

January 22, 2010

Dear Parent:

Would you enjoy the Super Bowl more if your son or daughter understood the game better? Well, we have just the program for your K-6th graders. For two hours on Super Bowl Sunday, we will go over the fundamentals of the game, run drills, learn about the Super Bowl teams, and have prizes.

Our Senior Pastor, Scott Hesler, has led this program successfully at other churches. We are holding our very first "Super Bowl Pre-Game Training Camp for Kids" on Sunday, February 7 from 2-4 PM. We rented out the gym at Lowes Island Elementary School so we have plenty of room. The gym is located at 20755 Whitewater Drive, Sterling, VA 20165.

Please complete the registration form and turn it in no later than Sunday, January 31. Our church is open on Sundays from 9:00 AM-12:00 PM. If it is more convenient, you can drop off the form during regular office hours which are Monday-Friday from 9:00 AM – 5:00 PM. You can also mail the form to the church.

The fee is \$10 per child which is due at time of registration. The maximum fee for a family is \$20. Checks can be made payable to Potomac Baptist Church with "Super Bowl for Kids" in the memo section. You can also register and pay on the day of the event, but please try to let us know in advance that you are coming so we have enough supplies on hand.

So register your son or daughter and encourage them to bring a friend. Additional registration forms are available at the church and at Lowes Island Elementary Gym on the day of the event.

A tentative schedule is listed on the next page of this letter; and if you have questions, please contact the church at 703-430-2377 or at office@potomacbaptist.org.

Sincerely,

Mary Lou Swiscoski
Co-Director, Children's Ministries

Attachment: Tentative Schedule

Super Bowl Pre-Game Training Camp for Kids!



Sunday, February 7, 2010
2:00- 4:00 PM

- *2:00 – 2:15 Register/Divide Kids into Teams/Meet Team Leaders
- 2:15 – 2:20 Orientation
- 2:20 – 2:30 Warm-up with everyone together
- 2:30 – 2:35 Chalk Talk - # ONE: What's the goal?
- 2:35 – 2:50 Stations - # ONE

We will have three stations; and over the course of our training camp, the three teams will rotate to all three stations. Each team should have about 6 kids in it and will stay at their station for the full 15 minutes. If we have enough, we can make 6 teams. When the next time for Stations comes, teams will rotate to another station. Here are the three stations:

- Passing and Catching
- Running and Chasing (flag)
- Blocking and tackling

- 2:50 – 2:55 Chalk Talk - # TWO: Offense/Defense
- 2:55 – 3:10 Stations - # TWO
- 3:10 – 3:15 Chalk Talk - # THREE: Positions/Refs
- 3:15 – 3:30 Stations - # THREE
- 3:30 – 3:40 Talk with High School Football Players
- 3:40 – 3:50 Teams in the Super Bowl this year
- 3:50 – *4:00 Test kids' knowledge on football. Prizes passed out.

*Parents drop off and pick up kids at Lowes Island Elementary School Gym
at 20755 Whitewater Drive, Sterling, VA 20165.

We will be serving light snacks, so please note allergies on the registration form.

Both Pastor Scott Hesler and Mary Lou Swiscoski will be on site during the event.
Her cell phone is 703-581-2094. She is certified in First Aid and CPR.

Potomac Baptist Church
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