



CAMP

MANUAL

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Title: Preparation  
Subject: Schedule  
Date Revised: 8/13/08

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The schedule will change! It is inevitable that the schedule gets altered either by weather or other instances that pop up throughout the week. It is still very important to come up with a schedule before camp starts. Break it down hour by hour. After you have your schedule set, print off enough for leaders, videographer, photographer, instructors, mechanics, chaplain, band, medical staff and volunteers/parents.

You will need to have a back up plan in case it rains or in case some of the Professionals are not staying all week to lead training. Some professionals will not be able to stay the whole week and you will need to notify your lead instructor to plan accordingly for stations. Your back up plan could consist of more swimming time, a concert by the band or watching a Christian movie. An afternoon/evening ride makes for a good change if it rains in the morning. These are a few examples used in past camps.

A schedule/plan for Check in-drop off and Check out-pick up is important. Not only is it important to make sure all kids are accounted for and insurance papers are signed, but this is also a chance for parents to see that we are prepared to keep their child for a week. Keep this orderly and have enough help assigned for the Check in/out process to go smoothly. It is mandatory to involve all the huddle leaders and assistants in the process. Huddle leader training is a great time to assign them to a job during check in and check out procedures.

On the next page you will find an example schedule. Extreme time is a 5 minute preview of the Bible Lesson huddles will go over in their morning huddle time. This is a good role for the local FCA Staff helping for the week.

Title: Preparation  
Subject: Track Format  
Date Revised: 8/15/08

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## TRACK

Safety is the number one concern at Motocross Camp. Most injuries happen on the track so it is very important keep the track conditions as safe as possible for beginners to professionals. The Lead Instructor should always have good communication about the rules and organization of the daily training. One person getting hurt can set a negative atmosphere for the whole camp.

Keeping the track in good condition is the key to a safe camp. There should be 3-5 volunteers that focus solely on taking care of the track. Some camps hire the track and maintenance out to a company. The daily routine on the track should be ripping and watering every day. Like any track, the dust is the hardest to manage throughout the day. Make sure you have a watering system for the week. Ruts on the jumps should be fixed at the end of each day.

## TRAINING

The track should be set up into sections according to the track size and camper number. Each section should include a whoops section, table top, jump, corners or a combination of a couple challenges. One instructor will be at each station and able to teach the campers on a challenging course. You should section off each station with banners or flags so that everyone clearly understand where to ride, including other staff that may be on golf carts or walking. Be clear about which direction the track goes.

The stations should be set up like a circuit so that campers can ride laps around that station and come back around to the instructor. NEVER ALLOW A RIDER TO CROSS THE TRACK for any reason. This is the number one rule. If a camper needs to leave the track for any reason, they must ride around the outside of the course even if it is twice as far.

Subject: Huddles  
Date Revised: 8/15/08

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One of the best ways to organize the huddles is to create an excel sheet with all leader and campers names on it. There is an example on the next page. It is easier to start this process when you have 75% of your campers registered @2 two weeks ahead of camps.

One important thing to remember is that huddles stay in rooms together so if a room holds 12 that means 10 campers, 1 huddle leader and 1 huddle leader assistant. Besides this factor, you will need to separate the huddles by 3 different categories: age, bike size and skill level. Keep all these factors in perspective as you group the campers together. Generally any adult campers will ride and train with the older boys huddle but will attend the adult huddle in the evenings.

Consolidation may be necessary based on recruitment, but start with 7 huddles as targets.

50cc

65cc/playbikes

85cc/playbikes

Super min and 125"s

Big bikes

Young females

Older females

There should be 2 huddle leaders per huddle. You can recruit instructors to be huddle leader assistants. One of the leaders should be with the huddle at all times for the safety of the campers. Examples are:

- Staying with the campers on the track in case a bike breaks, injury or bathroom break. The leader must go with because campers should not cross the track alone.
- During free time it is a good idea for leaders to stay with their huddles. Or one could go swimming and the other stay behind with the campers that don't swim.

Huddle leaders and assistants must write two notes to each camper: one to send out in 1 month and the other to send out in 6 months. These notes should be about hoping to see them the following year and they should be personalized to the camper. The dean will collect them and mail them.

Huddle leaders will get contact information of their huddle and should stay in contact with them throughout the year.



# FCA MOTOCROSS CAMP

## NUTRITION

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians, 6:9)*

All athletes need a good balanced diet to maximize their health and athletic potential. A good, balanced diet needs to be followed most of the time in order to reap all the benefits. What you eat on race day will not have a huge impact on your health and performance if you have a poor diet the rest of the time. What you eat the days and weeks before the race is just as important as what you eat on race day.

Limiting your intake or eliminating the following items from your diet is the best way to create a healthier lifestyle:

- 1. foods or drinks with excessive sugars (such as soft drinks; candy, cookies, etc.)*
- 2. products made with white flour (white breads especially) (Whole grain breads, cereals, and pasta are better choices.)*
- 3. fried foods*
- 4. junk food/fast food*
- 5. highly processed food (man-made food with a lot of ingredients)*

### UNDERSTANDING DIFFERENT TYPES OF FUELS

1. **CARBOHYDRATES:** These foods were designed to be broken down into sugar and used for power by the body.

a. **Complex Carbs** – natural carbohydrates that slowly convert to sugar in your body for safe, sustained levels of energy (whole grain pasta and bread, potatoes/sweet potatoes, brown rice, oats, cereals, and fruit).

b. **Simple Carbs** – (candy, sweets, sodas, etc.) highly-refined and processed carbs that are quickly absorbed. You get a quick spike in energy but then the sugar level comes back down very quickly causing you to feel less energy. These carbs should be avoided.

2. **PROTEIN:** This food element is necessary for the repair of tissue (muscle) that is broken down during hard training and riding.

a. Good sources of **lean** protein: *eggs, tuna, salmon, chicken, and turkey*

b. Eat **less** red meat (*beef, pork*) because it is **harder to digest** causing your body to use energy that you will need for your training/racing. It is especially important not to consume these kinds of protein the night before a race and on race day.

You should consume some protein with each meal but try to eat most of your protein late in the day and at night.

3. **FATS:** Good fats and protein examples are: *almonds, walnuts, brazil nuts, hazelnuts*. The best oils to use are cold-pressed, extra-virgin olive oil or extra-virgin coconut oil.

Try to avoid fats such as: fat on red meat, too much cheese, greasy foods (anything fried), oil (*especially hydrogenated/partially hydrogenated oils which are called trans fats*).  
**READ FOOD LABELS TO HELP YOU AVOID THESE UNWANTED FATS!**

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## MENU IDEAS

**BREAKFAST:** Mostly complex carbohydrates such as **oatmeal, cereal, whole grain toast, eggs, yogurt, bagels, rice cakes, fruit, brown rice, cream of brown rice, orange juice (not orange-flavored drinks,) etc..**

**LUNCH:** Try not to eat a real big meal at lunch but instead eat several small meals throughout the afternoon. Choose easily digested protein (**tuna, chicken, turkey, peanut butter**) and good carbohydrates.

**DINNER:** Always try to eat a good dinner with plenty of protein, vegetables, and carbohydrates. (**green, leafy salad, pasta, lean protein, baked potato, sweet potato, bread, etc.**)

**WATER:** **Drink plenty of water all day every day!** You will need fluids for your increased training load and to assist with the proper absorption of your food and supplement intake.

**SPORTS DRINKS** These can be helpful to replace electrolytes especially if you sweat excessively or exercise at a high intensity for 60 minutes or more. **If you drink Gatorade, it is best to dilute it (1/2 and 1/2) with water because your body will absorb it better.**

**Rule of Thumb:** On race day, consume 16-24 ounces of water or sports drink per hour. Experiment with your food and hydration choices on practice days so you'll know how your body will react on race days.

### TIPS for RACE DAY:

Throughout the day, if you feel hungry, eat healthy snacks to keep your energy level high. Quick snack ideas are energy bars (read labels), fruit, peanut/almond butter and crackers, rice cake with peanut butter/almond butter, granola bars, etc.. Also, stay hydrated by drinking water and electrolyte sports drinks all day.

Sources: Body by God by Dr. Ben Lerner; Todd Jacobs, and Ryan Sipes

In planning meals for FCA MX Camp, the dietitian should try to adhere as closely to the nutrition guidelines as financially possible to reinforce what the campers are being taught at the nutrition station. Breakfast and lunch are especially important because those meals will fuel the campers throughout their training day. Please take a look at the sample menu and see how it could fit into your meal planning.

*Commit to the Lord whatever you do, and your plans will prosper. (Proverbs 16:3)*

### **BASIC TRAINING**

**WARM UP!!!!** Before working out, always warm up the body to prevent muscle injury. Gentle warm-up exercises such as easy jogging, jumping jacks, shoulder rolls, spin bike, running in place, etc. for 5 to 10 minutes. Follow this with light stretching, holding each stretch for 15-20 seconds. **ON RACE DAY, ALWAYS WARM UP BEFORE YOU RIDE!!!!** To help with arm pump, be sure to stretch your fingers, hands, wrists, and arms before you ride and between motos.

### **CARDIOVASCULAR/AEROBIC (3-5 days per week)**

This type of exercise is vital to the motocross athlete because it conditions two of the most important muscles in your body: the heart and lungs. These, in turn, deliver more oxygen throughout your body which increases overall health and endurance. For aerobic exercise to be most effective, you must keep moving for an extended period of time (no less than 20 minutes; up to an hour). **PREPARE YOUR BODY TO PERFORM AT A HIGH LEVEL!!!**

**EXAMPLES:** mountain biking, road biking, swimming, jumping rope, running, dancing  
Be sure to start slow (warm up), increase intensity, and then cool down by bringing your heart rate down slowly (5-10 minutes).

### **STRENGTH TRAINING/ANAEROBICS (2-3 non-consecutive days per week)**

This type of exercise helps you become stronger, leaner, and better developed. It is very important to adapt your routine to be sports specific. This means you should perform exercises that will mirror the movements that you will most use while you are racing.

<b>EXAMPLES:</b>	<b>UPPER BODY</b>	pull-ups, rows, lateral raises (3 sets of 10) push-ups
	<b>CORE (abs/back)</b>	sit-ups, crunches back raises, leg raises (150 reps combined) (Exercise balls are great for these.)
	<b>LOWER BODY</b>	squats, lunges (3 sets of 10) wall sits (hold 1 minute/3sets) squat jumps (3 sets of 10)

**Follow your exercise routine with stretching movements while muscles are warm to improve flexibility.**

**Sources: Body by God by Dr. Ben Lerner, Ryan Sipes**