

EXTREME SPORTS

LEARNING OUTCOMES

Having completed this badge members will:

- have participated in an extreme sport and become proficient at it;
- have demonstrated knowledge regarding safety, care of equipment and rules regarding the extreme sport;
- have reflected on their experience.

BADGE REQUIREMENTS

1. Participate in an extreme sport and demonstrate proficiency.
2. Explain and demonstrate knowledge and skill in regard to safety, equipment care and rules relevant to the sport.
3. Maintain a log/journal of the experience.



GUARDS RANGERS



extreme sport

CATEGORY

Specialities

TIME FRAME

Minimum four - five weeks

AIM

To provide opportunity for members to challenge personal fears through participation in an extreme sport.



TEACHING IDEAS

Due to the risk factor associated with the types of sports suggested below it is recommended that only qualified instructors provide training to SAGALA members. It will be incumbent upon leaders to ensure that qualified trainers are identified and used for this badge.

Training should include:

- Skills required to gain competency in the sport;
- Opportunities to participate in the sport in order to become proficient;
- Instruction regarding safety, equipment, care of equipment and rules governing the sport.

As the badge will likely require off-site attendance leaders are reminded to complete an Activity Approval Form and send to DHQ at least one month before the activity is scheduled to be held. Parental permission will also be required.

Members are required to maintain a log/journal during the experience. The log/journal may be presented in any format the members chooses, for example, PowerPoint presentation, scrapbook, folder. **Handout 1** may be distributed as a guide to assist members in creating the log/journal.

When a member has gained competency in the sport he/she may be invited to speak about the experience to the whole group.

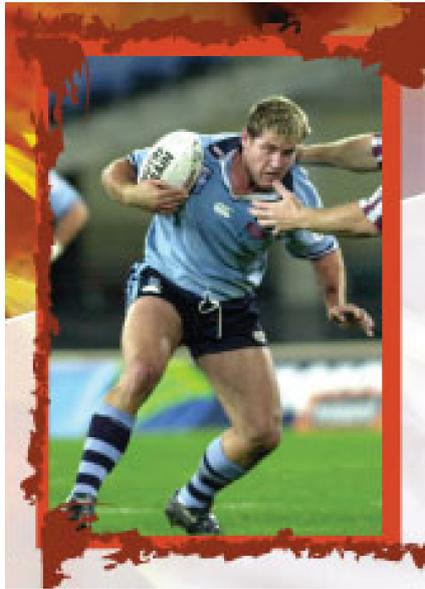
The sport should be an activity that is new, or relatively new, to the member; that is, not a sport they regularly participate in and are skilled in.

Possible sports include:

- Abseiling
- White water rafting
- Rock climbing
- Snow skiing
- Water skiing
- Caving
- Sky diving
- Scuba diving
- Sailing
- Kayaking/Rowing
- Mountain biking
- Surfing

Leader's Resource 1

Jason Stevens (Rugby League)



Jason Stevens had a reputation as one of Australia's toughest rugby league players during his 14 year career.

He was a big man – one of those 'tough as teak' forwards who sent opponents sprawling when in full stride. His rugged approach to the game often landed him in strife with referees.

But his on-field value was without question. He played for St George, Cronulla, NSW and Australia during a long career at the top level of the NRL (National Rugby League.)

Through it all, he was open about his Christian commitment.

'I always had a belief in God. I went to church regularly. One of my best memories from growing up was my brother and me sharing a room. Our Mum came in at night and stood in the middle of the room and prayed with us.

So, I knew the basics about God; how Jesus died and rose again. As life got busy, I found it hard to connect at church. I felt I'd lost touch. I was a young man with all these needs and I just didn't see how that fitted in.

Things began to change when I attended some bible study classes with a team mate Brad Mackay. He was a top bloke and was different in a good way. He often spoke about Jesus; it was like he was close to Him. The turning point came when my brother committed his life to God and decided to save sex for marriage in the midst of a typical footballer's lifestyle. Something had changed in him and soon after, I too realised that although I had believed in God, went to church, said the occasional prayer, I had led my life as I saw fit. The message of Christ really hit home when I realised how big a deal it was that Jesus went to the cross for me. I could no longer neglect the sacrifice, the pain He endured. I realised that God wanted a friendship with me, and a commitment from me.

I was really shocked, to be honest, because I thought if you believe in God, go to church and try to be a good person, then that's it. I had a lot of good things going for me. I was one of the highest paid players at the club at a very young age, had an attractive girlfriend, at school had a UAI that was in the top four percent in my state and completed a university degree. I had a good family. But I couldn't put life together well and God helped me in every single area and really healed my heart.'

Stevens has influenced other players for Christ. Former Brisbane Broncos and later New Zealand All Blacks rugby union player Brad Thorn says Stevens helped him with his faith when the two played rugby league for Australia.

Leader's Resource 2

Allison Shreeve (Windsurfing)



Ranked number one in the world in Formula Windsurfing, Allison Shreeve has four World Championship titles to her credit, an Australian Championship and World Speed Record, and recipient of the prestigious Australian Female Sailor of the Year award. 'God is good!' she is quick to acknowledge.

Allison will testify that nothing in her life has come but by the goodness of God who causes all things to work together for her good, because she loves Him and is called according to His purpose (Romans 8:28).

That's not to say that everything has been smooth sailing. She has had her disappointments, including missing out on Olympic selection, but through her personal relationship with Jesus and by the power of the Holy Spirit within her, Allison can face the challenges and trials of life with confidence that God has good plans for her. 'I experience favour all the time, whether getting through the airport with 150 kg of windsurfing equipment and baggage, finding accommodation wherever I go, or with financial commitments, my needs are always met and sometimes in miraculous ways.' She adds 'though I travel the world alone, I am never lonely, because God is always with me.'

Allison grew up on a farm with Christian parents who taught her the importance of God's Word, the Bible. 'I'm so blessed that I was taught at an early age how the Bible should always be the constant point of reference to discern what is right, what is wrong, and what is God's heart and mind on things. Many people own a Bible, but it's not much good if you don't know what it says! The truth that sets people free is recorded there in this book.'

'There come a time when you become accountable for your own life and the choices you make have eternal consequences. I made the decision in high school when I was about thirteen when I agreed with God that Jesus is our only Saviour, and I chose then to live the rest of my life with Him as Lord. I understood my need to be forgiven and that God loved me and wanted to bless my life. He showed me the only way to spend eternity with Him was simply and only through His son Jesus Christ.'

Allison has her sights set on more mountains to conquer! As she contemplates those goals, she remembers one of her favourite verses, 'this scripture has helped me pull through difficult times in the past – it gives me great hope and is found in 1 Corinthians 2:9. *'For no eye has seen, nor ear heard, nor entered into the heart of man, the things which God has prepared for those who love Him.'*

HANDOUT 1

Guards/Rangers

Use this handout as a guide to producing the logjournal to accompany your extreme sports experience.

Name of sport

Date commenced, followed by subsequent dates you participated in the sport

Required clothing

Equipment required and care of equipment

Safety requirements (include any safety equipment, required instructions etc)

Skills learned/required

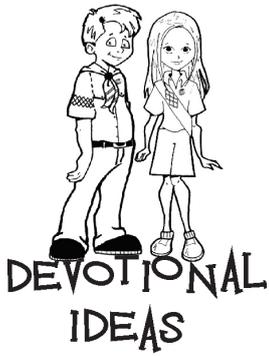
Your feelings – before starting, during the sport, at the end. Answer this question for every day you participate in the sport.

What you learned about yourself as a result of participating in this sport.

Interesting experiences and other comments you wish to record

When your trainer considers that you are competent in the sport (which may be demonstrated with a certificate but doesn't have to be) complete the log/journal and return it to your leader.





Devotional ideas

-  1. **Title:** Trust in the Lord
Bible: Acts 16:30 - 31
Thought: Trust in Jesus brings salvation
Supplies: Bible

Tell this story. If you'd like to display graphics search in Google Images for 'Blondin'.

The Great Blondin. On June 30, 1859, 5 pm, 'The Great Blondin', Charles Blondin, stretched a 7.5 centimetres rope— 335 metres across Niagara Falls, 48 metres above the water. Using a nine metre pole he walked across the rope in 20 minutes.

As he walked his weight caused the rope to sag so it dropped 15 metres. He then continued across, uphill this time. Having arrived at the other side he rested, had a drink and then walked back across in eight minutes.

In 1860 Blondin asked the crowd who had gathered to watch him, 'Do you believe I can carry someone across the rope on my back?' The crowd roared its approval, 'Yes, we believe you can!' Then Charles asked for a volunteer, 'Who will volunteer?' Nobody spoke. He pointed to one man, 'How about you?' The man said, 'Hardly, you don't think I am going to risk my life like that, do you?' and he turned away. Next Charles pointed to another man, 'And what about you?' The man replied, 'I believe. In fact, I have no doubt at all.' Charles said, 'Will you trust me?' The man replied, 'I will!'

The man climbed onto Blondin's back and they headed across the falls. The crowd waited breathlessly while they crossed and roared their approval once they completed the crossing.

What they didn't know was that the man who crossed on Blondin's back was Harry Colcord, his manager. Harry Colcord knew how good Charles Blondin was and fully trusted him. His faith was secure because the object of his faith, Charles Blondin, was trustworthy and had proven himself so over the years.

So how did Charles Blondin inspire such faith and trust in his followers? He initiated a series of 'impossible feats' to gain belief from his followers. The great hypnotist Milton Erickson also knew this secret, that you create a series of inspiring steps to lead others towards change and once they see the benefits, they may be willing to take a bigger leap towards something new.

In literally doing the impossible, Blondin broke the rigid mind sets of those around him, thus inspiring belief in what was possible. After he performed these acts he asked the key question, 'Do you believe?' When they all said, yes, that created the opening for what was to come, for now he had their complete agreement.

Read Acts 16:30 - 31.

We put our trust in Jesus in a similar way that Harry Colcord put his trust in Blondin. Jesus has proven he is who he says he is – God. He asks if we believe Him; if we answer 'yes', then he asks us to demonstrate our faith by allowing him to carry us. When we agree then we find out for ourselves that He is faithful and trustworthy, and that he will do for us what he says he will, that is he will save us.

Devotional ideas



- 2. Title:** Sport athletes
Bible: 1 Corinthians 2:9
Thought: Following Jesus is a risk
Supplies: Either **Leaders Resource 1** or **2**

Read the testimony of either Jason Stevens or Allison Shreeve. These testimonies, along with others by Australian Christian sports people, are produced on DVD with The Prize New Testament available from the Bible Society.

Make the point that following Jesus is a huge risk as it may be accompanied by ridicule, misunderstanding and embarrassment caused by those whom we love. Our family and friends may call us 'Bible bashers' or other names, or think that we can't or don't have fun. Jason and Allison show how full their lives are.

This devotion may be used at another time using the other testimony.

