



## ***“Training Camp”***

### **Spiritual Fitness Workout Coaching Points**

**(Mini-Team: 2-4 Team Members)**

#### **TIPS FOR THE COACH**

- The “starting team” should be no more than 2-4 members. As you grow you can consider starting another “Training Camp” workout team or work toward becoming a “Regular Season” workout team (8-12 members).
- Appoint two team members to be the "Coach" and the “Assistant Coach” to lead the team. It is good to have multiple men who can lead the workouts.
- Start and stop on time. This respects others time and it is attractive to men to stay on schedule (one less reason to quit).
- Find a location and set a date to begin. You can meet in your homes, parish facility, office or any quiet and private place.
- You should meet weekly or at least twice per month.
- Commit to follow the “Training Camp” meeting format faithfully.
- Follow the content lineup for Season #1.
- View or listen to series episodes **for free** streaming on-line at the CTG website ([www.crossingthegoal.com](http://www.crossingthegoal.com)) or you can purchase a DVD through the website.
- A Workout Guide containing workout questions and reference material for the series episode can be downloaded **for free** from the CTG website.
- Make a hard copy of the Workout Guide for each team member so that you can each make personal notes.
- Encourage every team member to do a Pregame Film Study -- to view or listen to the episode for the next workout and to download and review the corresponding Workout Guide prior to attending the workout.
- Encourage every team member to bring his personalized Workout Guide to the workout so that you can refer to your notes during the Huddle Discussion portion of the workout.

- Encourage every team member to keep his Workout Guides in a notebook.
- All team members must make a concerted effort to create a personal action item and work to accomplish their personal action item before the next workout.
- Provide a brief time at the beginning of the workout for team members to share about their progress. You can lead by sharing your own progress.
- Encourage every team member to bring their Bible to all workouts (Make sure you bring yours).
- Keep a copy of the Catechism of the Catholic Church available during workouts.
- Focus on your own spiritual training.
- Let us know about your Training Camp Workout by contacting us periodically on our website so that we can network with you.

### **TIPS FOR THE HUDDLE DISCUSSION**

- Create a “safe environment.” Everything said in the "huddle" stays in the "huddle" and is held in STRICT CONFIDENCE.
- Keep everything moving. If the discussion lags, move on to the next question.
- Stay on the subject at hand: don't get off-base. Gently redirect as needed.
- Don't allow one person to dominate the sharing (including yourself). You must kindly interrupt so that you can move on.
- Try to include men who are quiet. Gently invite them into the discussion. Remember that we win or lose as a team. Everyone's contributions in the Huddle Discussion are important to our team success.
- Listen! Be attentive to what is being said.
- You don't need to comment on the men's answers to the discussion questions.
- All members, and their sharing, are of equal value; no gurus.
- Refer to the Catechism for answers regarding Church teaching. Do not guess!
- Discussion of public figures and issues should be discouraged. These workouts are not a debating session.
- Discussion of church figures and issues should be discouraged.
- Personal counseling during the meetings should be avoided.
- Personal experiences can be shared but any major issues should be handled outside of the meeting.
- Sensitive and difficult disclosures and sharing can be followed by taking time out to pray.
- Be sensitive to the movement of the Holy Spirit and follow that movement.