



“Regular Season”

Spiritual Fitness Workout Coaching Points

(8-12 Team Members)

TIPS FOR THE COACH

- The "starting team" should be no more than 8-12 members.
- Appoint two team members to be the "Coach" and the "Assistant Coach" to lead the team. Others can be a backup but it is a good idea to start with at least two leaders.
- Start and stop on time. This respects others time and it is attractive to men to stay on schedule (one less reason to quit).
- Begin and end each meeting with prayer. Beginning the prayer time with a worship song which is easy for men to sing is *highly recommended* but optional. You may have to insist on singing; most men are hesitant at first but are glad when they participate. "Make a joyful noise unto the Lord."
- Commit to follow the "Regular Season" meeting format faithfully, even when there is resistance (men don't want to sing, pray out loud, share each week, etc.).
- Follow the Content Lineup for Season #1.
- View or listen to series episodes **for free** streaming on-line at the CTG website (www.crossingthegoal.com) or you can purchase a DVD through the website.
- A Workout Guide containing workout questions and reference material for the series episode can be downloaded **for free** from the CTG website.
- Make a hard copy of the Workout Guide for each team member so that you can each make personal notes.
- Encourage every team member to do a Pregame Film Study -- to view or listen to the episode for the next workout and to download and review the corresponding Workout Guide prior to attending the workout.

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

COACH'S LEADERSHIP RESPONSIBILITIES

- The initial "Starting Team" should be no more than 8-12 members including the Coach (group leader). Build from that base until you reach a cap of 12 men then consider starting a new "Regular Season" Workout Team.
- Make sure you emphasize that this is a safe place, what is said here stays here. There must be a high level of trust.
- Try to establish a team attitude such that the team members are open to each other and to the movement of the Holy Spirit. We are not here by accident.
- Be humble! Think of yourself as a player's coach. Try to make each team member feel welcome, comfortable, confident, and cared for.
- Utilize name tags so the team members can more easily learn each other's names. This is also welcoming to new team members.
- Make sure first time attendees are welcomed and introduced to multiple team members as they arrive. If possible, assign a current active team member to mentor each new member.
- Ask new members for contact information so you can keep them informed about future workouts and any other team activities.
- Encourage team members to invite other men to come with them.
- Self-preparation for each meeting. Make sure you complete your own Pregame Film Study before each workout.

- Make sure the room is properly set up.
- Double-check all of the equipment! Make sure the TV, computer, iPad or DVD player are properly connected and working.
- Have designated “Quarterbacks” for each meeting who will lead the Huddle Discussions.
- The huddles should each be comprised of about 4-6 men.
- The huddles should be comprised of the same team members from workout to workout so that the men can bond more closely.
- Find several guys who can take turns opening and closing meeting rooms.
- EVERYONE makes sure the room is put back in order.
- The Coach should send out emails on a regular basis to keep men informed of the next workout.
- The Coach’s workout reminder emails can include a link to the Pregame Film Study material (the episode to be used in the next workout).
- The Coach should create and maintain a contact list of names, email addresses and phone numbers for follow up.
- The Coach and Quarterbacks should be aware of men who are constant “no shows”. Let them know they are missed. We suggest a team member be assigned to make sure this happens.

TIPS FOR QUARTERBACKS IN THE HUDDLE DISCUSSION

- Create a “safe environment.” Everything said in the “huddle” stays in the “huddle” and is held in STRICT CONFIDENCE.
- Keep everything moving. If the discussion lags, move on to the next question. Keep an eye on the clock.
- Stay on the subject at hand: don’t get off-base. Gently redirect as needed.
- Don’t allow one person to dominate the sharing (including yourself). You must kindly interrupt so that you can move on.
- Try to include men who are quiet. Gently invite them into the discussion. Remember that we win or lose as a team. Everyone’s contributions in the Huddle Discussion are important to our team success.
- Listen! Be attentive to what is being said.
- You don’t need to comment on the men’s answers to the discussion questions.
- All members, and their sharing, are of equal value; no gurus.
- Refer to the Catechism for answers regarding Church teaching. Do not guess!

- Discussion of public figures and issues should be discouraged. These workouts are not a debating session.
- Discussion of church figures and issues should be discouraged.
- Personal counseling during the meetings should be avoided.
- Personal experiences can be shared but any major issues should be handled outside of the meeting.
- Sensitive and difficult disclosures and sharing can be followed by taking time out to pray.
- Be sensitive to the movement of the Holy Spirit and flexible to follow that movement.
- Start and stop on time.