

# Sports Emblem



This emblem may take quite a long time for the Ranger to complete as it involves participation in a few different sports. It is suggested that the Ranger can complete many of the requirements on his own, reporting back to his leader and section. Many of the requirements are self-explanatory and need no further development.

## **Team Sports – Requirement #1**

### **My Favorite Sport or Athlete**

To help teach this requirement, a fun idea is to have the boys cut out photos from the newspaper or magazines of their favorite sports or athletes. The pictures can then be pasted or glued to poster board.



### **My Favorite Team**

Have the boys do a short report about their favorite sports team. Why do they like this team? What is their mascot or logo? Have them draw and color the logo.

### **Sportsmanship**

Write a paragraph about sportsmanship. Tell why it is important. Illustrate several examples of sportsmanship in sports. Tell how these examples of sportsmanship relate to everyday behavior off the sports field.

The next page has a sample worksheet the boys may complete to help with these exercises.

To complete this requirement, a Ranger must participate in a team sport and it is suggested that they complete a “full-season” with a team. This will take a significant amount of time, which makes this emblem a good choice for the Ranger to complete on his own. Team sports would include, but are not limited to: Baseball, basketball, bowling, cross country, diving, hockey, football, golf, gymnastics, soccer, softball, swimming, wrestling, or any other team sport approved by your leader, except those determined ineligible by The Salvation Army.

## **Team Sports Worksheet**

Please answer the following questions and give a brief explanation of your answers:

**My favorite TEAM SPORT is:**

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**My favorite TEAM is:**

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**My favorite ATHLETE is:**

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**What is *teamwork*?**

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**What is *sportsmanship*?**

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**What team sport did you participate in?**

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**What did you learn from that sport?**

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Another component of this requirement is for each Ranger to research and report on two separate sports. The handbook asks for a written report, but an oral report might be a bit easier in light of all the time involved in this emblem. Have each Ranger research and explain the basics as outlined in the handbook for two sports.

The Rangers should demonstrate basic skills in their chosen sports, showing proper techniques, explaining why proper technique is important.

Have the Rangers draw diagrams of the playing areas in various sports, as well as examples of designed “plays.”



### **Group Discussion**

As a group, discuss and explain the qualities of a good team leader and of a good team player. Why is team effort more important than individual effort? Give illustrations of sports teams that have demonstrated teamwork.

You may also want to discuss the rules and etiquette of selected sports. Explain how the rules developed and how they have adapted over the years. List the equipment needed and describe the protective equipment that some sports require.

### **Individual Sports – Requirement #2**

The same structure used for team sports may also be used here. Again, this requirement may take a lengthy amount of time and involvement, but remember the handbook requires only 30 minutes of participation.

In addition, the handbook outlines the options if a Ranger is unable to participate in a team sport. In that case, this requirement may replace requirement #1. Please consult the Ranger Handbook, page 228 for details regarding this option.

### **Professional Sports Star – Requirement #3**

To cover this requirement as a group, you may want to show a video of a specific athlete and hold a group discussion of the athlete. One interesting perspective would be to focus in on a Christian athlete, such as David Robinson (basketball – San Antonio Spurs). How difficult would it be to be a Christian and a professional sports star? Sports videos are available at rental stores and most libraries.

### **Team Practice or Game – Requirement #4**

Contact your local college or high school and request that your Rangers be able to attend a practice or game as part of their emblem experience. If all else fails, watch a sporting event together and discuss the skills, sportsmanship, objectives, rules and teamwork, etc.

## For the Leaders...

### Good Sportsmanship



Good sportsmanship is more than being a “good loser.” It’s true that no one likes to lose, but it’s something we all have to deal with sooner or later. How should we act when we lose? Should we mumble and complain, or should we hold our head high, be gracious, and determine to do better next time. The answer is obvious. We should put on our best face and congratulate the winner.

Good sportsmanship also means playing fair. Rules exist in organized sports for the sake of all the players. If someone plays unfair, the game is ruined for everyone. It is a matter of honor that rules and regulations are followed. Whether you follow the rules or not is a reflection of your character.

After explaining what good sportsmanship is, ask your boys to give a few examples of good and bad sportsmanship. ESPN (cable) is always a good source for clips that display sportsmanship at it’s best and worst.

### Teamwork

Teamwork is a group of individuals working together for one common purpose, goal or objective. Sometimes it means giving up yourself for the sake of the team (example – a sacrifice bunt in baseball), or doing your little part so someone else can excel for the team (example – blocking on a football team).

Here is a basic teamwork exercise that is fun to do – **Snakes and Leaders:**

Mark an obstacle course in your meeting room or similar area that’s not too hard, but difficult enough for your boys to navigate through like a snake.

- Divide your group into two or three smaller teams (five or more on a team).
- Each team chooses a leader.
- Blindfold the rest of the team.
- The team must then join together in a line, placing their hands on the person’s waist in front of them.
- The leader is not connected to the “snake.”
- On “go” the leader must call out directions to the first person in line, navigating the course.
- The leader is not allowed to touch anyone or anything and the team members must always hang onto the person in front of them. A broken snake is disqualified.
- Teams may compete for best time through the course.
- Repeat the exercise giving everyone an opportunity to lead, but change the course each time.

## **Devotionals**

### **Loving the Enemy – Luke 6:35-37**

God teaches us to love our enemies, but that is very hard to do! Do you have any enemies? How do they make you feel? How do they feel about you?

By doing kind things for them, wishing them well and praying for them, you can actually love your enemies! We don't have to like what they are doing, but God wants us to love them. God never likes it when we sin, but He always loves us, no matter what we do. God hates sin, but loves us anyway!

Loving your enemies also means forgiving them. It means that rather than fighting back or trying to hurt them, you treat them like a friend. Yes, that can be almost impossible to do. ALMOST.

It's very hard, but it is a lesson God wants us to learn. Enemies don't like us and are out to hurt us. They may push, hit, call us names and try to get us into trouble. We don't have to like what they are doing. But with God's help, His Holy Spirit, we can love them.

Remember, God can do anything, even change people. Maybe the enemies of today will become the friends of tomorrow!

### **The Word on Cheating – Proverbs 11:1**

Have you ever wanted to cheat while you were playing a game? What about at school during a test? Sometimes cheating gets the best of us and we feel we need to cheat so we can succeed or win, but God wants us to be honest all the time, even if it is during a simple board game.

Cheating in sports is bad because it can deceive others and spoil the game. Can you give any examples of athletes who have cheated in sports? Don't let winning become too important. Nothing is so important that you have to cheat to achieve.

*Read Luke 16:10.*

If you begin a pattern of cheating on things when you are young, as you get older the problem can become much worse. Just remember that every time you cheat, you are hurting yourself as well as those you are cheating against.

It is so tempting to cheat, so when you are tempted, ask God to help you out.

## **The Spoils of Gossip**

Gossip is the spreading of a rumor. Let's play a game called Pass the Message.

Have everyone gather in a circle and whisper a lengthy message into the ear of the first person. They in turn pass the message on to the next and so on. No repeating. They only get one chance to hear and pass on the message. Play a few different times with a varied message.

How did we do? See how the message changed before it got to the end? Sometimes rumors spread like that – someone hears something, but not the whole story, and passes it along without thinking. If the message is bad, it can really hurt someone's feelings and reputation.

A rumor or gossip is a story about someone or something that people talk about without knowing if it is true or not. There are times when people start rumors that are false in order to hurt somebody else.

We don't need to pass these along. Read Proverbs 16:28.

*“An evil person plants trouble. Gossip pulls the best friends apart.”*

## **I Just Want to Slam the Door!**

Proverbs 16:32

Have you ever been so mad that you wanted to slam the door? What made you so mad? Do you think it is OK to get mad like that?

The Bible tells us to have self-control, that is, God wants us to control our emotions so they do not control us. Emotions are good and we need to understand how and why we feel the way we do, but we need to keep everything under control.

What caused the anger? We need to talk to God about it and ask Him to help us get things under control. Yelling, screaming, hitting, calling people names and even slamming the door can hurt other people and God doesn't want that.

Read Proverbs 16:32. Take a few moments to pray and to ask God to help us keep our emotions and actions under control.