



## Go For The Gold

***“The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.” - Pierre de Coubertin***

**2026–2027**

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**AGE RANGE:** 8–12

**CLASS TIME & LOCATION:**

2:30–3:30. Grace Coastal Church.

**VERSE:** 1 Timothy 4:8

### COURSE DESCRIPTION

Welcome to Go For The Gold, where we will dive into all things Olympics! Compete in friendly Olympic-inspired games for your team (AKA assigned country) for the duration of the semester to earn ongoing points for the board, and ultimately, go for the gold! Along the way, discover Olympic facts, gather inspiration from Olympic athletes in player spotlights, and deepen your knowledge of the most prestigious competition in the world. Here's your chance to push yourself to the limit to see if your "country's" team will take home a medal!

### COURSE OBJECTIVES

- Develop an understanding of the history of the Olympics.
- Discover some of the greatest Olympic athletes of all time.
- Explore the games through competition.
- Advance individually as players at differing levels
- Spark a love for sports through exposure to its limitlessness.
- Nurture a pride for our country through patriotism and honor.
- Create an atmosphere for success and accomplishment at differing paces to foster a desire for athletics for all players.
- Foster a training culture of driven momentum by maintaining positive attitudes that develop perseverance, commitment, and motivating personal goals.



- Build cooperative and communication skills that ultimately build relationships through teamwork.
- Point to spiritual training as the pinnacle of an athlete's endeavors.
- Memorize the class verse: "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." -1 Timothy 4:8

## EXPECTATIONS AND ACCOMMODATIONS

Players will receive a team assignment for the duration of the semester. Players are expected to be patriotic participants as they represent their country's team, come ready to have fun, encourage other players, and respect coaches. Players will be assigned a spiritual training task to commit to during the week, and follow-up on at team check-ins.

## REQUIRED MATERIALS

- Close-toed athletic shoes (not Crocs)
- Appropriate athletic clothing

## TENTATIVE Course Timeline

### FALL WEEK 1 DATE: 9/4

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Michael Phelps

### OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: "*For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*"  
-1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

NOTES:



**FALL WEEK 2 DATE: 9/11**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Usain Bolt

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**FALL WEEK 3 DATE: 9/18**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Simone Biles

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**FALL WEEK 4 DATE: 9/25**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Carl Lewis

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games



**FALL WEEK 5 DATE: 10/9**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Larisa Latynina

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**FALL WEEK 6 DATE: 10/16**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Paavo Nurmi

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**FALL WEEK 7 DATE: 10/23**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Mark Spitz

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games



**FALL WEEK 8 DATE: 10/30**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Katie Ledecy

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**FALL WEEK 9 DATE: 11/6**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Birgit Fischer

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**FALL WEEK 10 DATE: 11/13**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Jesse Owens

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games



**FALL WEEK 11 DATE: 11/20**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Marit Bjørgen

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**FALL WEEK 12 DATE: 12/4**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Nadia Comăneci

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games and celebrations!

**SPRING WEEK 1 DATE: 1/15**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Teddy Riner

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: *"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."*  
—1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games



**SPRING WEEK 2 DATE: 1/22**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Valentina Vezzali

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**SPRING WEEK 3 DATE: 1/29**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Ole Einar Bjørndalen

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**SPRING WEEK 4 DATE: 2/5**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Sawao Kato

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games



**SPRING WEEK 5 DATE: 2/12**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Jenny Thompson

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**SPRING WEEK 6 DATE: 2/19**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Ray Ewry

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**SPRING WEEK 7 DATE: 3/5**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Al Oerter

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games





**SPRING WEEK 8 DATE: 3/12**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Edoardo Mangiarotti

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**SPRING WEEK 9 DATE: 3/19**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Cassius Clay/Muhammad Ali

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**SPRING WEEK 10 DATE: 4/2**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Ireen Wüst

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games



**SPRING WEEK 11 DATE: 4/9**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Betty Cuthbert

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games

**SPRING WEEK 12 DATE: 4/23**

SUPPLIES: Included in the course

STUDENTS SHOULD BRING: water bottle, close-toed shoes

PLAYER SPOTLIGHT: Shirley Babashoff

PLAYER SPOTLIGHT: Naim Süleymanoğlu

OBJECTIVE:

- Explore player spotlight achievements

BIBLE APPLICATION: 1 Timothy 4:8

- Spiritual training challenge.

FIELD PLAY: Olympic Games and celebrations!