FCA SPORTS

FCA ELITE

AMARILLO

VOLLEYBALL

TEAM HANDBOOK

Team Handbook

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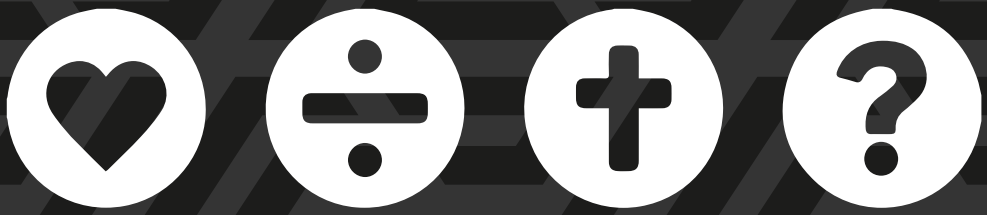
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THE FOUR



FCA SPORTS

GOD LOVES YOU

THE FOUR

READY

Genesis 1:27
"So God created man in his own image; he created him in the image of God; he created them male and female."
John 3:16
"For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."

Romans 5:8

"But God proves his own love for us in that while we were still sinners, Christ died for us."

SET

God's love is the foundation of everything. From the very beginning, He created you on purpose and in His image. That means you have value—not because of your performance, but because of your design. On a team, when each person feels seen, loved, and valued, something powerful happens. That kind of love isn't earned through stats, wins, or roles. It's given. That's the kind of culture we want on this team—and the kind of love God offers to each of us.

As an athlete, it's easy to measure your worth by performance. But no win, mistake, playing time, or coach's opinion changes your value in God's eyes. His love isn't based on what you do—it's based on who He is. You were created to reflect His image, to walk in His love, and to live with confidence that your identity is secure. That kind of love frees you to play with joy, lead with humility, and show others they're valuable too.

John 3:16 and Romans 5:8 show us just how far God's love goes—He didn't wait for us to get it all together. He sent Jesus to show us what love looks like. God's love is deep, personal, and unchanging. When you understand that you're fully known and still fully loved, it changes everything. You're not just an athlete—you're a child of God, created with intention and loved without limits.

GO

1.How would understanding God's love change the way you view your role and value as an athlete?

2. What keeps you from fully believing and receiving God's love in this season?

OVERTIME

God, thank You for creating me with purpose and calling me valuable—no matter how I perform. Help me believe that Your love isn't something I have to earn. Let Your love shape the way I lead, compete, and treat others. Give me the courage to live as someone fully loved by You. Amen.

SIN SEPARATES YOU

THE FOUR

READY

Romans 3:23
"For all have sinned and fall short of the glory of God."

Isaiah 59:2
"But your iniquities are separating you from your God, and your sins have hidden his face from you so that he does not listen."

Romans 6:23
"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

SET

Every team knows what it feels like when something comes between players—conflict, selfishness, or lack of communication. It creates distance and disconnects the team from what it's meant to be. The same is true in our relationship with God. Sin is more than a mistake—it's a barrier that separates us from the One who made us and loves us. It breaks trust, and it breaks connection. No matter how hard we try, we can't fix it on our own.

As athletes, we often try to fix things by working harder or covering up our mistakes. But when it comes to sin, performance can't repair the gap. Every one of us has fallen short—we've all messed up. That's not something to hide in shame—it's something to be honest about. Just like a team can't grow if no one owns their mistakes, we can't grow spiritually if we pretend we're fine without God.

Isaiah and Romans make it clear: sin separates, and the cost is death—spiritually, emotionally, relationally. But that's not the end of the story. God didn't leave us in our separation. A gift is coming—but first, we have to understand the weight of what sin really is. When we do, we realize just how much we need a Savior.

GO

1.What "gaps" or barriers do you see in your life that are keeping you from being fully connected to God?

2. How does recognizing your own sin help you understand your need for grace and forgiveness?

OVERTIME

God, thank You for showing me the truth about sin—not to shame me, but to help me see how much I need You. I confess that I've tried to handle things on my own, and it hasn't worked. Please show me the places in my heart that need Your healing. I don't want distance between us—I want to be close to You. Amen.

JESUS RESCUES YOU

THE FOUR

READY

John 14:6

"Jesus told him, 'I am the way, the truth, and the life. No one comes to the Father except through me.'"

Romans 5:8

"But God proves his own love for us in that while we were still sinners, Christ died for us."

1 Peter 3:18

"For Christ also suffered for sins once for all, the righteous for the unrighteous, that he might bring you to God."

SET

Every athlete knows the importance of rescue—when someone steps in, saves a play, or brings hope to a tough situation. In life, our biggest rescue doesn't come from teammates or coaches—it comes from Jesus. He didn't wait for us to clean ourselves up. He saw our sin, our struggle, and our separation from God, and He stepped in. Jesus came to do what we could never do on our own: bring us back into relationship with God.

As competitors, we're taught to earn everything. Work hard. Prove yourself. But the rescue Jesus offers isn't something you can earn—it's something you receive. While we were still sinners, Christ died for us. He gave His life to pay for ours. That kind of love changes everything. It humbles us. It frees us. And it reminds us that our worth isn't based on our stats—it's sealed by His sacrifice.

John 14:6 reminds us that Jesus isn't just one way—He's the way. He is the truth in a world full of confusion and the life in a world that feels empty without Him. If sin separates, Jesus reconnects. He made a way for you to be forgiven, restored, and made new. The rescue has already been offered. The question is—will you receive it?

GO

1.What does it mean to you that Jesus stepped in to rescue you when you couldn't rescue yourself?

2. How does Jesus' sacrifice change how you view your identity and your relationship with God?

OVERTIME

Jesus, thank You for stepping in to rescue me when I couldn't save myself. Thank You for paying the price I couldn't pay and giving me a chance to be close to God again. Help me to never forget what You did for me—and to live every day in light of Your love. Amen.

WILL YOU TRUST JESUS?

THE FOUR

READY

Ephesians 2:8–9
"For you are saved by grace through faith, and this is not from yourselves; it is God's gift—not from works, so that no one can boast."

Romans 10:9
"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

John 1:12
"But to all who did receive him, he gave them the right to be children of God, to those who believe in his name."

SET

Trust is the foundation of every great team. Without it, communication breaks down, roles get questioned, and unity disappears. In life, the most important trust you'll ever choose is where you place your faith. After understanding God's love, the reality of sin, and the rescue Jesus offers, there's one question left: Will you trust Him? Not just with your season, or your game, or your goals—but with your life?

Athletes are used to pressure. We're taught to carry weight, handle responsibility, and push through. But salvation doesn't work that way. It's not earned—it's received. Ephesians reminds us that grace is a gift. You can't earn God's love by working harder or playing better. You simply believe. You trust. And that trust changes everything. It's the beginning of real freedom, peace, and purpose.

Romans 10:9 makes it clear—salvation comes through confession and belief. It's personal. It's honest. It's life-changing. Jesus already did the work. Now it's your move. Will you trust Him with your heart? Your story? Your future? Saying yes to Jesus isn't about being perfect—it's about believing He is.

GO

1.What's been holding you back from fully trusting Jesus with your life?

2. What would it look like for you to take a step of faith and say, "Jesus, I believe You are Lord"?

OVERTIME

God, thank You for the gift of grace that I could never earn. Today I choose to trust You with my whole heart. I believe Jesus is Lord, and I want to follow You from this day forward. Help me walk in faith and live like I belong to You. Amen.

TEAM
PROMISES

FCA SPORTS

I WILL BE OPEN.

I recognize that FCA Elite is a Christian based club and I will be open to participating in team devotional time, prayer, and other biblically centered conversations. I understand that everyone is welcome wherever they are spiritually, but this program will use a Christ Centered lens in our approach to life and sport.

TEAM PROMISE #1

READY → **Hebrews 10:24-25**

"And let us watch out for one another to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching."

SET

As FCA Elite athletes, we've committed to being open—not just to practice plans and game strategies, but to the kind of culture that makes us stronger from the inside out. On this team, openness isn't about having the same beliefs or being in the same place spiritually—it's about showing up with respect, a willingness to learn, and a desire to grow together. When we engage in team devotionals, prayer, or spiritual conversations, we create space where trust deepens, encouragement grows, and unity becomes real.

Athletes know what it means to be coachable. We're constantly pushed to listen, stretch, adjust, and improve. That same mindset applies to our spiritual growth and team relationships. Being open means we're not afraid to ask questions, to support a teammate who's struggling, or to consider how faith might impact our mindset and motivation. It also means showing up for the team—not just physically, but emotionally and mentally, so that each athlete feels valued and seen.

Spiritual openness is not about pressure—it's about posture. When we're open to what God might want to show us through His Word, through our coaches, or through a teammate's story, we grow. We become more compassionate, more grounded, more unified. As FCA Elitee athletes, we're choosing to be part of something bigger than ourselves. When we stay open to learning, to listening, and to letting God shape us, we're not just building a better team—we're giving Him glory.

GO

1.What does it look like to be open and supportive during spiritual conversations?

2.How does staying open to coaching or correction help you grow as an athlete?

3.What's one way you can show openness to learning or growing in your faith this week?

OVERTIME

God, thank You for placing me on a team where I can grow as a person and an athlete. Help me stay open to what You want to teach me—through my coaches, my teammates, and Your truth. Amen.

WORKOUT

Proverbs 1:5
Proverbs 9:9
2 Timothy 3:16-17

I WILL REPRESENT.

I am proud to be an FCA Elite athlete and I will work hard to represent my family and the team well and maintain a positive reputation in the community.

TEAM PROMISE #2

READY → 2 Corinthians 5:20

"Therefore,we are ambassadors for Christ, since God is making his appeal through us. We plead on Christ's behalf: Be reconciled to God"

SET

As FCA Elite athletes, we've committed to representing something bigger than ourselves. When we wear this jersey, we're not just showing up for a game—we're showing up as representatives of our team, our families, and our community. How we treat others, how we handle adversity, and how we carry ourselves when no one's watching all send a message. We want that message to reflect excellence, integrity, and heart.

Athletes are always representing. Whether it's in a match, a classroom, or a group chat, someone is watching how we respond and how we lead. That's why our effort, sportsmanship, and reactions matter. When we compete with class, speak with respect, and walk with humility, we're setting the tone for what FCA Force is all about. Being proud of our team means carrying its name with care and doing our best to make it better.

Spiritually, 2 Corinthians 5:20 reminds us that we're also ambassadors for Christ. That means we don't just represent our team—we represent the One who saved us. We don't have to be perfect to carry His name, but we are called to be intentional. When we show kindness, compete with joy, and walk in love, we give people a glimpse of who Jesus is. As FCA Elite athletes, we're not just playing for the scoreboard—we're playing for something eternal.

GO

1. How does your attitude and behavior reflect on your teammates and coaches?

2. What does it mean to carry your team's name with excellence both on and off the field?

3. In what ways can you represent Christ through your words, work ethic, or example this week?

OVERTIME

God, thank You for trusting me to represent my team and You. Help me to carry that responsibility with humility and lead in a way that honors Your name. Amen.

WORKOUT

Colossians 3:17
Philippians 2:14–15

I WILL BETTER THE TEAM.

I will be a team player and do my best to put the needs of the team above my own emotions and attitudes. I will choose to BETTER THE TEAM and accept my role.

TEAM PROMISE #3

READY → Philippians 2:3-5

"Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. Everyone should look not to his own interests, but rather to the interests of others. Adopt the same attitude as that of Christ Jesus."

SET

As FCA Elite athletes, we've committed to making our team better—not just by what we do individually, but by how we serve and support each other. Teams thrive when players think beyond themselves. When we choose to cheer for someone else, stay positive when things don't go our way, or play a role that isn't in the spotlight, we're putting the team first. That doesn't mean we ignore our feelings—it means we lead with humility and maturity for the good of the group.

Great athletes know that team success always comes before personal comfort. Everyone wants to start, to shine, to be noticed—but not everyone is willing to do the small things that hold the team together. Being the one who encourages others, who gives full effort even in hard moments, and who embraces their role with pride—those are the teammates every coach wants and every team needs. Your mindset matters. Your example sets a tone.

Philippians 2 shows us that Jesus led with humility and selflessness. He had every right to put Himself first, but He chose to serve. That's the same mindset we commit to as FCA Elite athletes. When we choose unity over ego and service over spotlight, we reflect His character. And when every athlete on the team buys into that vision, it changes everything —for the better.

GO

1. What's one way you can put your team's needs ahead of your own this week?

2. How can accepting your role and giving full effort impact the success of your team?

3. What does it look like to have the same humble mindset that Jesus had, even in competition?

OVERTIME

God, thank You for the gift of being part of a team. Help me put others first, respond with humility, and choose what brings peace and unity. Amen.

WORKOUT

Romans 12:10
Galatians 5:13
John 13:14–15

I WILL OWN IT.

I will be aware of and take responsibility for my body language, attitude and responsiveness to my coaches, teammates, and refs.

TEAM PROMISE #4

READY → Philippians 2:14-15

"Do everything without grumbling and arguing, so that you may be blameless and pure, children of God who are faultless in a crooked and perverted generation, among whom you shine like stars in the world."

SET

As FCA Elite athletes, we've committed to owning how we carry ourselves—our body language, our words, and our attitude. Whether we're winning or losing, starting or sitting, our presence impacts the people around us. Rolling eyes, slumped shoulders, or complaining under our breath may not seem like much, but they shape how our team communicates and functions. When we choose to take responsibility for our responses, we create a team environment where respect and trust can grow.

In sports, your attitude often speaks louder than your ability. Coaches notice when an athlete responds with maturity, even in hard situations. Teammates are encouraged when someone owns their mistakes and works to improve. Owning it doesn't mean we never struggle—it means we're willing to check our pride and adjust. When you're quick to apologize, quick to listen, and slow to blame, you help create a team culture that's strong, healthy, and unified.

Spiritually, Philippians reminds us that how we handle tough moments helps us shine. When we choose not to grumble or argue, we stand out in the best way. We show that our confidence and joy come from something deeper than a scoreboard. As FCA Elite athletes, we want to be known not just for how we play, but for how we respond. When we take responsibility for our actions, we reflect Christ—and we shine like stars.

GO

1.How does your attitude—especially when things are hard—impact your teammates?

2.What part of your body language or response do you need to "own" more often?

3.How can your response in frustrating moments help you reflect God's light?

OVERTIME

God, thank You for being patient with me when I fall short. Help me take responsibility for my attitude and reflect You in how I respond. Amen.

WORKOUT

Matthew 5:14-16
1 Peter 2:12
Titus 2:7-8

I WILL WORK.

I will work hard on the court and in the classroom. I understand that my full effort on and off the court/field is pleasing to the Lord.

TEAM PROMISE #5

READY → Colossians 3:23-24

"Whatever you do, do it from the heart, as something done for the Lord and not for people, knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ."

SET

As FCA Elite athletes, we've committed to working hard—not just when it's game time, but every day, in every space where we go. That includes practices, schoolwork, workouts, and even the way we treat people. Our effort reflects our heart, and when we give our best consistently, we help raise the standard for our team. Giving full effort isn't about perfection—it's about presence. It's about showing up ready to grow and giving all you've got for an Audience of One.

Athletes who work hard aren't just good players—they're great teammates. They know how to dig deep, push through discomfort, and keep going even when no one is cheering. Whether you're leading drills or picking up cones after practice, how you work reveals your mindset. Consistent effort builds trust. It shows coaches and teammates that you're committed, not just when it's convenient but when it counts.

Spiritually, Colossians reminds us that our work matters to God. We don't just train and compete for people's approval—we work for something higher. Our work becomes an offering of worship. When we hustle with purpose, study with focus, and compete with integrity, we serve Christ with our effort. As FCA Elite athletes, we work hard because we know who we serve—and we want to honor Him in everything we do.

GO

1.How does your daily work ethic affect the trust and motivation of your teammates?

2.What's one area where you can give more consistent effort, even when it's tough?

3.How can your work—on the court or in the classroom—be an act of worship to God?

OVERTIME

God, thank You for the ability to work and the opportunity to grow through effort. Help me stay faithful in the small things and honor You with everything I do. Amen.

WORKOUT

1 Corinthians 10:31
Proverbs 16:3
Galatians 6:9

I WILL COMMIT.

Iwill take responsibility for showing up and being on time to all team commitments. If I am late, I will text or call coach and hustle in ready to play. If I am sick I will call/text ASAP informing coach that I cannot make it. If I am injured but able to attend tournaments I will come to support my team. Cell phones will not be a present distraction at practice/tournaments.

TEAM PROMISE #6

READY → Luke 16:10

"Whoever is faithful in very little is also faithful in much, and whoever is unrighteous in very little is also unrighteousin much."

SET

As FCA Elite athletes, we've committed to being dependable—not just when it's easy or convenient, but in all the small, everyday things that help our team thrive. That includes showing up on time, being present and focused, and communicating clearly when something comes up. These might seem like little things, but they show a deep level of commitment and respect. When we're faithful in the little, we build trust, unity, and momentum for the whole team.

Athletes who commit consistently are the ones teams can count on. They're the ones who remember the schedule, keep distractions in check, and support their teammates whether they're playing or cheering. Their presence matters—not just their physical presence, but their emotional and mental presence, too. Being committed means being all in. It means showing that your teammates and coaches can rely on you to be where you said you'd be and to give your best when you get there.

Jesus reminds us in Luke 16:10 that the way we handle small responsibilities reveals who we really are. Faithfulness in the little moments is often what prepares us for the bigger ones. When we treat every commitment like it matters to God—because it does—we reflect integrity, discipline, and a heart that's ready to grow. As FCA Elite athletes, we commit not just for ourselves, but for our team and for the One we ultimately serve.

GO

1. How does personal commitment impact the overall strength & trust of a team?

2. What habits or actions show your coaches & teammates that you take your commitment seriously?

3. How can showing up with consistency & communication reflect God's character in you?

OVERTIME

God, thank You for placing me on a team where my commitment matters. Help me to show up with integrity and reflect You through how I follow through. Amen.

WORKOUT

Matthew 25:21
Proverbs 28:20
1 Corinthians 4:2

I WILL BE DIRECT.

TEAM PROMISE #7

READY → Matthew 18:15–17

"If your brother sins against you, go tell him his fault, between you and him alone. If he listens to you, you have won your brother."

SET

As FCA Elite athletes, we've committed to speaking with one another—not about one another. Every strong team is built on trust, and trust grows when teammates communicate directly and respectfully. It's easy to talk around a problem, to vent behind someone's back, or to let frustration simmer. But great teams don't avoid tough conversations—they walk through them with honesty, grace, and the goal of restoration. When we go directly to each other, we create a culture of maturity, respect, and unity.

Athletes who handle conflict with integrity are leaders on and off the court. Instead of gossiping or holding grudges, they choose to speak clearly and calmly. Being direct doesn't mean being harsh—it means being real. It's how plays get fixed, relationships stay strong, and teams stay together. When something goes wrong, we don't ignore it or explode—we address it in love, and we seek a solution that helps everyone grow.

Jesus gives us this exact model in Matthew 18. He cares about reconciliation and teaches us to protect relationships by going to the person first. That's not always easy, but it honors both God and the people around us. As FCA Elite athletes, we don't just play with passion—we speak with purpose. We're committed to handling conflict in a way that makes our team stronger and reflects the heart of Christ.

GO

1. How does direct, respectful communication help protect the unity of your team?

2. What's one situation where you need to choose direct, respectful communication this week?

3. How can you grow in speaking the truth in love like Jesus did?

OVERTIME

God, thank You for giving me teammates and coaches who help me grow. Help me speak with honesty, courage, and love so I can build others up. Amen.

WORKOUT

Proverbs 27:5–6
Galatians 6:1

I WILL BE DIRECT.

TEAM PROMISE #7 (CONTINUED)

READY → James 5:16

"Therefore, confess your sins to one another and pray for one another, so that you may be healed."

SET

When we fall short, we will apologize.

We all miss the mark at times. When our actions or attitudes break trust, we step toward reconciliation rather than away from it. We use a clear 6 step humble restoration process to own our part and pursue healing.

1. **Name what happened:** Clearly acknowledge the action or words that caused hurt.
2. **Own the wrong:** Admit without excuses that our choice, tone, or behavior was not right.
3. **Offer a sincere apology:** Express genuine sorrow for the impact of our actions.
4. **Ask to be forgiven:** Humbly invite the other person to extend forgiveness when they're ready.
5. **Welcome accountability:** Give the other person permission to help us grow and stay committed to healthier choices.
6. **Check for anything unresolved:** Ask if there's more that needs to be heard, understood, or repaired.

We believe that choosing confession, honesty, and forgiveness allows God to restore what's broken, strengthens our relationships, and shapes a team culture marked by grace and unity.

GO

1.Whydo you think apologizing—especially sincerely—is so hard for most people?

2.Looking at the steps of a healthy apology, which part feels easiest for you and which part feels the most challenging?

OVERTIME

God, help mehave the courage to approach my teammates in love when things are difficult. If I need to apologize for something I've done please help me do that humbly. Amen.

WORKOUT

Ephesians 4:15

I WILL TRUST.

If I am confused or frustrated with questions or concerns I trust that my coach desires to help me. I will do my best to approach the coach with truth in love so that we can find a solution together. I understand that as the athlete, I must first bring questions about playing time to the coach before my parents get involved.

TEAM PROMISE #8

READY → Ephesians 4:15

"But speaking the truth in love, let us grow in every way into him who is the head—Christ."

SET

As FCA Elite athletes, we've committed to trusting the people who lead us—especially when emotions run high. Confusion, frustration, and disappointment are part of the game, but how we handle those moments sets us apart. We believe our coaches want what's best for us and our team, and that trust gives us the courage to speak up in the right way. When something doesn't make sense or feels unfair, we bring it to the coach directly and respectfully. That's how trust is strengthened, and how problems turn into opportunities for growth.

Great athletes know that communication with coaches matters. It's tempting to let others speak for us, to complain in private, or to bottle it up. But when we take ownership and have those conversations ourselves, we build leadership and confidence. Going straight to the coach, asking honest questions, and listening with humility is a mark of maturity. It says, "I care about this team, and I want to understand." Trusting our coaches means trusting the process—even when it's hard.

Ephesians reminds us to speak the truth in love. That's not just a team strategy—it's a spiritual one. When we approach conflict or confusion with grace and honesty, we grow. We reflect Jesus, who always led with both truth and love. As FCA Elite athletes, we commit to trust—to go first, to speak with respect, and to believe the best about the people guiding us. That kind of trust creates a team culture where growth is constant, and God is honored.

GO

1. How can handling frustration with trust & honesty help strengthen relationships on your team?
2. What's one area where you can grow in how you approach your coach or handle feedback?
3. How can trusting your leaders help you grow in your trust and relationship with God?

OVERTIME

God, thank You for putting leaders and coaches in my life who want to help me grow. Help me trust them with humility and respond to hard moments with grace. Amen.

WORKOUT

Proverbs 15:1
Colossians 4:6
James 3:17

I WILL EMBRACE DISCIPLINE.

If I miss a practice for something unexcused, I understand that I will sit out for some of the next competition. If there are extenuating circumstances (i.e. illness, funeral, etc.) the coaches need to be informed in advance. Due to the inevitable gray area, I understand the coach reserves the right to make a judgment call.

TEAM PROMISE #9

READY → Hebrews 12:11

"No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruit of righteousness to those who have been trained by it."

SET

As FCA Elite athletes, we've committed to honoring the standards and structure of our team—even when it's uncomfortable. Discipline isn't always easy, and it rarely feels good in the moment. But we know it's necessary. When we accept the consequences of our choices, communicate clearly, and respond with maturity, we show our team that we care about more than just playing time—we care about character, respect, and responsibility. Discipline is what makes excellence sustainable.

On the court, in school, and in life, there are always rules, boundaries, and expectations. Great athletes don't just follow them—they embrace them. They understand that consequences aren't about punishment, but growth. Whether it's sitting out for an unexcused absence or being held accountable for a missed responsibility, the response is what matters most. Choosing discipline means choosing long-term development over short-term comfort. That mindset makes teams stronger and individuals wiser.

Hebrews 12:11 reminds us that discipline produces peace and righteousness—but only after it has trained us. God uses moments of correction to shape us into people who reflect His character. When we resist discipline, we resist growth. But when we lean into it with humility, we become more like Jesus—who Himself learned through obedience and suffering. As FCA Elite athletes, we embrace discipline because it's part of how God grows us—into better teammates, better leaders, and better reflections of Him.

GO

1. How does embracing discipline show your teammates you're serious about the team's goals?

2. What does a good response to discipline or correction look like? A bad response?

3. How might God be using discipline in your life right now to produce something deeper in you?

OVERTIME

God, thank You for coaches and leaders who love me and help me grow through discipline. Help me respond with humility and a heart that's willing to learn. Amen.

WORKOUT

Proverbs 3:11–12
James 1:2–4
Romans 5:3–5

I WILL RESPECT.

I understand that the coaches' decisions are final and that I may not always agree with them. I will do my best to respect the decision and work hard to better my team.

TEAM PROMISE #10

READY → Hebrews 13:17

"Obey your leaders and submit to them, since they keep watch over your souls as those who will give an account, so that they can do this with joy and not with grief, for that would be unprofitable for you."

SET

As FCA Elite athletes, we've committed to respecting our leaders—even when it's tough. Respect shows up not just in what we say, but in how we listen, respond, and carry ourselves in moments of disagreement. We understand that our coaches carry a big responsibility, and even when we don't fully agree with a decision, we commit to responding with maturity and grace. That kind of respect helps create a team environment that is stable, trusting, and focused on growth.

Respect on a team means we play our role fully, support our teammates fully, and speak to our leaders with honor. Athletes who consistently show respect are the ones who build team chemistry, earn long-term trust, and make an impact far beyond the scoreboard. It doesn't mean we stay silent when something is confusing—it means we ask questions with the right attitude, and we work even harder afterward to show that we're committed. Respect is one of the simplest and most powerful ways to lead.

Hebrews 13:17 reminds us that our leaders are accountable not just to us, but to God. When we honor them, we're also honoring Him. This kind of obedience is rooted in humility and trust—trust that God places people in our lives for a reason, even when their decisions challenge us. As FCA Elite athletes, we choose to respect—not because it's easy, but because it reflects the heart of Christ and brings peace to our team.

GO

1. How can your respectful attitude influence others to respond to leadership?
2. What does it look like to keep working hard even when you don't agree with a coach's decision?
3. How does your response to authority reflect your relationship with Christ?

OVERTIME

God, thank You for the leaders and coaches You've placed in my life. Help me show them honor and respect, even when it's challenging. Amen.

WORKOUT

1Thess. 5:12–13
Proverbs 13:1
Ephesians 6:1–3

I WILL LEARN.

I understand that mistakes do NOT define me, rather they help teach me. I will own my mistakes and work hard to improve. Next point mentality.

TEAM PROMISE #11

READY → Romans 8:1

"Therefore, there is now no condemnation for those in Christ Jesus."

SET

As FCA Elite athletes, we've committed to learning—not just in our sport, but in our character and faith. That starts with how we respond to mistakes. Messing up is part of the game, but letting it define you is not. On this team, we believe that failure is a teacher, not a label. When we choose to own our mistakes instead of hide from them, we create an environment where growth is possible and improvement becomes the norm. "Next point mentality" isn't just a phrase—it's a way of becoming a better teammate and a stronger competitor.

Athletes who learn well know how to bounce back. They listen to feedback. They take a breath after a tough moment and stay engaged in the game. They don't spiral—they reset. Whether it's a missed serve, a dropped pass, or a mental error, the key is how we respond. That mindset builds resilience, and resilient athletes lift their teams in big ways. Being coachable and committed to learning makes you someone your team can count on —not just for performance, but for positivity and leadership.

Spiritually, Romans 8:1 is a powerful reminder that we are not condemned when we're in Christ. God isn't looking to shame us for every mistake—He's inviting us to grow through grace. He meets us in our mess-ups and helps us move forward with purpose. As FCA Elite athletes, we don't let failure define us—we let God refine us. Learning from our mistakes helps us become more like Christ, who always offers a fresh start.

GO

1. How can your response to mistakes set the tone for how your whole team handles failure and growth?

2. What does "next point mentality" look like practically in your game?

3. How does knowing you're not condemned by God help you stay confident when you mess up?

OVERTIME

God, thank You that I'm not defined by my mistakes. Help me to learn from every moment and keep growing into who You've called me to be. Amen.

WORKOUT

John 3:17
Psalm 103:12
2 Corinthians 5:17

I WILL BE ACCOUNTABLE.

I understand that if I do not uphold these expectations I can be removed from this team mid season.

TEAM PROMISE #12

READY → Hebrews 12:11

"No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruit of righteousness to those who have been trained by it."

SET

As FCA Elite athletes, we've committed to holding ourselves to a higher standard—and that includes being accountable when we fall short. Being part of this team means embracing responsibility for our actions, choices, and effort. Accountability isn't about fear—it's about growth. It's about understanding that expectations matter and that we all have a role in protecting the culture and unity of this team. When we uphold the standards, we help build something stronger than just wins—we build a legacy of integrity.

Athletes who take accountability seriously don't make excuses. They own their decisions and understand that actions have consequences. Whether it's showing up late, breaking a rule, or not giving full effort, they don't shift blame or look the other way. Instead, they choose to face it, learn from it, and move forward. That kind of maturity earns trust from teammates and coaches. It shows that you're not just here for yourself—you're here for the team.

Hebrews 12:11 reminds us that discipline isn't meant to harm us—it's meant to shape us. God uses accountability to produce growth, strength, and peace in our lives. When we resist correction, we stunt our development. But when we embrace it with humility, we reflect the heart of Christ, who invites us to grow in righteousness. As FCA Elite athletes, we choose to be accountable—not out of fear, but out of a desire to grow into the people and teammates God has called us to be.

GO

1. How does personal accountability make the team better?

2. What's one area where you can take more ownership of your choices or effort?

3. How might God be using accountability to grow you in character and faith?

OVERTIME

God, thank You for the chance to grow through accountability. Help me take responsibility for my actions and become more like You every day. Amen.

WORKOUT

Job 5:17
Revelation 3:19
Psalm 94:12

CHARACTER STUDIES

FCA SPORTS

Discipline

Ready

1 Corinthians 9:25
Now everyone who competes exercises self-control in everything. They do it to receive a perishable crown, but we an imperishable one.

One Word
Circle one word. Why does that stand out?

Set

Every great team is built on discipline. Without it, talent won't last and potential goes unfulfilled. Discipline is what turns average practices into breakthrough performances. It's choosing to do what's right—even when no one's watching. Teams that value discipline show up on time, give consistent effort, and hold each other accountable. That shared focus creates a team culture where excellence can thrive.

For athletes, discipline is the secret to long-term growth. It means making good choices with your time, your training, your sleep, your attitude—even your words. It's the decision to put in the reps, listen to coaching, and stay locked in when it's tempting to coast. You can't control every outcome, but you can control your preparation. The most successful athletes are the ones who learn to master themselves before they master the game.

Paul reminds us in 1 Corinthians that athletes train for trophies that eventually fade—but we're training for something eternal. When we choose discipline, we're not just improving as competitors—we're growing as followers of Christ. Our self-control becomes a form of worship. We say no to the things that distract us so we can say yes to the things that matter most. Discipline isn't easy, but it's always worth it—because we're chasing something far greater than a medal.

Go

1. What does your attitude toward discipline in training reveal about your desire to grow as a teammate and competitor?

2. What distractions or desires are pulling you away from fully pursuing the kind of life God is calling you to live?

Overtime

God, thank You for calling me to something greater than comfort or quick success. Give me the strength to be disciplined in how I train, speak, lead, and live. Help me say no to the things that distract me so I can say yes to what You've called me to do. Teach me to see discipline as a pathway to freedom and faithfulness. Amen.

Challenge
Pick one area this week—school, sports, or home—where you can show discipline even when it's tough. Ask God for help!

Encouragement

Ready

1 Thessalonians 5:11
Therefore encourage one another and build each other up as you are already doing.

One Word
Circle one word. Why does that stand out?

Set

The best teams aren't just built on skill—they're built on encouragement. As athletes, we all have days when we're off, moments when we're discouraged, or times we feel unseen. That's when encouragement becomes one of the most powerful things a teammate can give. When we choose to lift each other up with our words and actions, we create a culture that brings out the best in everyone. Encouragement reminds us that we're not alone—and that someone believes in us even when we're struggling.

Encouragement in sports isn't just about cheering after a great play. It's about noticing the effort someone put in, thanking a teammate for their energy, or pulling someone aside when they're frustrated and reminding them of their value. Sometimes the most meaningful words come after the hardest moments. Being the kind of athlete who encourages others—even when you're tired or disappointed—takes maturity. But it's the kind of leadership every team needs more of.

God calls us to be encouragers because He knows the power of our words. 1 Thessalonians 5:11 reminds us that we're meant to build each other up—not tear each other down or stay silent when someone's hurting. When we speak life, hope, and truth to our teammates, we reflect the heart of Jesus. As athletes who follow Him, we're called to be a voice of encouragement both in the game and in life.

Go

1. How do your words and actions during practice or games build your teammates up—or tear them down?

2. Who around you needs encouragement right now, and how can you reflect God's heart in how you respond?

Overtime

God, thank You for the teammates and coaches You've placed in my life. Help me use my words to bring hope, strength, and unity. Give me the courage to speak up when someone needs encouragement, and the heart to notice what others might miss. Let my voice reflect Yours. Amen.

Challenge
Encourage three people today—one on your team, one at home, and one at school.

Humility

Ready

James 4:10
"Humble yourselves before the Lord, and he will exalt you."

One Word
Circle one word. Why does that stand out?

Set

Humility is one of the most powerful and respected traits a teammate can bring to ateam. It's not about being quiet or shrinking back—it's about choosing to put others first and thinking beyond yourself. Humility creates space for trust and teamwork to thrive. It says, "This isn't just about me—it's about us." When a team is full of athletes who serve, encourage, and lead without needing the spotlight, something special starts to happen. That's the kind of team that lasts.

In sports, it's easy to get caught up in recognition, stats, or comparison. But the most impactful athletes are often the ones who lift others up, take correction without pride, and celebrate the team's success over their own. Choosing humility on the field might look like accepting your role, doing the unseen work, or giving credit to someone else. That mindset shows maturity, and it allows your influence to grow in ways that titles or trophies never could.

James 4:10 reminds us that when we choose to humble ourselves before God, He's the one who lifts us up. We don't have to prove our worth or fight for attention—God sees us and honors the posture of our hearts. As athletes who want to reflect Christ, humility isn't optional—it's foundational. When we lower ourselves, we give God space to be seen through us. That's where real greatness begins.

Go

1. How can you show humility toward your teammates or coaches in a way that helps your team thrive?

2. What's one area where you need to let go of pride and trust God to lift you up in His time?

Overtime

God, thank You for showing me that true strength comes through humility. Help me put others first, lead with grace, and trust You with the recognition I often crave. Keep my heart soft and my focus on You. Amen.

Challenge
This week, put someone else's success above your own. Celebrate them out loud!

Perseverance

Ready

James 1:12
Blessed is the one who endures trials, because when he has stood the test he will receive the crown of life that God has promised to those who love him.

One Word
Circle one word. Why does that stand out?

Set

Every athlete knows what it feels like to hit a wall—physically, mentally, or emotionally. Perseverance is what keeps us moving when everything in us wants to give up. It's what shows up in extra reps, long practices, or tough seasons. And it's not just about pushing through—it's about doing so with purpose. Great teams are filled with athletes who know how to endure, encourage, and stay faithful when things get hard. That's what builds resilience—and that's what sets teams apart.

In your sport, perseverance might mean training through pain, staying focused through frustration, or believing in your team even when the scoreboard says you're losing. But the most powerful perseverance happens when no one sees it— when you're doing the hard work with no spotlight. Those moments build strength, discipline, and toughness. The ones who grow through trials are often the ones who lead with the most heart.

James 1:12 reminds us that God sees our endurance—and He blesses it. The crown of life isn't a trophy on a shelf; it's a reward for a life of faith that stays strong under pressure. When you keep going through trials with love for God in your heart, you're becoming more like Jesus, who never gave up on you. Perseverance isn't just about surviving—it's about finishing well. And with God's help, you will.

Go

1. When has perseverance made a difference in how you've grown as an athlete or teammate?

2. How is God using trials in your life right now to shape your faith and trust in Him?

Overtime

God, thank You for giving me strength when I feel like quitting. Help me press on through every challenge with courage, knowing You are shaping something eternal in me. Amen.

Challenge
When things get tough this week, whisper a quick prayer: "God, help me keep going."

Team Unity

Ready

Ecclesiastes 4:9-10
Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up.

One Word
Circle one word. Why does that stand out?

Set

Unity isn't just a nice idea—it's what turns a group of individuals into a true team. When athletes look out for each other, communicate well, and celebrate each other's wins, they build something that can't be shaken. Unity is seen in the way teammates lift one another up after a mistake, check in on each other outside of practice, and push each other to grow. A unified team becomes a place where everyone can thrive, because everyone knows they belong.

In sports, division can show up quickly—through comparison, gossip, or silent frustration. But strong teams fight for unity. That means we don't just play with each other; we play for each other. We have each other's backs, even in tough moments. We speak with honesty, listen with humility, and cheer with sincerity. Building unity takes intentionality, but the reward is worth it—a team that trusts each other is a team that goes further.

Ecclesiastes reminds us of the strength that comes from being connected. God didn't create us to do life—or sports—alone. He gives us teammates, coaches, and community to help carry the load. When we commit to unity, we reflect His heart for family, friendship, and faith. And when we fall, we know we won't stay down—because we have someone beside us to lift us up.

Go

1. How are you helping create a sense of unity and trust within your team?

2. How can you allow God to use the people around you to strengthen your faith and keep you going?

Overtime

God, thank You for the teammates You've placed in my life. Help me to be someone who encourages, connects, and builds unity so others see Your love through the way we play and lead. Amen.

Challenge
Look for someone who seems left out or discouraged, and include them this week.

Respect

Ready

Romans 12:10
Love one another deeply as brothers and sisters. Take the lead in honoring one another.

One Word
Circle one word. Why does that stand out?

Set

Respect is more than manners—it's a mindset that sees value in every person on and off the team. When we lead with respect, we don't wait to be treated well before we treat others well. We choose to honor teammates, coaches, officials, and opponents—not because they've earned it, but because it reflects who we are. Teams that lead with respect create space where people feel safe, seen, and ready to give their best.

On the court or field, respect shows up in small moments: the way we listen to a coach's correction, how we respond after a tough call, or how we talk to teammates during high-pressure situations. Disrespect breaks trust and weakens culture. But when athletes lead with respect—especially when emotions are high—it sets a powerful tone. Respect makes room for growth. It tells others, "You matter," even when things aren't going perfectly.

Romans 12:10 tells us to outdo one another in showing honor. That means we take initiative to value others—not waiting to be acknowledged first. Respect isn't just a social skill; it's a spiritual discipline that mirrors the way Jesus treated people. As athletes who want to reflect Christ, we lead by honoring others, knowing that true greatness begins with humility and love.

Go

1. What does it look like to lead with respect when emotions are high during practice or games?

2. How can you reflect the heart of Jesus by honoring others, even when it's difficult?

Challenge
Make a choice to show respect to someone who may not expect it—through words or actions.

Overtime

God, thank You for showing me how to love and honor others. Help me lead with respect on and off the field, and see each person through Your eyes. Amen.

Hard Work

Ready

Galatians 6:9
"Let us not get tired of doing good, for we will reap at the proper time if we don't give up."

One Word
Circle one word. Why does that stand out?

Set

Hard work isn't always exciting. Sometimes it feels repetitive, unnoticed, or just plain exhausting. But great teams are built by people who choose to show up and give their best—day after day. Hard-working athletes bring energy and consistency that raise the standard for everyone else. They don't just grind for themselves—they work with the belief that their effort matters to the whole team. That mindset keeps teams moving forward, even when things get hard.

In sports, it's easy to want results fast. We want wins, stats, or improvement to show up right away. But real growth takes time. It's built through quiet discipline and steady commitment, especially when no one is watching. The athletes who keep giving their best—when it's early, when it's tough, and when no one's cheering—are the ones who eventually reap the reward. They know that hard work isn't a feeling; it's a choice they make daily.

Galatians 6:9 reminds us that our work isn't wasted—even when it feels like nothing is changing. God honors the faithful, steady effort of those who keep showing up. When we commit to working hard in every part of life—school, sports, and faith—we're planting seeds that will grow in His timing. As athletes who follow Christ, we keep giving our best, not for attention, but because we trust that God will use every moment to shape something meaningful.

Go

1. How do you respond when your hard work isn't immediately noticed or rewarded?

2. Where do you need God's help to stay faithful in doing what's right, even when it's hard?

Overtime

God, thank You for the reminder that every bit of effort I put in matters to You. When I feel tired, overlooked, or discouraged, help me to remember that You are working even when I don't see results right away. Give me strength to keep going, heart to stay focused, and joy in knowing that I'm growing in ways that honor You. Make my work something that reflects Your faithfulness and brings You glory. Amen.

Challenge

This week,give your best in everything—homework, sports, chores—as if you're doing it for God.

Integrity

Ready

Proverbs 10:9
The one who lives with integrity lives securely, but whoever perverts his ways will be found out.

One Word
Circle one word. Why does that stand out?

Set

Integrity is doing the right thing—even when no one's watching. On a team, it's what builds real trust. Athletes with integrity stay consistent no matter who's around. They don't cut corners in drills, cheat the clock, or blame others when things go wrong. Their honesty and actions match up. When your team knows they can count on your character, it creates a foundation that leads to real security and confidence.

Integrity matters in every moment—how you speak, how you act, how you carry yourself when no one's keeping score. It's easy to look the part when things are going well, but true integrity shows up when pressure is high or when you could get away with less. The best athletes are the ones whose teammates can trust them completely—on and off the court. When you walk in integrity, your confidence doesn't come from pretending—it comes from knowing you're solid inside and out.

Proverbs 10:9 reminds us that integrity leads to security. God honors those who live with honesty, humility, and consistency. You don't have to cover up or fear being "found out" when your life lines up with your values. As an athlete who follows Christ, your integrity reflects His. And when others see that, it points them to the truth.

Go

1. What would it look like to walk in integrity in every area of your sport—even the little things no one sees?

2. Where do you need God's help to stay honest and faithful when it's tempting to take shortcuts?

Overtime

God, thank You for calling me to live a life of integrity. Help me to be the same person in private that I am in public. Give me the courage to do what's right, even when it's hard, and to be someone others can trust. Let my actions reflect Your truth and character in everything I do. Amen.

Challenge
Be honest and consistent this week—especially when it's hard. Choose the right thing even if it costs you something.

Faith

Ready

Hebrews 11:1
Now faith is the reality of what is hoped for, the proof of what is not seen.

One Word
Circle one word. Why does that stand out?

Set

Faith is believing before you see results. In sports, it's like trusting the training process when progress feels slow or trusting your team when you've faced setbacks. Real faith is what keeps athletes grounded in uncertain seasons—it's what gives you the courage to keep showing up, even when things aren't going the way you hoped. On a team, faith creates hope and expectation. It reminds everyone that what we're building is bigger than what we see right now.

Great athletes know that growth often starts in the unseen. You train before you succeed. You prepare before you compete. And spiritually, you believe before you fully understand. Faith doesn't ignore doubts or challenges—it carries you through them. It looks beyond what's visible and leans into trust. That kind of belief, even in the hard moments, helps teammates stay focused and hopeful.

Hebrews 11:1 gives us a beautiful picture of what faith really is. It's holding on to what God has said, even when your circumstances don't reflect it yet. It's choosing to believe that He's at work in your heart, your team, and your future. As a Christian athlete, your faith becomes a steady foundation—not just for how you play, but for how you live. Faith keeps your eyes up and your heart anchored.

Go

1. How can you show faith in how you approach your sport, even when results take time to show up

2. What promise from God do you need to trust right now—even though you can't fully see it yet?

Overtime

God, thank You for reminding me that faith is more than a feeling—it's a way of living. Help me trust You in every season, especially when I can't see what's ahead. Strengthen my faith so I can lead with hope, compete with confidence, and believe in what You're doing through me and my team. Amen.

Challenge
Pray this week: 'God, help me trust You even when I can't see the outcome.'

Selflessness

Ready

John 15:13
No one has greater love than this: to lay down his life for his friends.

One Word
Circle one word. Why does that stand out?

Set

Selflessness is the heartbeat of every strong team. It's what happens when teammates care more about "we" than "me." It means passing the ball, sharing credit, giving energy when you're tired, and lifting others up even if you're struggling too. Selfless athletes aren't soft—they're strong in a different way. They're the ones you can count on because they're playing for something bigger than themselves.

In competition, it's natural to think about your stats, your minutes, or your role. But when you shift your focus to what your team needs most, everything changes. Selfless athletes do the little things that make the team better—whether they're recognized or not. And over time, that kind of presence and attitude leaves a bigger impact than any highlight reel. It's the glue that holds a team together when pressure rises.

John 15:13 shows us the depth of Jesus' love—that He laid down His life for others. When we live with that kind of love, it changes how we see our teammates and even our opponents. As athletes who follow Christ, we're called to serve, give, and lead with that same sacrificial love. Selflessness isn't weakness—it's the strongest kind of leadership there is.

Go

1. What's one way you can put your team's needs above your own in the way you play or show up?

2. How is God calling you to love others more sacrificially, like Jesus did?

Overtime

God, thank You for showing me the power of selfless love through Jesus. Help me to lead by serving, to put others first even when it's uncomfortable, and to love my team with purpose and humility. Use my actions to build others up and reflect Your heart. Amen.

Challenge
Find one way to serve a teammate this week without expecting anything back.

Courage

Ready

Joshua 1:9
Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.

One Word
Circle one word. Why does that stand out?

Set

Courage is more than confidence—it's showing up even when you're nervous, unsure, or overwhelmed. On a team, courage looks like giving your best when the odds are against you, speaking up when something's not right, or staying calm under pressure. It's not about being fearless—it's about choosing to act despite fear. Teams thrive when athletes are willing to be brave for each other, for the mission, and for what's right.

In sports, courageous athletes are the ones who take responsibility, keep competing when it's tough, and encourage others no matter what. Courage shows up in the way you fight through injuries, try again after a mistake, or chase a challenge instead of hiding from it. You don't need to feel ready to be courageous —you just need to be willing. That mindset pushes teams forward and inspires others to step up, too.

Joshua 1:9 reminds us that God doesn't just suggest courage—He commands it. Why? Because He's with us. We don't stand alone in the hard moments. Our courage isn't based on how strong we are, but on how faithful He is. As followers of Jesus, we carry a quiet confidence—not in ourselves, but in the One who never leaves us.

Go

1. What situation in your sport is calling for courage right now, even if it feels scary or uncertain?

2. How can you trust God to be with you as you step out in faith and face your fears?

Overtime

God, thank You for promising to be with me in every situation. When fear rises or pressure hits, remind me that You are near. Help me choose courage even when it's hard and lead with strength that comes from trusting in You. Amen.

Challenge
Do one brave thing this week—whether it's speaking up, trying something new, or standing up for someone else.

Patience

Ready

Psalm 27:14
"Wait for the Lord; be strong, and let your heart be courageous. Wait for the Lord."

One Word
Circle one word. Why does that stand out?

Set

Patience isn't passive—it's powerful. It's the strength to stay steady when things feel slow, uncertain, or out of your control. On a team, patience shows up in how we handle waiting for our turn, recovering from setbacks, or trusting the process when results take time. Athletes who learn to wait well become the ones others look to for calm and confidence. They don't let frustration lead—they let faith guide them.

Waiting doesn't mean sitting still. It means staying present, doing the right things day after day, and not letting discouragement steal your effort. Patience is what helps you stay grounded in long practices, bounce back after injury, and believe in your growth even when it's invisible. The most mature athletes are often the most patient—not because things are easy, but because they've learned that lasting results are worth the wait.

Psalm 27:14 reminds us that patience takes courage. It takes strength to wait when you'd rather rush, to stay when you'd rather quit. But when we choose to wait on the Lord, we grow in trust, resilience, and peace. As followers of Christ, we don't wait alone—we wait with purpose, knowing that God is working even in the silence.

Go

1. Where is God asking you to be patient right now—in your role, your results, or your season?

2. How can you lean on His strength instead of your frustration while you wait?

Overtime

God, thank You for being with me in the waiting. When I feel restless or discouraged, give me courage to keep trusting You. Help me grow strong through patience and believe that Your timing is always best. Amen.

Challenge

When you feel like quitting, remind yourself that growth takes time. Don't give up!

Joy

Ready

Philippians 4:4
Rejoice in the Lord always. I will say it again: Rejoice!

One Word
Circle one word. Why does that stand out?

Set

Joy is deeper than happiness—it's not based on wins, stats, or how we feel. It's rooted in something unshakable: God's presence. Teams that play with joy play with freedom. They don't let circumstances dictate their mindset. They bring energy, positivity, and perspective that lifts everyone around them. Joy gives life to a team and reminds us why we love the game in the first place.

In sports, joy can get lost in pressure, comparison, or frustration. But when athletes choose joy—even in tough seasons—it changes everything. Joy doesn't ignore the hard stuff; it walks through it with a smile and a steady heart. It sees purpose in the process and beauty in the journey. When you compete with joy, you become the kind of teammate others love to follow.

Philippians 4:4 reminds us that joy is something we choose again and again. It's found in Jesus, not just in the scoreboard. He is our reason to rejoice—no matter what's happening around us. As athletes who follow Him, we lead with joy because He gives us something the world can't take away.

Go

1. What's been stealing your joy in sports, and how can you shift your focus back to what matters?

2. How can you choose joy today as a response to who God is—not just how life feels?

Overtime

God, thank You for being the source of unshakable joy. When circumstances are tough or I'm feeling down, remind me that You are still good and still with me. Fill my heart with joy that overflows into how I live, play, and lead. Amen.

Challenge
Find something to celebrate each day this week—big or small—and thank God for it.

Gratitude

Ready

1Thessalonians 5:18
Give thanks in everything; for this is God's will for you in Christ Jesus.

One Word
Circle one word. Why does that stand out?

Set

Gratitude isn't just for when things are going well—it's a mindset that sees God's goodness in all seasons. On a team, a spirit of thankfulness changes everything. It turns complaining into encouragement. It shifts focus from what's missing to what's already been given. Grateful athletes are grounded, generous, and more aware of the people around them. Their presence brings peace and perspective.

It's easy to overlook the gifts we have—our health, coaches, teammates, or even just the chance to play. But when we practice gratitude, we grow content and strong. Gratitude isn't about ignoring hard things—it's about noticing how God is working in the middle of them. When athletes lead with thankfulness, they lift the entire team.

1 Thessalonians 5:18 challenges us to give thanks in everything—not for everything, but in the middle of it. Gratitude isn't a feeling; it's a choice. And when we choose it, we walk in God's will and reflect His heart to the world.

Go

1. What's one thing about your current season you've taken for granted that you can start giving thanks for?

2. How does practicing gratitude help you grow closer to God in everyday moments?

Overtime

God, thank You for every opportunity, every lesson, and every person You've placed in my life. Teach me to see the good in each day and to lead with thankfulness—even when things are hard. Let my gratitude reflect how much I trust and love You. Amen.

Challenge
Start a gratitude list this week. Add one thing each day and thank God for it.

Kindness

Ready

Ephesians 4:32
And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

One Word
Circle one word. Why does that stand out?

Set

Kindness might seem simple, but it's one of the most powerful ways to impact a team. It shows up in how we speak, how we react, and how we treat people who are struggling. Kindness makes space for healing and helps build real relationships. It's not just about being nice—it's about showing grace and compassion, especially when it's not easy.

In competitive environments, it can be tempting to lead with pride, sarcasm, or frustration. But kindness cuts through all of that. It slows down our reactions and helps us see people for who they are—not just how they perform. Kind athletes create safe spaces where teammates feel seen, supported, and included. That kind of culture goes deeper than any scoreboard.

Ephesians 4:32 challenges us to treat others the way Jesus treated us—with compassion, patience, and forgiveness. When we're kind, we show the world what God's love is like. As athletes who follow Christ, we lead with kindness because it's not just what we do—it's who we're called to be.

Go

1. How can your kindness change the way someone on your team feels, plays, or sees themselves?

2. Where do you need God's help to show more compassion or patience to someone in your life?

Overtime

God, thank You for showing me kindness and grace even when I don't deserve it. Help me reflect that same love to others, especially when it's inconvenient or difficult. Make me someone who leads with gentleness, lifts others up, and brings peace wherever I go. Amen.

Challenge
Do one act of kindness this week for someone on your team or at school.

Confidence in Christ

Ready

2 Timothy 1:7
For God has not given us a spirit of fear, but one of power, love, and sound judgment.

One Word
Circle one word. Why does that stand out?

Set

Confidence isn't arrogance—it's knowing who you are and whose you are. As athletes, we all face moments of doubt: before a big game, after a mistake, or when comparison creeps in. But when your confidence is rooted in Christ, you're steady—even when the outcome isn't what you hoped for. You know your identity doesn't depend on performance, and you don't have to prove your worth to anyone.

True confidence is quiet strength. It shows up in how you speak, how you carry yourself, and how you treat others. Confident athletes don't have to tear others down to feel good. They lead with peace and security, not pressure. They play freely, knowing their value isn't on the line every time they step on the field or court. That kind of confidence lifts teams, calms chaos, and reflects God's heart.

2 Timothy 1:7 reminds us that fear doesn't come from God. He gives us a spirit of power, love, and sound judgment. When you know that, you don't have to play afraid. You can compete boldly, love well, and make decisions with clarity. As a follower of Christ, your confidence comes from His Spirit within you—not the scoreboard.

Go

1. Where are you tempted to tie your confidence to your performance instead of your identity in Christ?

2. How can you rely on God's Spirit to help you lead with power, love, and wisdom in every part of your life?

Overtime

God, thank You for giving me a spirit of strength, not fear. Help me root my confidence in who You say I am, not in how I perform. Let my courage reflect Your love, and may my confidence draw others closer to You. Amen.

Challenge
Before your next game or challenge, say this prayer: 'God, help me trust You and play with courage.'

Obedience

Ready

John 14:15
If you love me, you will keep my commands.

One Word
Circle one word. Why does that stand out?

Set

Obedience is a response to love, not a list of rules. When you really care about your coach, your team, or your family, you want to listen—you want to do what honors them. It's the same with God. He's not looking for perfect behavior. He's looking for hearts that love Him enough to follow where He leads. On a team, obedience creates order, discipline, and trust. Without it, chaos takes over.

Athletes who practice obedience in little things—like staying focused, showing respect, or giving full effort—build habits that lead to success in the big moments. They don't follow only when it's convenient. They're dependable and consistent, even when no one is watching. That kind of obedience grows your influence and shows others what leadership really looks like.

Jesus tells us in John 14:15 that love and obedience are connected. When we truly love Him, our choices begin to reflect that love. We don't obey to earn His approval —we obey because we already have it. As followers of Christ, we choose obedience because we trust His way is better than ours, and we want our lives to point to Him.

Go

1. What's one area where obedience could help you become a more dependable and focused athlete?

2. Where is God asking you to obey Him more fully out of love and trust?

Overtime

God, thank You for loving me first and showing me how to follow You. Give me the courage to obey—not out of pressure, but from a heart that trusts You. Help my actions reflect my love for You in everything I do. Amen.

Challenge
Pick one thing you know God wants you to do this week—and do it with a willing heart.

Focus

Ready

Hebrews 12:1-2
Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the pioneer and perfecter of our faith.

One Word
Circle one word. Why does that stand out?

Set

Focus is what keeps you locked in when distractions are everywhere. In sports, it's the difference between being present and just going through the motions. Focused athletes stay engaged in every rep, listen with intention, and don't let setbacks steal their attention. They know what they're working toward, and they guard their mindset with discipline and clarity.

There's always something trying to steal your focus—comparison, mistakes, noise from the crowd, or even your own thoughts. But when your eyes are fixed on your purpose, those distractions lose their power. The strongest athletes are the ones who can block out the noise and stay centered. That kind of focus builds consistency, confidence, and calm under pressure.

Hebrews 12 reminds us that our spiritual focus should be locked on Jesus. He's the One who started our journey and will carry it through. When we fix our eyes on Him —not just on results—we run with endurance and joy. As athletes and believers, staying focused on Christ helps us live with purpose and lead with peace.

Go

1. What distractions are pulling your focus away from giving your best in training or competition?

2. How can keeping your eyes on Jesus help you stay grounded and faithful through every challenge?

Overtime

God, thank You for being my focus and my strength. Help me to block out distractions and fix my eyes on You in every moment. Teach me to run my race with endurance and joy, knowing You are right beside me. Amen.

Challenge
Each morning this week, take 1 minute to pray and ask Jesus to help you stay focused on Him.

Forgiveness

Ready

Mark 11:25
And whenever you stand praying, if you have anything against anyone; forgive him.

One Word
Circle one word. Why does that stand out?

Set

Forgiveness isn't easy—but it's essential. On a team, holding grudges poisons chemistry and weakens trust. Whether it's a teammate who let you down, a coach who made a tough call, or someone who hurt you in a deeper way—unforgiveness keeps you stuck. But when you choose to forgive, you choose freedom. You stop carrying the weight of what someone else did, and you make space for healing and unity.

Forgiveness doesn't mean forgetting or pretending it didn't hurt. It means deciding that bitterness won't control you. Forgiving others can be one of the strongest things you ever do—it takes courage, strength, and humility. It builds maturity and invites peace back into your relationships and your heart.

Mark 11:25 tells us that forgiveness and prayer go hand in hand. If you want a clear connection with God, it starts with clearing out the resentment in your heart. As followers of Jesus, we forgive because we've been forgiven. And when we extend that same grace to others, we reflect the love of Christ in a powerful way.

Go

1. Who do you need to forgive or release so that your heart—and your team—can move forward?

2. How does remembering how much God has forgiven you help you offer forgiveness to others?

Overtime

God, thank You for forgiving me more times than I can count. Help me to let go of resentment and offer grace, even when it's hard. Teach me to lead with a soft heart and bring peace into every relationship I'm part of. Amen.

Challenge
Think of someone you've been holding a grudge against. This week, take one step toward forgiveness—pray for them, let go of the bitterness, or start a conversation if you're ready.

Trust

Ready

Proverbs 3:5-6
Trust in the Lord with all your heart, and do not rely on your own understanding.

One Word
Circle one word. Why does that stand out?

Set

Trust isn't always easy—especially when things aren't going as planned. In sports, we often want to be in control: of our roles, results, and future. But trust means letting go of what we don't understand and leaning into who we know God to be. Trusting God with all your heart means believing He's good, even when life is confusing. That kind of faith changes how we respond to pressure and how we walk through hard seasons.

Athletes who trust well don't panic when plans shift or mistakes happen. They stay steady because they believe there's a bigger picture. They bring peace to their team by trusting their coaches, their teammates, and ultimately, their Creator. Trust doesn't mean we stop working hard—it means we stop carrying the weight alone.

Proverbs 3 reminds us that when we trust God instead of trying to figure it all out ourselves, He makes our path clear. As followers of Christ, we don't have to have all the answers—we just have to trust the One who does.

Go

1. What's one part of your journey—on or off the field—that you need to stop trying to control and start trusting God with?

2. How would full trust in God change the way you handle challenges or uncertainty?

Overtime

God, thank You for being trustworthy even when I don't understand everything. Help me lean on You instead of myself, and give me peace as I follow Your lead. I trust that You're working for my good. Amen.

Challenge
Each day this week, tell God: 'I trust You with this day.' Watch how He shows up.

Peace

Ready

Colossians 3:15
And let the peace of Christ, to which you were also called in one body, rule your hearts.

One Word
Circle one word. Why does that stand out?

Set

Peace isn't found in perfection—it's found in Jesus. On a team, peace shows up when people feel safe, supported, and united. It's not about the absence of conflict, but the presence of grace. When athletes carry peace into competition, they bring calm into chaos. They lead by staying steady, by listening well, and by creating space where others can breathe and belong.

Stress, pressure, and emotions are part of every sport. But peace is what keeps our hearts from being overwhelmed by them. Peaceful athletes don't avoid the hard moments—they handle them with strength and wisdom. They stay anchored because they're not ruled by fear or pride, but by the peace that only Christ gives.

Colossians 3:15 reminds us that we're called to peace. It's not just something we receive—it's something we let rule our hearts. When Christ's peace takes over, it spills into every part of our lives—on the court, in the locker room, and in the way we treat others.

Go

1. Where do you need God's peace to take over instead of letting stress or fear rule your heart?

2. How can you bring peace to your team by the way you speak, respond, and lead?

Overtime

God, thank You for offering peace that goes deeper than my circumstances. Calm my heart and teach me to live from a place of trust. Help me carry Your peace into every situation and reflect it to the people around me. Amen.

Challenge
Take a deep breath before your next big moment and ask Jesus for His peace.

Zeal

Ready

Romans 12:11
Do not lack diligence in zeal; be fervent in the Spirit; serve the Lord.

One Word
Circle one word. Why does that stand out?

Set

Zeal is passion with purpose. It's the fire in your heart that fuels your effort and attitude. On a team, zeal brings energy that lifts others, motivates effort, and keeps the mission alive—even when things get hard. Zealous athletes don't wait to feel inspired—they bring intensity, focus, and heart because they know who they're playing for.

In sports, it's easy to lose your spark when things feel repetitive or challenging. But zeal isn't about hype—it's about deep motivation. It's choosing to show up with purpose when the feeling fades. The most influential athletes don't just go through the motions—they go all in. That mindset creates momentum and inspires others to do the same.

Romans 12:11 challenges us not to lose our zeal but to let the Spirit fuel our passion. As followers of Jesus, we serve with energy because we're not just playing a game —we're reflecting His greatness. When we bring that fire, our lives point others to something bigger than the scoreboard.

Go

1. What area of your life or sport needs more passion and intentional effort right now?

2. How can your zeal become a way to worship God and serve others well?

Overtime

God, thank You for giving me passion and purpose. Light a fire in my heart that doesn't fade when things get hard. Help me serve You and my team with energy, focus, and joy that reflects Your Spirit in me. Amen.

Challenge
Bring your full energy and heart to every practice and prayer this week.

Steadfastness

Ready

1Corinthians 15:58
Be steadfast, immovable, always excelling in the Lord's work, because you know that your labor in the Lord is not in vain.

One Word
Circle one word. Why does that stand out?

Set

Steadfastness means you're not shaken when life shakes you. It's staying planted in what's right, even when it's hard. Teams rely on steadfast athletes—the ones who show up, stay focused, and keep believing through every win and loss. That kind of presence builds trust and brings strength to everyone around them.

Consistency is hard. It's easier to ride emotional highs and lows. But steadfast athletes are the ones who keep working, keep trusting, and keep showing up. They're not perfect, but they're faithful. They bring stability in storms, and they lead by being grounded when everything else feels uncertain.

1 Corinthians 15:58 reminds us that when we stay rooted in God's work, nothing is wasted. Even when you don't see results, your faithfulness matters. As followers of Christ, steadfastness is more than endurance—it's faith that keeps moving forward with hope.

Go

1. Where are you being called to stay steady and faithful, even when progress feels slow or invisible?

2. How does knowing your work in the Lord is never wasted give you strength to keep going?

Overtime

God, thank You for being my foundation. When things feel shaky, keep me steady in Your truth. Help me show up with faith and lead with endurance, trusting that everything I do for You matters. Amen.

Challenge
Choose one thing to be consistent in this week—prayer, attitude, or effort—and stick with it.

Accountability

Ready

Proverbs 27:17
Iron sharpens iron, and one person sharpens another.

One Word
Circle one word. Why does that stand out?

Set

Accountability isn't about being judged—it's about being sharpened. On a team, we all need people who challenge us, encourage us, and push us to grow. Real accountability happens in relationships where there's trust and honesty. It's what takes average teammates and turns them into iron-sharpening leaders.

The strongest athletes aren't the ones who avoid feedback—they seek it. They're willing to ask hard questions, own their mistakes, and speak truth when others need it. Accountability makes teams better because it builds trust and breaks down pride. When you surround yourself with people who care enough to sharpen you, you don't just play better—you grow deeper.

Proverbs 27:17 reminds us that we weren't meant to grow alone. God uses other people to shape us, stretch us, and strengthen us. Accountability is a gift—it's how we become more like Christ and more dependable for the people around us.

Go

1. Who in your life challenges you to grow and helps you stay on track spiritually and athletically?

2. How can you become someone who sharpens others with love, truth, and grace?

Overtime

God, thank You for placing people in my life who help me grow. Help me welcome accountability with humility and offer it with love. Use me to sharpen others in a way that honors You. Amen.

Challenge
Ask a friend or teammate to check in with you about something you want to grow in.

Purpose

Ready

Romans 8:28
We know that all things work together for the good of those who love God, who are called according to his purpose.

One Word
Circle one word. Why does that stand out?

Set

Purpose is what keeps you going when the "why" gets blurry. It reminds you that your life, your season, and your effort all matter. When you understand your purpose, setbacks don't stop you—they shape you. You start to see even the tough moments as part of something bigger. On a team, athletes with purpose lead differently. They don't just play for wins—they play with meaning.

God doesn't waste anything. Romans 8:28 reminds us that all things—the wins and the losses, the highs and the lows—are working together for good in the lives of those who love Him. That includes every practice, every challenge, and every role you've been given. When you know you're called, you play differently. You train with vision. You serve with passion. You trust with peace.

As followers of Christ, our purpose is bigger than performance. We are called to reflect His love, lead with courage, and live like it all matters—because it does.

Go

1. Where do you need to be reminded that your season and your story are part of God's purpose?

2. How would your mindset shift if you truly believed God is working all things together for your good?

Overtime

God, thank You for giving my life meaning and direction. Help me trust that You are using every moment for something greater than I can see. Let my heart stay focused on Your purpose, not just my plans. Amen.

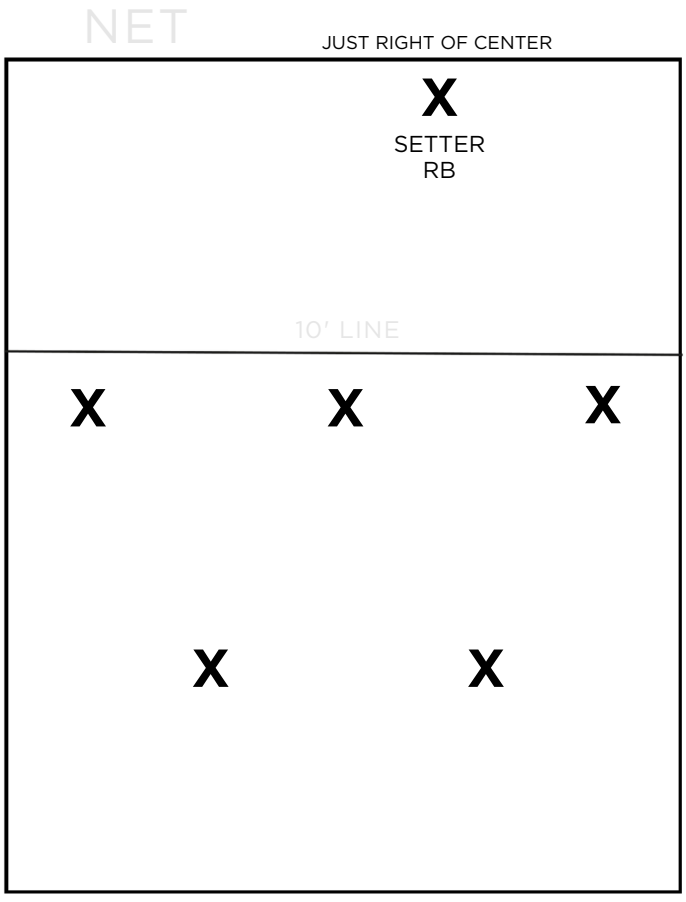
Challenge
This week, ask God: 'How do You want to use me today?' Then pay attention to what He shows you.

VOLLEYBALL
TRAINING

FCA SPORTS

FREEBALL DEFENSE

"W"FORMATION

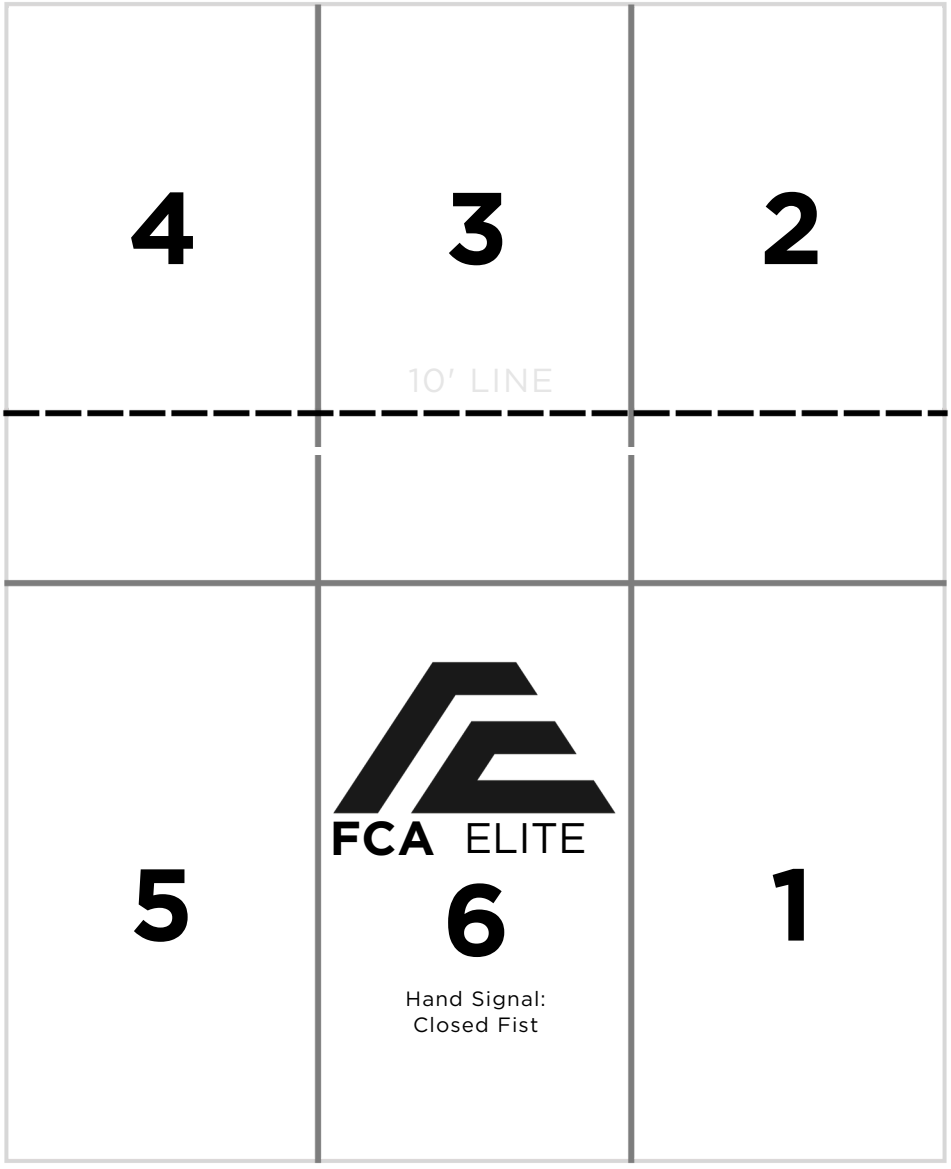


- A FREE BALL IS A FOREARM PASS OR SET OVER THE NET. IT SHOULD BE EASY TO DEFEND SO WE CALL IT A "FREE" BALL.
- WE GET INTO THIS DEFENSIVE FORMATION ANYTIME OUR OPPONENT IS ABOUT TO SEND A FREE BALL OVER THE NET.
- WE SHOULD **YELL "FREE"** AS SOON AS WE RECOGNIZE THE FREE BALL IS COMING AND **MOVE QUICKLY** INTO THIS "W" FORMATION.
- THE **SETTER "RELEASES"**(RUNS) TO THE NET TO PREPARE TO SET THE NEXT BALL.
- A SETTER SHOULD **NOT** PASS A FREE BALL.

COURTZONES

6 SERVING ZONES

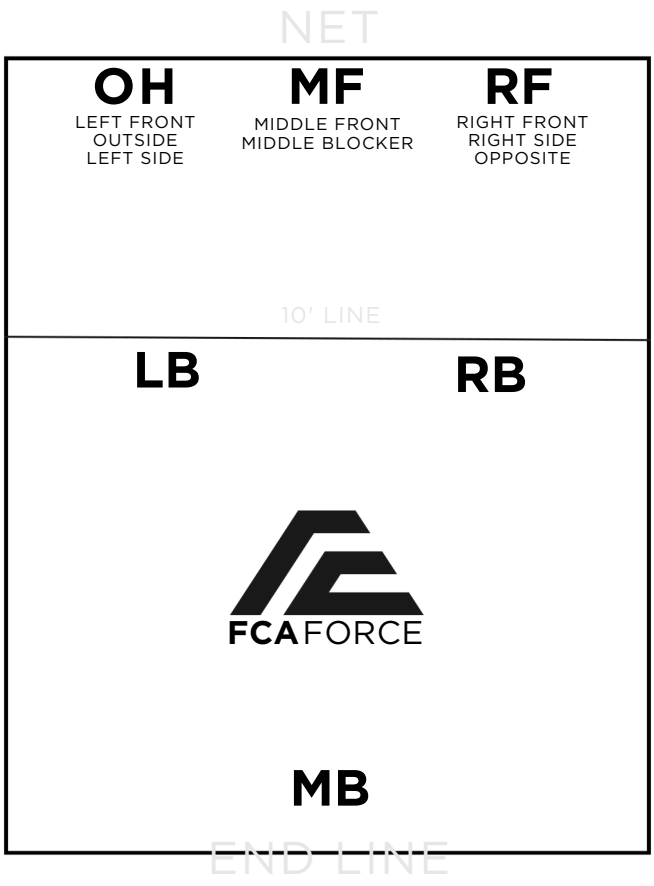
NET



END LINE

POWERED BY:
VOLLEY PATH

BASE DEFENSE



FRONT ROW

- PREPARED TO BLOCK
- HANDS ARE UP AT FACE LEVEL OR HIGHER. KNEES ARE SLIGHTLY BENT. ATHLETIC POSTURE.

BACK ROW

- KNEES BENT
- SHOULDERS FORWARD
- ARMS OUT
- PREPARED TO MOVE

THINK OF **BASE DEFENSE** AS **HOME BASE**

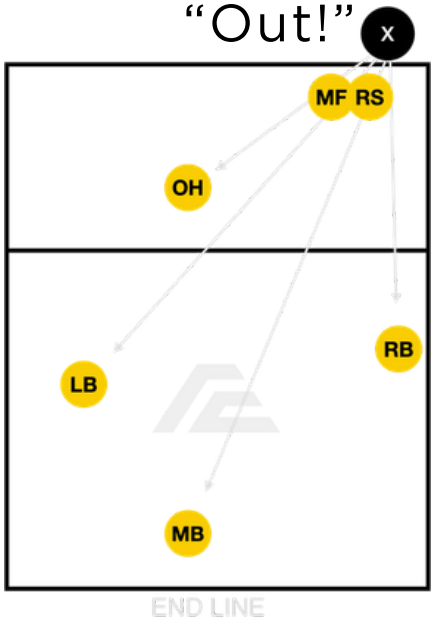
WE SHOULD BE IN **BASE ...**

- AFTER WE SERVE
- ANYTIME WE SEND THE BALL OVER THE NET

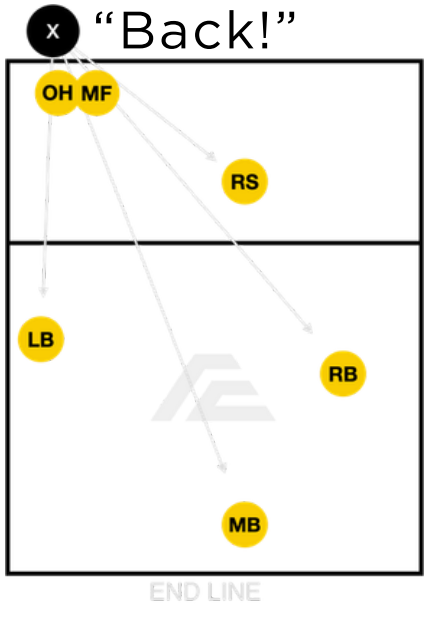
POWERED BY: VOLLEY PATH

PERIMETER DEFENSE

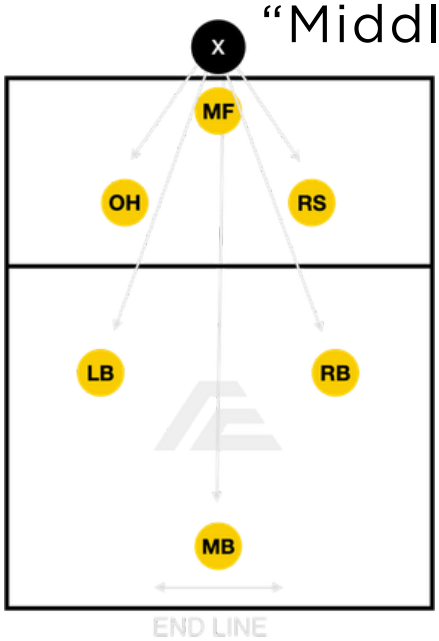
"Out!"



"Back!"



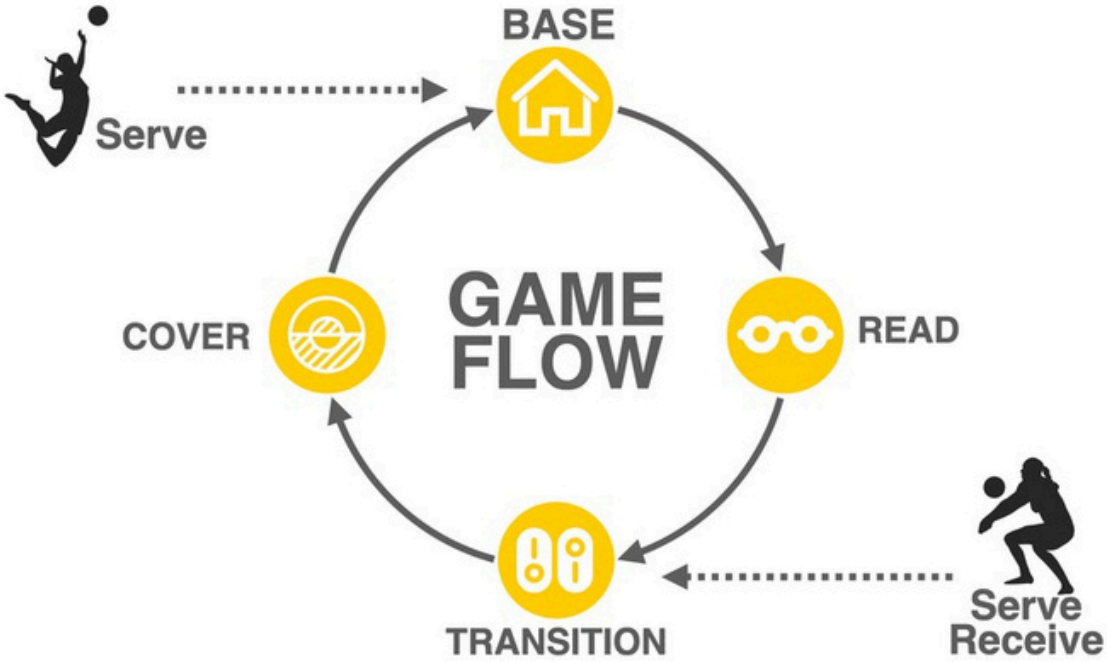
"Middle!"



ELITE

POWERED BY: VOLLEY PATH

GAMEFLOW



"Stage"

GAME FLOW BREAKDOWN	
WHILE OTHER TEAM IS SETTING	STAY IN BASE
AFTER THEY SET	MOVE TO READ
ONCE WE DEFEND THE ATTACK	MOVE TO TRANSITION
WHILE WE ARE ATTACKING	MOVE TO COVER
AFTER WE ATTACK (SEND IT OVER)	MOVE BACK TO BASE
GENERAL RULES	
ANYTIME WE SEND BALL OVER	MOVE TO BASE
AFTER WE SERVE	MOVE TO BASE
DIRECTLY AFTER WE SERVE RECEIVE	MOVE TO TRANSITION

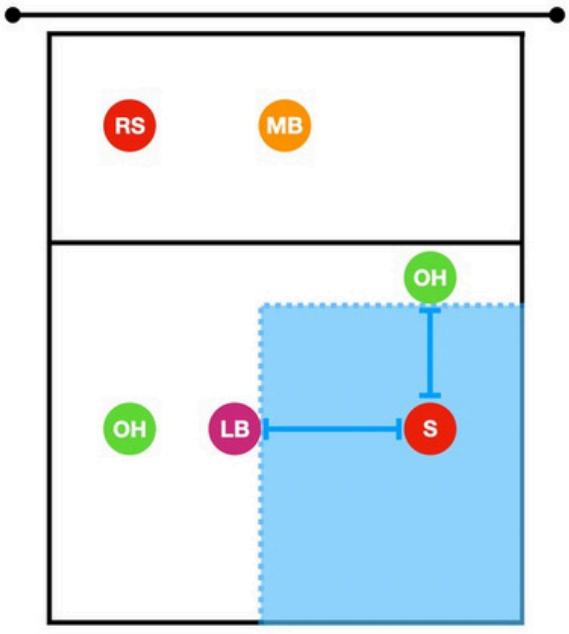
POWERED BY:
VOLLEY PATH

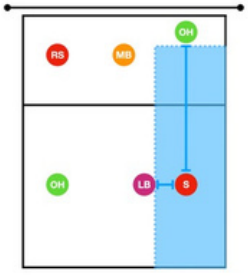
ROTATIONRULES

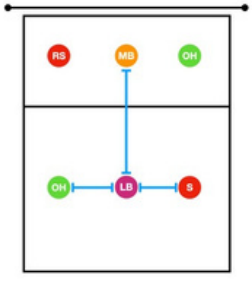
RULES OF ROTATION

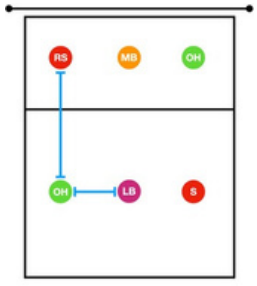
Before the ball is served:

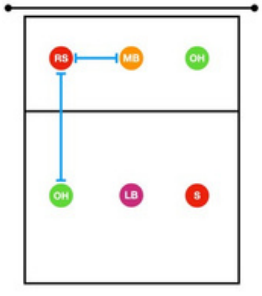
1. You can't be past the person directly in front or behind you
2. You can't be past the person directly beside you

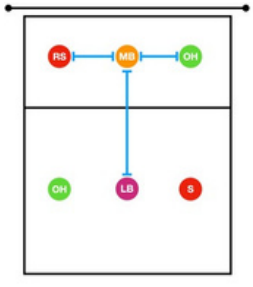


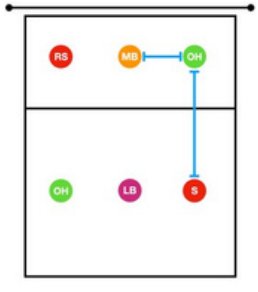








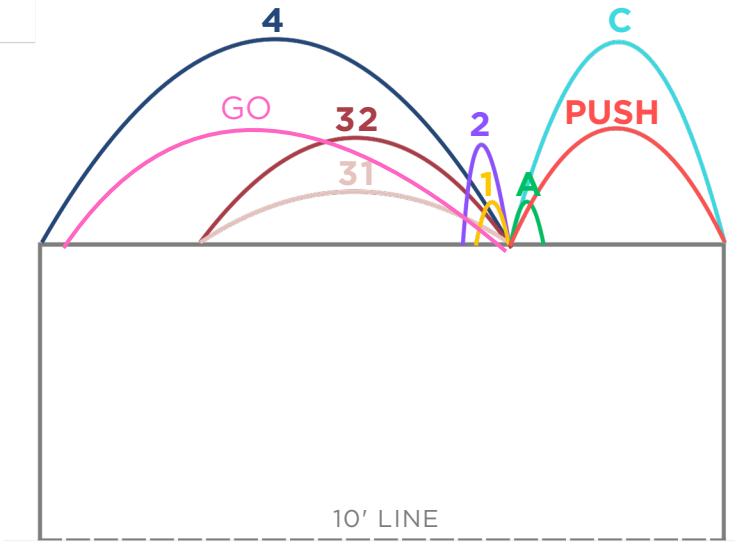




POWERED BY:

VOLLEY PATH

SETCALLS



Number	Description	Hand Signals
4	High ball to the outside pin	4 fingers up, thumb down
32	2nd tempo between outside & middle	thumb, index finger, middle finger
31	1st tempo between outside & middle	three fingers close together (index, middle, ring)
2	2nd tempo in the middle	peace sign
1	1st tempo just in front of the setter	1 finger (index)
A	1st tempo just behind the setter	pinky only
C	High ball to the rightside pin	C shape with hand
Push	2nd tempo ball to the rightsidepin	flick fingers away to open hand
Slide	Hitter runs a push off one foot	hang loose (pinky and thumb)
Gap	A quick 1 ball just a little left of center	wagging 1 finger (index)

*most often used

POWERED BY: VOLLEY PATH

APPENDIX

FCA SPORTS

OUR IDENTITY

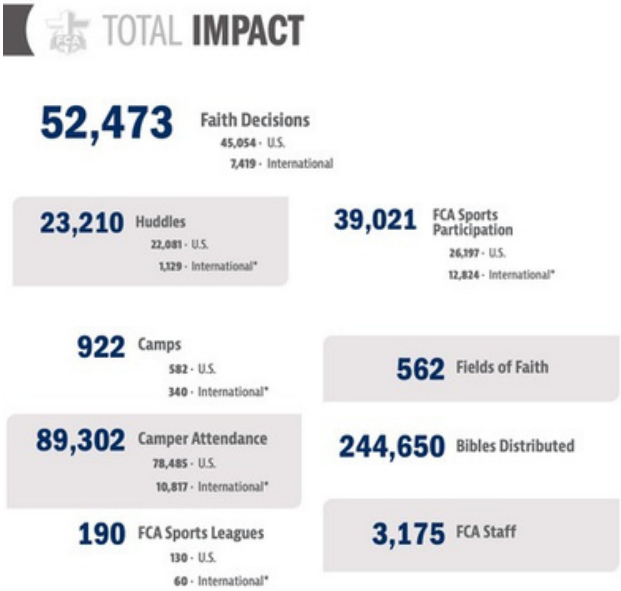
WHO IS FCA?
We are a community working to see the world transformed by Jesus Christ through the influence of coaches and athletes. Panhandle FCA is local, but we are connected to a much larger organization nationally and Internationally

WHAT IS OUR WHY?
We desire to see every coach and athlete enter into a growing relationship with Jesus Christ and His church.

WHAT DO WE DO?
We seek to make disciples through our strategy of engaging, equipping and empowering coaches and athletes to know and grow in Christ and lead others to do the same.

WHY FCA SPORTS?
We believe sport can be an incredible vehicle for life change. We also have seen many athletes and families run down, spread thin, and at times, hurt within certain sport cultures. Our aim is to create a space that brings high level athletic training alongside a healthy culture of faith, character, and relationship development. We want to pour into your daughters and also your families as we go on this journey together!

FCA BY THE NUMBERS IN 2025





This info is a snapshot from the 2025 FCA Ministry Impact Report. See more here.

TEAMPROMISE

PRACTICE/COMPETITION EXPECTATIONS

1. Be early. 10-15 min early is on time :)

2. Ready for practice means: shoes and gear on, a spill proof water bottle ready, and a positive attitude ready to listen, learn and contribute!

3. HUSTLE everywhere!

4. Communication is a huge part of our sport. You must be willing to talk constantly on the court/field, with energy and volume.

5. Control every controllable.
   - communication
   - effort
   - energy
   - attention

6. We will ask you to work hard. In order for this to be fun you will need to love the sport and desire to grow!

7. Let's remember that our home gym/field is someone else's home so we will be good stewards of the space. Leave it cleaner than you found it.

8. You are expected to wear a team issued practice shirt at every practice. Please put your name on all gear.

9. At tournaments:
   - Always bring ALL of your uniforms, warm-up t-shirts, shoes, & personal gear.
   - Show respect to all players, fans, coaches, and officials.
   - Do not wear other team gear. Represent FCA Elite with pride and joy!
   - Wait to be dismissed by a coach before leaving.
   - Warm-ups/Sweatshirts do not get thrown on bench. Hand to parent.
   - Always wear something in and out of they gym to cover spandex.

TEAMPROMISE
PLAYER EXPECTATIONS

1. I recognize that FCA Elitee is a Christian based club and I will be open to participating in team devotional time, prayer, and other biblically centered conversations. I understand that everyone is welcome wherever they are spiritually, but this program will use a Christ Centered lens in our approach to life and sport. **Hebrews 10:24-25**

2. I am proud to be an FCA Elitee athlete and I will work hard to represent my family and the team well and maintain a positive reputation in the community. **2 Corinthians 5:20**

3. I will be a team player and do my best to put the needs of the team above my own emotions and attitudes. I will choose to BETTER THE TEAM and accept my role. **Philippians 2:3-5**

4. I will be aware of and take responsibility for my body language, attitude and responsiveness to my coaches, teammates, and refs. **Philippians 2:14-15**

5. I will work hard on the court and in the classroom. I understand that my full effort on and off the court is pleasing to the Lord. **Colossians 3:23-24**

6. I will take responsibility for showing up and being on time to all team commitments. If I am late, I will text or call coach and hustle in ready to play. If I am sick I will call/text ASAP informing coach that I cannot make it. If I am injured but able to attend tournaments I will come to support my team. Cell phones will not be a present distraction at practice/tournaments. **Luke 16:10**

7. I will speak to people - not about them. **Matthew 18:15-17**
(See next page for more details.)

8. If I am confused or frustrated with questions or concerns I trust that my coach desires to help me. I will do my best to approach the coach with truth in love so that we can find a solution together. I understand that I as the athlete, I must first bring questions about playing time to the coach before my parents get involved. **Ephesians 4:15**

9. If I miss a practice for something unexcused I understand that it will likely impact my playing time in the next competition. If there are extenuating circumstances (i.e. illness, funeral, etc.) the coaches need to be informed in advance. Due to the inevitable gray area, I understand the coach reserves the right to make a judgment call.**Hebrews 12:11**

10. I understand that the coaches' decisions are final and that I may not always agree with them. I will do my best to respect the decision and work hard to better my team. **Hebrews 13:17**

11. I understand that mistakes do NOT define me, rather they help teach me. I will own my mistakes and work hard to improve. Next point mentality. **Romans 8:1**

12. I understand that if I do not uphold these expectations repeatedly, I can be removed from this team mid season. **Hebrews 12:11**

1. **Hebrews 10:24-25**
   And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...

2. **2 Corinthians 5:20**
   So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God!"

3. **Philippians 2:3-5**
   Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had.

4. **Philippians 2:14-15**
   Doeverything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

5. **Colossians 3:23-24**
   Whatever you do, do it from the heart, as something done for the Lord and not for people, knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ.

6. **Luke 16:10**
   Whoeverisfaithful in very little is also faithful in much, and whoever is unrighteous in very little is also unrighteous in much.

7. **Matthew 18:15-17**
   If your brother sins against you go tell him his fault, between you and him alone. If he listens to you, you have won your brother. But if he won't listen, take one or two others with you, so that by the testimony of two or three witnesses every fact may be established. If he doesn't pay attention to them, tell the church. If he doesn't pay attention even to the church, let him be like a Gentile and a tax collector to you.

8. **Ephesians 4:15**
   But speaking the truth in love, let us grow in every way into him who is the head—Christ.

9.–12. **Hebrews 12:11**
   No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruitof righteousness to those who have been trained by it.

10. **Hebrews 13:17**
    Obey your leaders and submit to them, since they keep watch over your souls as those who will give an account, so that they can do this with joy and not with grief, for that would be unprofitable for you.

11. **Romans 8:1**
    Therefore, there is now no condemnation for those in Christ Jesus,

TEAM PROMISE
CONFLICT RESOLUTION

FCA ELITE members commit to creating a culture marked by **respect**, **honesty**, **compassion**, and **integrity**. We promise to **communicate openly, avoid gossip, extend grace, and address concerns directly** rather than talking around them. When conflict arises, we handle it with patience and transparency, aiming to preserve trust and unity within the team.

When someone's behavior falls short of our expectations, we follow a clear and simple — believing that God calls us to a restoration process rooted in grace, humility, and unity; pursue peace, speak truth in love, and restore relationships whenever possible.

Step 1: Have a private, direct conversation with the person involved.

Step 2: If the issue remains, bring in one or two trusted individuals to help provide clarity and support.

Step 3: If the concern still isn't resolved, we agree to bring this situation to the coaches to help us work toward a solution.

Step 4: If all attempts fail, coaches may decide on appropriate next steps or consequences.

Our aim is to resolve most situations early through honest, respectful, person-to-person conversation—believing that unity honors God, forgiveness strengthens teams, and humility opens the door for real change.

How Should I Approach Someone One-on-One?
When tension or misunderstanding happens, we commit to approaching each other in a way that reflects the heart of Jesus and protects the unity God calls us to pursue:

- **Lead With Love:** choosing a gentle, peace-seeking posture instead of coming in heated, defensive, or ready to win an argument.
- **Carry Humility:** remembering that our perspective may be incomplete and that God honors a humble spirit.
- **Prepare Your Heart to Forgive:** deciding ahead of time to release bitterness, so you enter the conversation with a soft and open spirit.
- **Speak Truthfully:** communicating what actually happened without assumptions, exaggeration, or assigning motives.

We choose to **approach each other with the desire to understand,** believing that honest conversations—handled with spiritual maturity—can restore trust and reflect God's love.

TEAMPROMISE

CONFLICT CONTINUED

When we fall short we will apologize.
We allmissthemark at times. When our actions or attitudes break trust, we step toward reconciliation rather than away from it. We use a clear 6 step humble restoration process to own our part and pursue healing.

1. **Name what happened:** Clearly acknowledge the action or words that caused hurt.

2. **Own the wrong:** Admit without excuses that our choice, tone, or behavior was not right.

3. **Offer a sincere apology:** Express genuine sorrow for the impact of our actions.

4. **Ask to be forgiven:** Humbly invite the other person to extend forgiveness when they're ready.

5. **Welcome accountability:** Give the other person permission to help us grow and stay committed to healthier choices.

6. **Check for anything unresolved:** Ask if there's more that needs to be heard, understood, or repaired.

We believe that choosing confession, honesty, and forgiveness allows God to restore what's broken, strengthens our relationships, and shapes a team culture marked by grace and unity.

I have read **all team expectations** and I understand and agree to what is being asked of me.

_____	_____	_____
Player Name (printed)	**Player Signature**	**Date**

_____	_____
1st Parent/Guardian Signature	**2nd Parent/Guardian Signature**

TEAMPROMISE

PARENT EXPECTATIONS

1. One Voice

- Your daughter will be learning a lot this year. We will be giving constant feedback. We need to minimize coaching voices during competition to allow for clearer communication.
- As a parent we highly encourage you to have a loud voice of encouragement and celebration, but leave the coaching and feedback to the coaching staff.
- At times, parent insights are counter to the instruction they are receiving from staff which can cause confusion. They need mom, dad, grandma, and grandpa to support and encourage! Your daughter will be trained to keep her eyes and ears on her team and coaches. Please respect that boundary during play.

2. Parent to Coach Communication

- If your question is regarding playing time, then the first line of communication needs to be **player to coach.**
- If you have a question that will help you instruct your child at home, you simply need more understanding on an issue, or you have a concern **please reach out.**
- Come to the table with a heart to understand and expect the coaches will do the same. If
- you wish to speak to a coach about something sensitive or difficult, please be mindful of when and how.
    - Not before or after a practice unannounced.
    - Not before, during or directly after a game/tournament. Must wait 24 hours to schedule.
    - Setup a meeting ahead of time (text or call).
    - Coaches will NOT engage in heated emails, texts or phone calls.

3. Positive Energy vs Poisoning the Well

- Please do not talk badly about teammates or coaches. The girls are being asked to buy into what we are building. The best way to help us is to buy in yourself, or at least not cut down others.
- If you or your daughter is frustrated or struggling with something come to us quickly so we can work it out and continue building something special.
- Leave dealing with bad refs, officials and other coaches to the Head Coach. We will fight for your kids in ways that will not negatively affect the outcome of matches and will be honoring to God.

I have read **all team expectations** and I understand and agree to what is being asked of me.

_____ _____

Player's Name (printed) Date

_____ _____

Parent Signature **2nd Parent Signature**

COMPETITOR'S CREED

FELLOWSHIP OF CHRISTIAN ATHLETES

I am a Christian first and last.
I am created in the likeness of
God Almighty to bring Him glory.
I am a member of Team Jesus Christ.
I wear the colors of the cross.

I am a Competitor
now and forever.
I am made to strive, to strain,
to stretch and to succeed
in the arena of competition.
I am a Christian Competitor
and as such,
I face my challenger
with the face of Christ.

I do not trust in myself.
I do not boast in my abilities
or believe in my own strength.
I rely solely on the power of God.

I compete for the pleasure of
my Heavenly Father,
the honor of Christ
and the reputation
of the Holy Spirit.

My attitude on and off
the field is above reproach –
my conduct beyond criticism.
Whether I am preparing,
practicing or playing;
I submit to God's authority
and those He has put over me.
I respect my coaches, officials,
teammates and competitors
out of respect for the Lord.

My body is
the temple of Jesus Christ.
I protect it from
within and without.

Nothing enters my body that
does not honor the Living God.
My sweat is
an offering to my Master.
My soreness is
a sacrifice to my Savior.

I give my all – all of the time.
I do not give up. I do not give in.
I do not give out.
I am the Lord's warrior –
a competitor by conviction
and a disciple of determination.
I am confident beyond reason
because my confidence
lies in Christ.
The results of my efforts
must result in His glory.

LET THE COMPETITION BEGIN. LET THE GLORY BE GOD'S.

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