

# The Wellspring of Life

## Initiative



“Above all else, guard your heart, for it is the wellspring of life.”

Proverbs 4:23

*The mission of the Wellspring of Life Initiative is to train coaches and athletic leaders in the way to enable athletes to “declare the praises of Him who called you out of darkness and into His marvelous light” (1 Peter 2:9).*

Enclosed in your NCSAA membership packet are your 2009-10 *Wellspring of Life Initiative* materials. This year’s materials include one Program Overview booklet, as well as three season-long team curriculum booklets, based on three different Biblical disciplines (Teachable Spirit, Humility, and Leadership).

In order to make these materials most useful to your coaches and teams, we suggest the following:

- Encourage your coaches to read the introductory portions of the Program Overview booklet before using the *Wellspring* program. Without an understanding of the foundational concept of Biblical discipline and a description of the *Wellspring* program’s structure, your coaches won’t understand how to best use the individual discipline booklets.
- Each season-long team curriculum is a 15-week program which includes activities for each day of the week, based upon a different passage of Scripture for each week. Each booklet also includes a Coaches’ Note to introduce the discipline, instructions and suggestions for integrating the program with a team, and three appendixes of additional tools helpful tools for the coach’s use.
- Provide a copy of the appropriate season-long team curriculum booklet for each of your coaches. (**Teachable Spirit** is intended for your fall sport season; **Humility** is intended for your winter sport season; and **Leadership** is intended for your spring sport season.) You’re welcome to photocopy the booklets (only for your own coaches, please), but you may find it easier to order extra copies from NCSAA at very inexpensive “at-cost” prices (see below).
- Be sure that your coaches are aware of the additional online resources that are critical to the program. Most important among these are the **athlete devotionals**, which correspond with the Biblical disciplines that your teams will study and discuss together throughout the season. These can be downloaded online (at no cost), using your school’s userID and passcode — and then photocopied and distributed to your athletes. One of the primary goals of the *Wellspring* program is to help your athletes develop a routine of reading Scripture daily. Thus, please be sure that your coaches make the athlete devotional program available to their teams!
- Another online resource available to your coaches is the Coaches’ Weekly Challenge, which includes a once-a-week blog-type entry (contributed by experienced Christian college and high school coaches). Encourage them to login each week to take advantage of this members-only resource, which will provide encouragement, suggestions, and additional help to your coaches.



***If you need additional booklets for your coaches, please contact NCSAA at 724-846-2764. The “at-cost” price for those booklets (to cover our printing costs) is \$3 per booklet. We have them on-hand year-round, so we’ll be happy to put some in the mail for you right away!***

**2010-11 WELLSPRING DISCIPLINES — Accountability / Integrity / Honor**