



MOVEMENT MONDAYS

This preschool program is designed to teach children various ways to move their bodies and basic sports skills like throwing, catching, kicking, and dribbling (with feet and hands). These skills are great building blocks for future sport learning and a fun way to stay active!

Students meet from 11:30 a.m. to 1:00 p.m., share a bag lunch meal together, and spend the afternoon being active. We typically run two or three Movement Monday programs throughout the school year.



KidCheck Information

Registration is done through KidCheck. Links for each sport will be available on Salem's website. If you do not have a KidCheck account, you will need to create an account and then re-click on the links to register.

For ADULTS

ADULT PICKLEBALL

Pickleball is a fun sport played with paddles, a plastic ball with holes, and a net. Easy to learn and enjoy, pickleball provides beginners and experienced players alike with a great outlet for some friendly competition.

Salem offers open-gym style play for adults during the winter months.



YOGADEVOTION

Yogadevotion is a practice of breath, prayer, and movement led by a trained yoga instructor. Yogadevotion helps to encourage healthy living, a peaceful presence, and centering ourselves in the Presence of God, setting aside all that distracts us from the relationship God intends for us. Sessions usually run for 6-8 weeks on Tuesday evenings, 6:00–7:00 p.m. Check the weekly bulletin or newsletter for information about the next block of sessions.

For more information about Sports Ministry, contact

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Sports Ministry



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

2022

Preschool – Adults



SOCCER

Soccer has always been known as the “game for the players” because there are no time-outs or set plays, per se. It is a game that demands constant movement and decision making that must be owned individually by each player and collectively by the team. For these reasons, soccer is one of the best sports for a young person to play!

Our soccer sessions are designed to develop the individual skills of all players including their dribbling skills and confidence with the ball, passing abilities, shooting technique, and overall game understanding. Each session will progress from individual play, to small sided games, to final match play. Each player will receive a soccer jersey and participation award. We will have an end of the season Jamboree where players will be placed on teams and play a series of games. The soccer season runs in the fall.



BASKETBALL

Basketball is a fun sport to play because it has relatively few rules, you can play it year round—both indoors and out—and it’s equally fun to play or practice individually or with a team. Early exposure to basketball will help improve player’s hand-eye coordination and develop their understanding of both offensive and defensive roles. This program is one of the few available that is equipped to teach young people through age-appropriate practice sessions and has shorter hoops designed for this age group.

Each basketball session will develop the individual skills of all players including their dribbling skills and ball handling abilities, passing and team play, shooting technique, and overall game understanding. Each session will progress from individual play to a final game. The basketball season runs in early winter.



T-BALL

If baseball is America’s favorite past time, you’d better start your young one out early playing a little T-ball! Given the complex structure of this game (force outs) and the precise skill and technique needed for getting players out, we use a gradual approach to learning how to play. We begin the season teaching kickball and the format of “pitcher’s hand” to get outs. As players understand these concepts we move into more of the traditional teaching and coaching of T-ball. This method has proven successful in overall game understanding in both gym classes and T-ball leagues. **Parents are also asked to participate alongside their child so that throwing and catching is an effective learning experience and accelerates the skill development of each child.**

Each T-ball session, players will learn how to properly throw, catch, field, run bases, and bat. Each player will receive a jersey and participation award. The T-ball season runs in the spring.



PICKLEBALL

Pickleball is one of the fastest growing sports in the nation and is a great game for all ages!

This game is great for developing hand-eye coordination and for establishing fundamental skills for future sport learning (tennis, baseball). The format for each session will be a combination of drills and game play. During each pickleball session, players will learn technique for hitting and serving, learn the rules of the game, and develop teamwork and communication skills.

The pickleball season for kids in grades 2–5 runs in the spring.

Our curriculum developer and Sports Director, Shelli Streeper, has 20 years of professional youth coaching experience, owned a sports coaching and training business, served as the Director of Coaching for 10+ years in traveling soccer clubs, has coached all high school levels in various sports, was a former gym teacher and collegiate soccer player, and holds numerous coaching licenses and certifications including a National Youth Coaching License. Given her passion for incorporating faith and sports and for fostering a love for sports at an early age, she has found her niche in Salem’s Sports Ministry programs!

GAME READY. LIFE READY.

Salem’s *Game Ready. Life Ready.* sports curriculum is designed primarily for children in **preschool through first grade**. The curriculum not only builds a solid foundation of physical movement, sport understanding, and love for the game, but incorporates lessons from the Bible that shape their character and faith as they live that out in sports and life.