

CHOSEN TO LIVE

OUTREACH MINISTRIES

PRESENTS

TRAINING THEM UP!!!

10 week Youth Camp PROMOTING FITNESS & FAITH. Where faith meets fun!

There is no "one-size-fits-all" program at TTU CAMP. Instead, our daily schedule is designed by the Dean with each kid in mind on a weekly basis and includes Bible classes, physical activities, subject tutoring and interesting speakers from all walks of life!

What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own? 1 CORINTHIANS 6:19

FITNESS

Not just an adult concern any more... Conditions seen in Youth:

- High Cholesterol
- Type 2 Diabetes
- High Blood Pressure
- Social Problems/Poor Self Esteem
- Sleep Disturbances

Top 3 Reasons:

1. LACK OF PHYSICAL ACTIVITY/EXERCISE
2. Inactive Lifestyle
3. Unhealthy Diet

Here we implement a wide-ranging physical activity program that's fun and educational.

FAITH

As part of the program we infuse DAILY DISCUSSIONS with our Physical Activity and Education known as **FAITH LIFE LESSONS!**

1. Beware of the Barrenness of a Busy Life!
2. Bullying and the Bible!
3. Peer Pressure!

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 1 TIMOTHY 4:8

OTHER ACTIVITIES INCLUDE DAILY ACADEMICS, SUBJECT TUTORING, & MENTORING.

Time	Event
8:00 a.m.	BREKAFAST
8:30 a.m.	PRAYER
8:40 a.m.	NUTRITIONAL CLASS (provide educational health aids)
9:15–11 a.m.	PHYSICAL ACTIVITIES (fun)
11:15–12:15.	LUNCH
12:30.–1:45p.m.	ACADEMICS (subject tutoring)
2:00–3 p.m.	PHYSICAL ACTIVITIES (exercise)
3–3:15 p.m.	REST PERIOD
3:15–5:15 p.m.	FAITH LIFE LESSON & DISCUSSION
5:15–6:00 p.m.	SOCIAL EXPERIENCE

RESOURCE NEED: A BUS OR VAN THAT SITS ABOUT 15 KIDS travel daily to Blacklick park for site location (will utilize other parks & fields as well as schools as needed), all kids need to have a back pack with change of clothes. Will utilize Blacklick’s open field and shed areas free of charge; CHARGE \$110 WEEK which includes a free T-shirt. Will also solicit churches and small businesses as well as large for donations and gifts of resources from fitness equipment, transportation, sports equipment, bibles, back-packs, food as well as monetary gifts.

EQUIPMENT NEED: cones, jump ropes, sports equipment (basket balls, base-ball and bats and gloves, footballs/flag gear, kick balls, etc....) resistance bands, sled, rope ladder, tug of war rope. We will provide breakfast, snack, lunch and water