacky Weights Champion Salad A Bowl of Beatitudes	Fruity Pancakes Fun Fruit Kebobs Watermelon Pizza	Goodie Gold Medals Bread Boats Scripture Cookies
<b>Games Station</b>	Daily Drills Pass the Torch Terrific Teammates	Coaches, Athletes & Referees Who's Your Coach Ten Commandments Race	Beatitudes Word Race Find Your Champion Partner Alphabet Exercises	Dance with the Fruits of the Spirit Fruit of the Spirit Ball Blitz Bible Verse Game	Crazy Cathletics Games Bible Parachute Games
<b>Closing Ceremony</b>	Action Songs, Announcements, Take Home Items and Dismissal				

# Decorating Ideas

Your church hall, school gymnasium, or classrooms can be transformed into an awesome Olympic/sports arena.

Decorate the main hall with a feature Cathletics wall. Post the main Cathletics logo, 3 Rings (*Bible, Cross and Church*) and 4 sport pictograms.

Make your own Olympic torch using a cardboard box and red and orange tissue paper. Put a small fan inside to make the tissue paper look like moving flames. You can make smaller torches using poster board rolled up into a cone shape, and filled with orange tissue paper.

*Go online to check out other great ways to make Olympic torches.*

Make a separate mural with the title, “Champions for Christ” featuring the Saint of the Day. *Colored VBS saint posters (8.5x11 and 11x14) can be purchased from Cat.Chat Productions.*

Make Cathletics Rings: Use three hula hoops and wrap colored duct tape around each one. Print the “Cathletics Ring Symbols” (*download*). Cut them out and tape on the wall in the middle of each ring.

Print various Cathletics clipart, motivational posters, and virtue posters to put on the walls. (*download*)

Hang sports equipment, trophies, and medals around the room. (*badminton rackets, jerseys on hangers, hockey sticks, balls, etc.*)

Make large Cathletics sport pictograms by projecting the clipart image onto a wall and tracing it on black poster board.

Hang international flags around the room. You can purchase flags or print them off (*download*).

Make colored paper chains in the five Olympic colors: red, yellow, green, black and blue.



# Daily Opening Assembly

*The Director can be the M.C. for the Opening and Closing Assembly each day. Be fun and energetic and your enthusiasm will engage the children!*

## MUSIC

During the Opening Assembly on Day 1, the Director or Music Leader can introduce the theme song *Champions for Christ*. Play the Action Song video. Ask all the leaders to participate, too. Every other day, play one of the action songs learned in the music station from the previous day.

## OPENING PRAYER

Ask your parish priest if he can lead the opening prayer. It's great to have the presence of a priest at different times throughout the VBS week.

### Opening Prayer

**Jesus, thank you for bringing us all  
together to grow in our faith.  
This week at our Cat.Chat VBS,  
be with us as we learn more about the Bible  
and experience a deeper love for you. Bless  
our day and keep everyone safe. Help us  
become Champions for Christ!**

**Let us pray:  
Our Father, Who art in heaven,  
Hallowed be Thy Name.  
Thy Kingdom come. Thy Will be done,  
on earth as it is in Heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who  
trespass against us.  
And lead us not into temptation,  
but deliver us from evil. Amen.**

## WELCOME / ANNOUNCEMENTS

Read the Daily Theme Intros on the following pages. Go over any rules and make important announcements. Explain the fire evacuation plan and point out fire exits and washrooms.

## THEME OF THE DAY

Introduce the Theme of the Day by taking the daily item out of a sports bag.

## VIRTUE DEMONSTRATION

Refer to the Virtue Demo pages for great ways to demonstrate the Virtue of the Day.

## SKIT

The script for the daily skits are included in this director guide.

## DISMISSAL TO STATIONS

Dismiss the children to their groups. The group leaders will lead the children to their appropriate station. You could have the children sing the theme song (*chorus only*) as they are walking to their stations.





# OFFICIAL CATHLETICS “KICK OFF”

**Boys and girls! Athletes of all ages!**

**Welcome to CAT.CHAT’S CATHLETICS VBS!**

*Cathletics rhymes with athletics.*

*(Opt.) At this time, light a large candle or torch.*

**I officially declare our CATHLETICS VBS now open!**

*(Name of parish) is excited to host this exciting event! We are all on God’s Team! When I call out your team name, everyone on that team, cheer really loud! (one by one, name each of the teams and have them cheer. For example, Team Soccer, Team Hockey, etc.)*



**You have come to train to become Champions for Christ!**

**Our Head Coach is Jesus, the greatest of all Champions!**

**My name is Coach \_\_\_\_\_ and I’ll also be your coach for the week.**

**The station leaders will be your assistant coaches.** *Introduce the main station leaders.*

*For example, the games leader will be Coach Smith, the music leader will be Coach Anderson, etc.*

**The group leaders will be your personal trainers.** *Have all the trainers stand up and wave.*

**Did you know that in every sport, the coach has a game plan for players to follow if they want to become champions? Every player needs to learn the rules and follow them. It’s important for athletes to train hard and play every game with their best effort, with EXCELLENCE!**

**The same is true about being an athlete for Christ. We need to train hard to become the best Christians we can be! Jesus wants us to live out His game plan, so that we can win the ultimate victory prize, which is eternal life in Heaven.**

**Each day, you’ll be learning some exciting play-by-plays of our faith in each of the five stations: games, music, crafts, faith and snacks.**

**Let’s begin with an opening prayer:**

**Jesus, we thank You for bringing us together to grow in our faith. This week at our Cat.Chat VBS, help us to learn more about the Bible and experience a deeper love for You. Bless our week and keep everyone safe. Amen.**

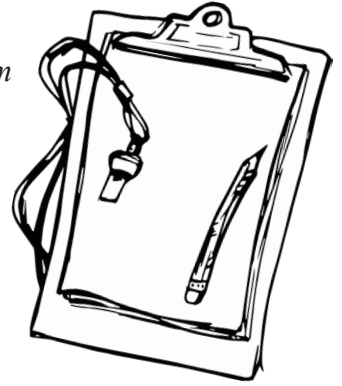
# Daily Theme Intro

## Day 1

Today's theme is: **The Game Plan!** (*Watch Day 1 Theme Intro.*)

Let's see what I have in my sports bag. (*Show a **clipboard** attached with a VBS program overview, along with a list of everyone participating in VBS, including the leaders.*)

I'm holding the Game Plan for the week, along with a list of all the names of everyone here at Cathletics VBS. We need to remember that we are all part of a team: God's Team. We all have the same Game Plan: our game plan is learning to love. Our focus today will be on the two greatest commandments.



Does anyone know what the greatest commandments are?

To love the Lord our God with all our heart, soul, and mind, and to love our neighbor as ourselves.

Our VBS Saint of the Day, also known as our champion player, is St. John Paul II. *Point to the saint poster.* You'll be learning about him in the faith station today. Let's remember to ask St. John Paul II to pray for us. When I say St. John Paul II, you all say, "Pray for us." St. John Paul II... *pray for us.*

**Virtue:** Excellence. *Do the virtue demo.*

**Skit:** Making the Team

## Day 2

Today's theme is: **Know the Rules!** (*Watch Day 2 Theme Intro.*)

Let's see what I have in my sports bag. (*show a **whistle** and blow it, then take out a **Bible***)

Now that I have your attention, I want to show you the most important book in the whole world: The Bible! Just like every sport has a playbook to learn how to play by the rules, this is our book to teach us the rules about how to live according to God's plan. We'll be learning about the Ten Commandments and how they help us become Champions for Christ.

Our **champion player today is St. Anne.** (*point to the saint poster*)

St. Anne was Mary's mom and Jesus' grandma. Let's ask her to pray for us.

St. Anne... pray for us.

**Virtue:** Prudence. *Do the virtue demo.*

**Skit:** The Rule Breakers



# Day 1 Virtue Demo: EXCELLENCE

## **Ask:**

### **What does it mean to strive for excellence?**

*Doing your very best in everything you do, continuously learning and improving in all areas, the quality of being excellent, etc.*

## **Demonstrate:**

I need 2 volunteers. *Choose one boy and one girl. Have them stand beside each other.*

I want both of you to take a BIG step. *(pause)* Good job! Now, I need you to take an even bigger step! *(pause and wait)* Wow, even better! This time, I want you to give it your best shot, and take the biggest step possible! *(pause)* Awesome!

**Which step do you think was your biggest step? The first, second or third one?**

## **Explain:**

It's interesting how you didn't take your biggest step the first time. Aiming for excellence is when you give it your very BEST effort, every time, and even the first time! You try to be the best YOU can be at all times! *Thank the volunteers, give them a round of applause and have them go back to their seats.*

### **What are some things you can practice excellence in?**

*Faith, chores, school work, sports, friendships, hobbies, taking care of our bodies, etc.*

### **What happens when you don't practice excellence in those things?**

*Low grades, broken relationships, we settle for second best, etc.*

In the Bible, St. Paul tells us "if there is any excellence, if there is anything worthy of praise, think about these things." *Philippians 4:8*

### **What are some ways to practice excellence in your faith?**

*Put God FIRST: Love God with our whole heart, mind and soul, read the Bible, pray before meals, practice an attitude of gratitude, celebrate Mass on Sundays, go to Confession, etc.*

When we don't practice excellence in our faith, we MISS OUT on all the amazing things God has prepared for us. We experience less joy and less peace in our heart.

We need to have a great game plan: to practice EXCELLENCE in everything we do! If we want to become Champions for Christ, we need to practice the virtue of excellence.



**"The world offers you comfort, but you were not made for comfort. You were made for greatness."**

**Pope Benedict XVI**



# DAY 1: Making the Team

Written by Denise Montpetit (inspired from a Life Teen Skit - [www.lifeteen.com](http://www.lifeteen.com))

**Duration:** *Approx. 5 minutes*

**Characters:** *Coach*  
*Billy (football player 1)*  
*Joey (football player 2)*  
*Michael (football player 3)*



**Props:** The scene is set to look like a coach's office.  
☐ A desk, a couple of chairs, some sports equipment and a sports water bottle or cup of coffee.  
☐ Coach wears sports gear, a ball cap, a whistle around his neck and holds a clipboard and pen.  
☐ Billy wears a football jersey and carries a football.  
☐ Joey wears a dress shirt and tie, carries a sports bag and notebook.  
☐ Michael wears a t-shirt, jeans and a ball cap.

**Script Cards are available to print on the MY VBS website.**

**Intro:** *Coach is sitting behind the desk looking at his clipboard. Billy knocks at the door.*

**Coach:** **Yes?**

**Billy:** *Almost instantly, a young football player (Billy) comes through the door. He is all pumped up, tossing a football to and fro, is overly enthusiastic and practically sprints to the chair facing the desk. He grabs the coach's hand, shaking it up and down wildly.*  
**Thanks for seeing me, coach! I'm glad to be here! I know I'll make the team.**  
**I think this year is going to be great. I think you'll enjoy having me on your team.**  
**I'll be your #1 quarterback. I won't let you down.**

**Coach:** **Billy, can you tell me...**

**Billy:** *(interrupts)* **How much I weigh? 170 lbs. But, of course, I plan on bulking up this year! I've been working out and lifting weights, see? (shows muscles) I can make things happen for you!**

**Coach:** **Ok. But, what I really need...**

**Billy:** **Trust me, I know what you need! You need leadership, right? I got it. I'm here to make a name for myself, to rise to the top, to be the best!**

**Coach:** **But, what I'm looking for...**

**Billy:** **Trust me. I'm what you're looking for! I'll be your #1 player. You won't even know the other players are there.**

**Coach:** **But...**

**Billy:** **No buts about it! Don't worry coach. Slaps the coach on the back.**  
**I gotta run and head back to the gym. Runs off scene.**

**Coach:** *Sits at his desk shaking his head and places his hands on his forehead.*  
*After a significant pause, he grabs his pen/marker and crosses out a name on his clipboard.*  
*Another loud knock at the door.*

**Joey:** *Walks in, dressed in a dress suit and tie, carrying a sports bag and notebook.*  
*He goes to the coach's desk and slaps his own notebook on the coach's desk.*

**Coach:** **What's this?**



# Making the Team (Continued)

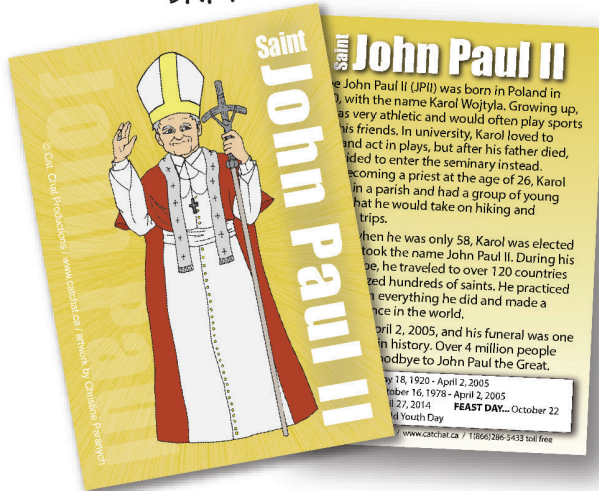
- Joey:** It's MY Game Plan! I was thinking about some of the things you said to us today at practice and I'm not so sure I "dig" some of the game plans. I thought I'd change things up a bit, so I came up with some of my own plans...
- Coach:** OH, really...
- Joey:** Trust me! I've got it all figured out, how our team is going to win the championship... according to my game plan, of course. Now, let me show you what I can do for our team! *Shows coach the plays on the notebook.* Check these plays out, coach. *Flips another page.* Oh, and this is the best one yet!
- Coach:** Those are good ideas Joey, but I think we should stick to the original game plan...
- Joey:** But coach, I think you're missing the point. *(offended and upset)* Fine! Have it your way! Say no more! I'm out of here! *Grabs his notebook and storms from the room.*
- Coach:** *Coach sighs, takes a deep breath and looks up to the heavens. Crosses out another name on his clipboard. A moment later another knock at the door. Come in!*
- Micheal:** *A calm, young guy walks in, dressed in a t-shirt and ball cap. Hi coach. He walks over to the desk and sits down in the chair, takes off his ball cap and waits for the coach to say something.*
- Coach:** Hi Michael. You played really well at practice today.
- Micheal:** Thanks coach. I'm pretty nervous, since this is my first time trying out for the team. *(pause)*
- Coach:** So, what can I do for you, Michael?
- Michael:** Well, actually coach, I was going to ask you, "What can I do for you?"
- Coach:** *(in a surprised voice)* Excuse me?
- Michael:** *(sincerely)* What do you want me to do to help make our team a winning team? I'm here to work hard! Whatever it is, that's what I'll do and I'll do my very best to play by the rules. You're in charge. You're the coach. You're the pro. I want to follow your game plan. You know what's best for me and the whole team.
- Coach:** *Coach puts down his clipboard with a smile. You're IN!*
- Michael:** *(confused)* I'm in? What do you mean, coach?
- Coach:** Michael, you made the Team!
- Michael:** Really! Cool!
- Coach:** Michael, I'm looking for guys who are team players, hard working, committed and most importantly, I want players who are willing to follow my game plan. I have exciting plans for you and this team.
- Michael:** Cool! High-five, coach! *Gives a high-five to the coach and runs off cheering. Throws his ball cap in the air in excitement!*
- Coach:** *Looks up to heaven and gives two thumbs up!*

THE END

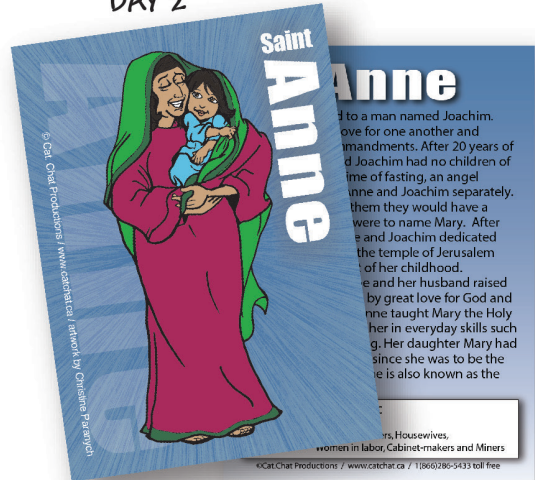
# VBS TAKEHOME ITEMS

Order these great Cathletics resources and keep kids talking about their VBS experience with family and friends. Videos and music are also available as a digital resource. *Available at [catchat.ca](http://catchat.ca).*

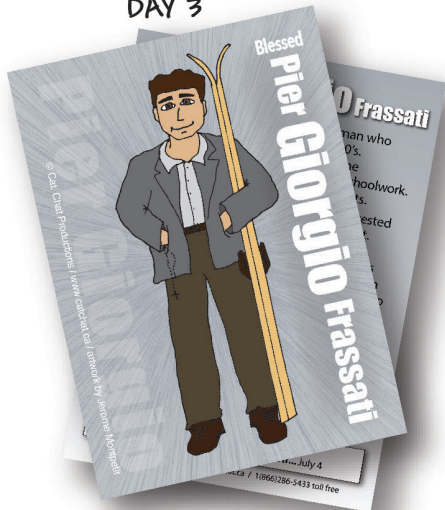
DAY 1



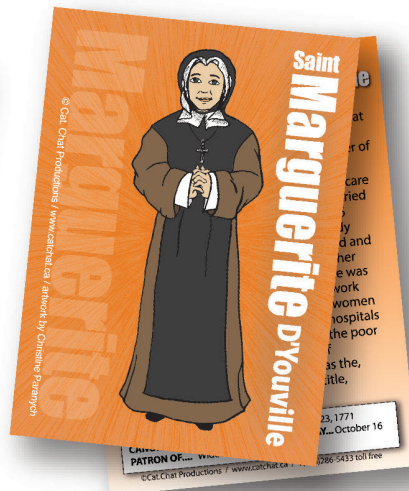
DAY 2



DAY 3



DAY 4



DAY 5

