



PODIUM ZONE COACH GUIDE



Indoor/outdoor options.
Ideas for large & small
groups.



CORE



CORE EDITION

PODIUM ZONE GAMES

COACH GUIDE

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CREATION CARE STATEMENT



“At Ana-Genesis, we strive to minister in ways that care for God’s creation, using reusable, compostable, and low-waste materials whenever possible.”

CROWNED: Winter Games[®] VBS
CORE EDITION PODIUM ZONE GAMES COACH GUIDE
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WELCOME!

Welcome to CROWNED: Winter Games VBS, where Athletes celebrate perseverance, joy, and victory in Christ. Winter sports bring energy and excitement, but the real focus is discovering how to stay faithful, even when life gets tough. Guided by Scripture, we learn God is with us in every race.

At Ana-Genesis, we explore science to learn from and care for God's creation. We use reusable or compostable materials and aim to create minimal waste. As VBS continues, Athletes learn hands-on that caring for the world is one way we love our Creator.

AT THE HEART OF CROWNED IS OUR CORE VERSE:

"God blesses those who patiently endure testing and temptation. Afterward, they will receive the crown of life that God has promised to those who love him." — James 1:12

As we play, explore, create, and reflect, we discover victory is not about medals or high scores, but about endurance, trust, and faithfulness to God, no matter what. With Bruno the Hedgehog and Mia the Marmot leading, children enter a joyful space that celebrates teamwork, courage, and perseverance. Through it all, we keep our eyes on Jesus, always at the center.

For Coaches

As a Coach, your role is simple but essential: encourage, guide, and walk alongside your Athletes. You don't need to be an expert. What matters is being a steady presence, helping children feel safe, curious, and supported as they grow in faith.

At the start of each Training Hall demonstration, you'll find a short introduction that begins with 'say something like.' Use these words or your own to help Athletes see how the demonstration connects to the day's Scripture.





THANK YOU!

A WORD OF THANKS AND ENCOURAGEMENT FOR COACHES

Thank you for dedicating yourself to shaping the next generation of faith-filled Athletes. Everyone at Ana-Genesis is grateful for every volunteer and minister who gives their time and heart to serve. As a Coach for CROWNED Winter Games VBS, you step into a meaningful role—sharing God’s Word and the love of Jesus with your church family, friends, and new faces.

As you prepare, remember you are not alone. God is with you each step. Our BIG THREE Bible Verses for CROWNED Winter Games VBS are:

“God blesses those who patiently endure testing and temptation. Afterward, they will receive the crown of life that God has promised to those who love him.” James 1:12

(What does Jesus ask us to do?)

“We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame.

Now he is seated in the place of honor beside God’s throne.” Hebrews 12:2

(How can we endure when life gets hard?)

“I am coming soon. Hold on to what you have, so that no one will take away your crown.”

(Why should we endure?)

TRUE DISCIPLESHIP

This VBS isn’t about perfection—it’s about faithfulness. Through your encouragement and presence, Athletes will see what it looks like to trust God and keep going, even when it’s challenging. The Ana-Genesis Team is praying for every Coach and Athlete, trusting God will bless this time and use it to plant seeds of faith that will keep growing long after the Games.

We look forward to seeing how God works through you during CROWNED: Winter Games VBS. Thank you for answering the call and helping Athletes run the race with perseverance and joy.



VBS ACTIVITIES AT A GLANCE

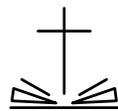
Station / Day	SESSION 1	SESSION 2	SESSION 3
PODIUM ZONE GAMES	Torch Relay Race	Flag Colors Hopscotch	Slide Step Race
SCIENCE TRAINING HALL	Snowstorm in a Jar	Snowball Catapult	Ice Cream Jars
ATHLETES' WORKSHOP	Team Color Bracelets or Keychain	Luge Rider Cups	Wood Sports Jerseys
ATHLETIC VILLAGE DINING HALL	Relay Torch Cheese Puffs	Winter Sport Cupcakes	Sticky Rice "Snowballs"
THE MEDAL PLAZA	James 1:12 Story: Bruno's Team	Hey 12:2 Story: Bruno's New Name	Rev. 3:11 Story: Race of Discovery



STATION ROTATION

After the Opening Ceremonies, Athletes rotate through the Event Venues together. Each rotation invites them to explore God’s Word at the Medal Plaza (Reflection Connection) and enjoy engaging activities at the Science Training Hall, Athlete’s Workshop, Podium Zone, and Victory Village Hall. Set up as many or as few venues as best fit your group size, space, and volunteer availability. CROWNED is designed to be flexible and adaptable for churches of all sizes.

Hungry Athletes need a fuel charge! The Victory Village Hall station is the time to grab a quick bite while enjoying the fun of making their own snacks. Coaches are encouraged to foster fellowship, encouragement, and teamwork among Athletes throughout the day. Athletes rotate through each venue with their team, building community and sharing the joy of learning, play, and faith as they move through the Games.



OPENING CEREMONIES
Celebration of Nations

THE MEDAL PLAZA Where we **CONNECT** with the story and learn how to gain the Crown of Life

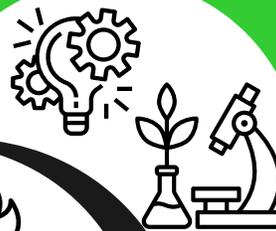


ATHLETIC VILLAGE DINING HALL

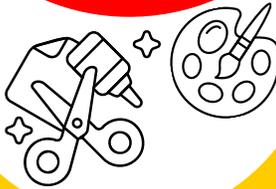
Little Athletes need fuel to perform well! Let’s make Snacks!

SCIENCE TRAINING HALL

Discover how the amazing ways God works in and through Creation.



ATHLETE’S WORKSHOP
Create, craft and learn about victory in Jesus.



PODIUM ZONE GAMES
Inspired by International Winter Sport Competition, let the fun begin!

CROWNED: Winter Games VBS

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FLEXIBLE FORMATS

CROWNED is built to adapt to your church's space, schedule, and capacity. Setting up fun stations is super easy! You can use folding tables, or even mats and blankets, on the floor or on the grass. Even if you have just a handful of kids, it's always a great idea to have at least one extra person, in addition to the Team Captains, to help set up each station between visits. The group can rotate between the different activities, spending as much or as little time at each station as fits your group!

For smooth flow, aim for no more than two Teams per Station at one time. If you have more than 10 teams you can host duplicate Stations. If attendance is lighter, maintain the full experience by adjusting rotation length rather than removing core elements.

SCHEDULING OPTIONS

You are not limited to a four-day model. Consider:

- A weekend experience (Friday–Sunday)
- Consecutive Saturdays
- A three- or four-session format
- Integration into existing Sunday programming

Choose the rhythm that best fits your congregation.

SPACE & SETUP

Stations can function:

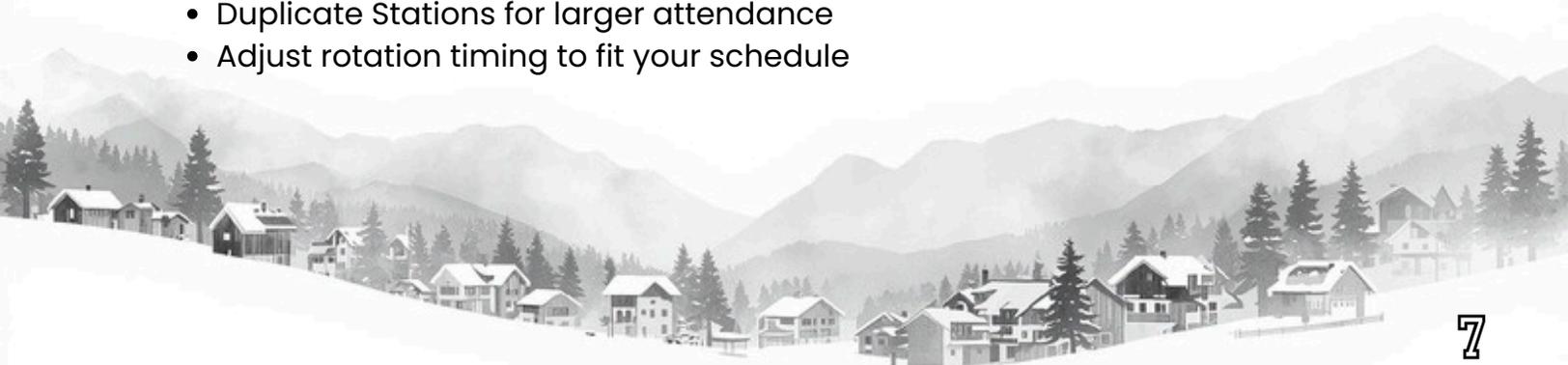
- In separate rooms
- Within one large space
- Outdoors - backyards are a great place for a weekend adventure!
- In clearly marked zones using tables or signage

Clear organization matters more than square footage.

STRUCTURE & CAPACITY

You may:

- Run all five Stations
- Combine Stations if needed
- Duplicate Stations for larger attendance
- Adjust rotation timing to fit your schedule





SAMPLE MORNING SCHEDULE

This schedule is just a sample, please feel free to adjust it to your needs. There are five stations

TIME	GAME	SCIENCE	BASECAMP	MAKER	SNACK
 9:30-10:00	OPENING CEREMONIES: CELEBRATION OF NATIONS				
 10:00-10:30	BLUE	RED	GREEN	BLACK	GOLD
 10:30-11:00	GOLD	BLUE	RED	GREEN	BLACK
 11:00-11:30	BLACK	GOLD	BLUE	RED	GREEN
 11:30-12:00	GREEN	BLACK	GOLD	BLUE	RED
 12:00-12:30	RED	GREEN	BLACK	GOLD	BLUE
CLOSING CEREMONIES OR LUNCH ON A FULL DAY					



SAMPLE AFTERNOON SCHEDULE

This schedule is just a sample, please feel free to adjust it to your needs. There are five stations

TIME	GAME	SCIENCE	BASECAMP	MAKER	SNACK
 1:30-2:00	OPENING CEREMONIES: CELEBRATION OF NATIONS				
 2:00-2:30	BLUE	RED	GREEN	BLACK	GOLD
 2:30-3:00	GOLD	BLUE	RED	GREEN	BLACK
 3:00-3:30	BLACK	GOLD	BLUE	RED	GREEN
 3:30-4:00	GREEN	BLACK	GOLD	BLUE	RED
 4:00-4:30	RED	GREEN	BLACK	GOLD	BLUE
CLOSING CEREMONIES (10-15 MINUTES)					

OUTDOOR GAMES OVERVIEW



PODIUM ZONE GAMES



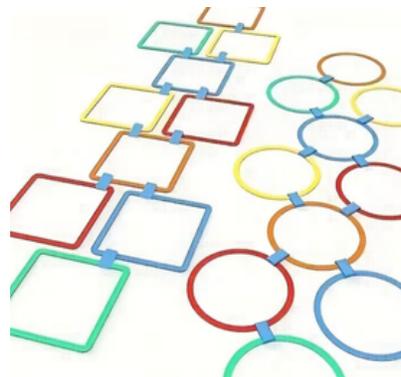
SESSION 1

'Bobsled' 3-4 Athlete Race
We endure (James 1:12)



SESSION 2

Team Colors Hopscotch
Eyes on Jesus (Hebrews 12:2)



SESSION 3

Capture the Crown
We hold on (Revelation 3:11)



INDOOR GAMES OVERVIEW



PODIUM ZONE GAMES



SESSION 1

Indoor/Outdoor Torch Relay Race



SESSION 2

"Snowball" Toss



SESSION 3

Arlo Says





STATION SET-UP

SAFETY FIRST

The Podium Zone is where Athletes celebrate teamwork, perseverance, and joy through active games inspired by the spirit of the Winter Games. These activities are designed to be fun, energetic, and safe for children of all abilities. Athletes will be running, jumping, and working together, so safety should always come first.

Safety & Preparation

Before beginning your session, make sure the following preparations are in place:

- Practice each game two or three times before VBS begins.
- Ensure Athletes have plenty of space to move safely.
- Inspect the activity area daily for trash, rocks, wet spots, or tripping hazards.
- If outside, create clear boundaries so everyone stays within the play area.
- Keep a small first-aid kit nearby for minor scrapes or bumps
- Have Team Captains or Coaches demonstrate the game first before Athletes begin.
- Remind Athletes that good sportsmanship includes watching out for teammates.
- Space teams apart to prevent collisions during running games.
- Store equipment safely so it is not used without supervision.

Team Size and Play Format

Depending on the number of Athletes attending your VBS, the Podium Zone can be run with one team or two teams at a time.

- With smaller groups, all Athletes may participate together as one team, working to complete the challenge and beat their best time.
- With larger groups, Athletes may be divided into two teams that take turns completing the challenge.

In both cases, the goal is the same: work together, encourage one another, and do your best as a team.





PODIUM ZONE SUCCESS

The Podium Zone is a place where Athletes move, play, and celebrate together. These games are about more than speed or winning. They teach teamwork, encouragement, perseverance, and running the race of faith together.

The Bible promises a Crown of Life to those who love the Lord and remain faithful. In the Podium Zone, Athletes learn that cheering for teammates, helping one another, and finishing the race together matters more than being first.

Encourage Athletes to:

- Cheer for teammates
- Help younger or less experienced players
- Show kindness and good sportsmanship
- Keep trying when a challenge is difficult
- Celebrate teamwork and perseverance

Remind Athletes that Jesus is the true Champion, and we run the race of life by keeping our eyes on Him.

Outdoor Safety & Care

Many VBS programs take place during summer months when temperatures rise quickly. Coaches should take simple steps to keep Athletes safe and comfortable.

Hydration

- Encourage Athletes to drink water before and after games
- Provide short water breaks between activities

Sun Protection

- Use sunscreen during outdoor play
- Encourage hats or lightweight clothing
- Rotate games so Athletes spend time in shaded areas

Heat Awareness

Watch for signs of overheating such as dizziness, fatigue, or headache. If this occurs, pause activity, move the child to shade, and provide water.

Safe Play

- Athletes should wear closed-toe shoes
- Check outdoor areas for rocks, holes, or debris
- Slow the pace of games during very hot or humid weather





BOBSLED TEAM RACE

Bobsled Team Race (4-Athlete Race)

Faith Connection: We endure — James 1:12

Athletes work together like a bobsled team. Because their legs are connected, they must move in rhythm and encourage one another to reach the finish line.

Supplies

- 3 soft ankle ties or Velcro race straps per team
- (commercial three-legged race straps work best)
- 2 cones or markers for start and finish
- Stopwatch or phone timer

Alternative supplies:

If race straps are unavailable, use soft fabric strips, bandanas, or Velcro exercise bands. Do not tie knots tightly—the straps should be easy to remove.

Setup Time: 3–4 minutes

Setup

1. Mark a start line and finish line about 20–25 feet apart.
 2. Form teams of four Athletes.
 3. Attach the ankle straps so that each Athlete is connected to the teammate beside them.
- Example configuration:: Athlete 1 — Athlete 2 — Athlete 3 — Athlete 4 (three ankle connections)

How to Play

1. The four Athletes stand side-by-side at the starting line.
 2. When the Coach says “Go!”, the team walks or jogs toward the finish line.
 3. Because their legs are connected, they must move together in rhythm.
 4. If the team falls or loses balance, they should pause, stand up, and continue.
 5. Stop the timer when the entire team crosses the finish line.
- If the team has seven players, the Team Captain runs twice so everyone participates.

Coach Tips

- Encourage teams to call out a rhythm (“Left, right, left, right!”).
- Remind Athletes to move together instead of rushing.

Safety Tips

- Use soft Velcro straps or fabric ties only. Do not tie tight knots around ankles.
- Ensure the running surface is flat and free of holes or debris.
- Keep the distance short so teams stay balanced and safe.
- Not for pre-K or younger children or those who do not have good coordination



TEAM COLORS HOPSCOTCH

Team Colors Hopscotch (Indoor/Outdoor)

Faith Connection: Eyes on Jesus (Hebrews 12:2)

Supplies: TIP - if you have time, let Athletes draw the path in team color

- Hopscotch squares or rings numbered 1–10
- OR chalk, floor tape, or plastic hopscotch rings
- 1 small marker per team: rock, beanbag, or small puck

Setup Time 3–4 minutes

Setup: Arrange the hopscotch squares in a 1–10 pattern using a mix of bright colors. The colors are simply for fun and do not affect gameplay. Place the team's marker near the starting line.

How to Play

1. The first Athlete tosses the marker into square 1.
2. The Athlete hops through the course avoiding the square with the marker.
3. Use one foot for single squares and two feet for side-by-side squares.
4. At the end of the course, turn around and hop back.
5. When reaching the marked square, pause, pick up the marker, and hop out.
6. The next Athlete tosses the marker into square 2.
7. Continue until the team completes all squares 1–10.

A player's turn ends if they:

- Step on a line
- Miss the correct square with the marker
- Step into the marked square
- Lose balance

The next teammate begins from the same number where the previous player stopped.

Coach Tips

- Encourage Athletes to slow down and stay balanced.
- Younger Athletes may toss the marker from a shorter distance.

Safety Tip

Place the hopscotch course on flat ground or a smooth indoor floor.



CAPTURE THE CROWN (1)

Option 1: Small Group Version

(Captain Protects the Crown) Best for one team or smaller VBS groups.

Faith Connection: Hold on to what you have: Revelation 3:11

Supplies: TIP - if you have time, let Athletes draw the path in team color

- 1-2 paper crowns (easy to recycle afterward)
- 4 cones or markers to define territory
- 2 cones or markers to mark jail areas (for larger groups)
- Optional: pinnies or colored shirts to distinguish teams

Setup Time 3-4 minutes

Setup: The Coach or Team Captain stands in the play area holding or guarding the paper crown. Mark a starting line where the Athletes line up.

How to Play

1. Athletes take turns trying to capture the crown from the Captain.
2. The Captain may move within the play area to protect the crown.
3. If the Captain tags an Athlete, that Athlete returns to the starting line.
4. If an Athlete successfully grabs the crown and returns to the start line, the team earns a point.
5. Rotate players so everyone has a chance.

Coach Tips

- Encourage quick thinking and teamwork.
- Keep the play area small so kids stay safe.

Safety Tips

- Place crowns where they are visible and easy to reach.
- Encourage teamwork and strategy. Rough play should not be allowed.
- Use pinnies, bandanas or colored shirts so teams are easy to identify.



CAPTURE THE CROWN (2)

Option 2: Traditional Team Game (Large Groups)

Faith Connection: Hold on to what you have: Revelation 3:11

Supplies: TIP – if you have time, let Athletes draw the path in team color

- 1–2 paper crowns (easy to recycle afterward)
- 4 cones or markers to define territory
- 2 cones or markers to mark jail areas (for larger groups)
- Optional: pinnies or colored shirts to distinguish teams

Setup Time 3–4 minutes

Setup:

- Divide the playing field into two equal territories with a center line.
- Place one paper crown in each team's territory in a visible spot.
- Mark a jail area in each territory with a cone or tree.
- Divide Athletes into two teams.

How to Play

1. Teams begin on their own side.
2. When the Coach says "Go!", players attempt to enter the opponent's territory and capture their crown.
3. If a player is tagged while on the opponent's side, they go to that team's jail.
4. Jailed players can be freed when a teammate tags them.
5. A team wins the round when a player successfully carries the opponent's crown back across the center line.



INDOOR/OUTDOOR TORCH RELAY RACE

SESSION 1

Indoor / Outdoor Torch Relay Race

Faith Connection: We endure (James 1:12)

Supplies

- 1 relay torch (plastic, cardboard, or rolled poster board)
- 2 cones or markers
- Stopwatch or phone timer

Setup Time

2–3 minutes

Setup

Place a cone or marker about 20–30 feet from the starting line.

How to Play

1. Athletes line up behind the starting line.
2. The first runner carries the torch to the turnaround marker.
3. The runner circles the marker and returns.
4. The torch is passed to the next teammate.
5. Continue until every Athlete has run.
6. Stop the timer when the final runner crosses the finish line.

Coach Tips

- Remind Athletes to pass the torch carefully.
- Encourage teammates to cheer each runner on.

LARGER GROUP?

Create teams and have one torch per team ready. Teams compete against each other.



SNOWBALL TOSS

“Snowball” Toss (Indoor)

Supplies

- 15–20 cotton balls or soft foam balls
- Purchased snowman target OR 3–4 bowls/baskets
- Tape to mark throwing line
- Bucket to keep the ‘snowballs’ in

Setup Time

2 minutes

Setup

Place the bowls/baskets at different space about 6–8 feet from the throwing line OR hang a purchased target in an open door frame.

How to Play

1. Athletes stand behind the throwing line.
2. Each Athlete tosses three ‘snowballs’ towards the targets.
3. Count the number of successful throws.
4. Record the total score for the team.

Coach Tips

- Younger kids may step closer.
- Older kids can move farther away for challenge.

LARGER GROUP: Use multiple stations set up the same way



ARLO SAYS

"Arlo Says (Indoor)"

A fun movement game based on Simon Says.

Supplies

- Optional: 10–14 paper floor "snow" spots which can be reused or recycled later
- Optional: hedgehog costume for "Arlo"

Setup Time: 3–4 minutes

Setup: Spread floor spots around the room so kids can move between them.

How to Play

1. The Coach (or a student leader) plays Arlo.
2. Athletes follow instructions only when Arlo says "Arlo says..."
3. If Arlo gives a command without saying "Arlo says," players should not move.

Example commands:

- "Arlo says hop on one foot."
- "Arlo says spin around."
- "Jump two spots forward."

Harder Version: Players must move from spot to spot instead of moving directly towards Arlo

Fun Version: One volunteer wears a hedgehog costume and becomes Arlo.



THE GREATEST RACE OF ALL

Phew! Your VBS training is almost done! You may be feeling a bit tired by now. On a weekend VBS like this, it is often the simple, repeated things that matter most: sharing snacks, laughing together, listening patiently, and noticing those small moments of wonder. Your steady presence as a Coach is a living example of faithful endurance.

At the Science Training Station, Athletes asked questions, formulated hypotheses, and tested their ideas to discover how God is at work all around them.

Throughout CROWNED Winter Games VBS, we ask and answer the core questions of the Christian faith. Together, we explore the who, what, why, where, when, and how of following Jesus, guided by three Scripture passages that all point to Him.

Who? Everyone. We are all called to follow and serve Jesus – and the One whom we serve is Jesus, our true Champion.

What? He lovingly calls us to be part of the family of faith. We are asked to persevere, hold on to our faith, run the race well, and continue obeying and serving with integrity.

Why? Because He loves us. He promises good gifts – love, joy, peace, faith, and ultimately – a Crown of Life to those who love Him – not a temporary reward, but eternal life in Christ.

How? On our own, obedience is hard. We cannot earn salvation. We fix our eyes on Jesus, the Champion who both initiates and perfects our faith. We make an effort, but we lean on grace. The redemptive work is already completed in Christ. It is by grace we are saved.

Where? In our daily lives, in our communities, in how we care for one another and for Creation, and forever with the Lord.

When? Today and every day. It is always the right time to commit ourselves to serving the Lord and fixing our eyes on Jesus.

VBS might be over but the race has just begun - keep your Athletes in prayer; the seeds planted now will bear fruit in due season.



KEEP RUNNING WITH PURPOSE

Thank you for leading CROWNED: Winter Games VBS.
The impact of this weekend extends far beyond these Sessions.
Continue encouraging Athletes to grow in perseverance, faith, and obedience
long after the final medal is awarded.

Additional resources, activity downloads, and updates are available at:
www.Ana-Genesis.org

Let everything that has breath praise the Lord.
Psalm 150:6

Ana-Genesis®
Ana-Genesis provides fresh, joy-filled encounters with our Savior, Jesus.



**RUN THE RACE.
WIN THE CROWN.**



RELIGION/Christian Education/Children and Youth
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