

WELCOME TO CONNECT SPORTS

Through Connect Sports, families and community come together to rejoice in the fellowship of Jesus Christ. Excellence in sports starts within each of us. If we know who we are and whose we are, we can build and develop with the excellence that God has created within each of us.

Connect Sports was created to foster the development of Christian faith, character and leadership in our youth. Our philosophy is born from the belief that God's great love calls us to compete with integrity and to demonstrate discipline in the context of competition. We believe that by pursuing excellence, student athletes learn character lessons, and our competitiveness drives us to be all we can be for the glory of God.

We believe something is happening in the lives of our youth that is bigger than the game and more important than success on the field or on the court. We know these are qualities they will take with them and use for the rest of their lives. Therefore, our goal is to connect families and community in Christ through sports for the successful development of our children's future.

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As a coach, you need to **connect** with your athletes mentally, spiritually, athletically and socially. A coach is a teacher who connects with the athletes' inner ability to learn and their desire to develop to the next level.

- Communicate effectively. Every athlete learns differently and needs instruction through practice, illustration and example. This guide will provide steps and illustrations to help you develop your athletes.
- Teach the 11 steps to archery. These steps are our first building blocks to learning archery. Athletes need to understand the steps and why they are important. They also need to respect the rules in order to achieve success.
- Teach the sport through example. Practice days are
 when we build foundations for the fundamentals that will
 successfully develop more advanced skills. This guide
 will give you the basics required for the sport.
- 4. Instill sportsmanship with a competitive spirit.

 Learning sportsmanship is essential for any successful athlete. Sportsmanship is best learned by example. Remember your athletes are watching every move you make and are learning from your actions. Christ sets examples throughout the scripture that will be used in the Connect Sports devotionals. Be sure to teach the principles and model by example.

PRACTICE



SECTION ONE



Practice Chart

Practic e	Thursday Practice Focus	Christ Connections
Week 1	 Review of Archery Terms/Words Archery Range Rules Archery Scoring System What to expect on Game Day Introductions to the 11 Steps of Archery 	Philippians 2:3 (NIV) Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.
Week 2	† STANCE † NOCK † SET DRAW HAND † SET BOW HAND	Respect Leviticus 19:3 (NIV) Each of you must respect your mother and father, and you must observe my Sabbaths. I am the LORD your God.
Week 3	† PRE-DRAW † DRAW	Rejoice Philippians 4:4 (NIV) Rejoice in the Lord always. I will say it again: Rejoice!

Practice Chart Continued

	Practice Focus	Christ Connections
Week 4	† ANCHOR & AIM † What needs to improve.	Cthers First Luke 5:20 (NIV) When Jesus saw their faith, he said, "Friend, your sins are forgiven."
Week 5	† SHOT SET UP † RELEASE & FOLLOW THROUGH	Matthew 5:15 (NIV) Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.

Glossary of Archery Terms

Aim: Any method used to point the arrow in the directions

you want it to go.

Anchor: Consistent placement of the drawing hand to a position

on the face, mouth or jaw.

Arm Guard: A piece of stiff material such as leather used to protect

the bow arm of the bowstring upon release. It is worn

on the inside of the forearm of the bow arm.

Arrow rest: The horizontal projection on the bow upon which the

arrow lies.

Back: The side of the bow away from the bowstring.

Bare bow: A style of shooting—without a bow sight.

Blunt up: An arrow point usually made of rubber and used in

some activities.

Bow: A device made of a piece of flexible material with a

string connecting the two ends, used to propel an

arrow.

Bow sight: A mechanical device placed on the bow, which the

archer uses for aiming at the target.

Bow square: A "T" shaped device used to measure brace height and

for placing nock locaters.

Bow stringer: A device used to string a bow safely.

Brace height: The distance between the pivot point to the string when

the bow is strung. (Also called the string height and

once called the fistmele.)

Broadhead: A sharp, razor bladed arrow point used for hunting.

Butt: Any backstop to which a target face is attached.

Cant: To tilt the bow left or right while at full draw.

Cast: The ability of a bow to propel an arrow at a given

distance.

Glossary of Archery Terms Continued

Center serving The material is the center of the bowstring where

the arrow is nocked. It Protects the string from

wear.

Composite bow: A bow made of several materials.

Compound bow: A hand-held, hand-drawn bow that uses a pair of

cables and wheels to store more energy.

Crest: The colored bands around the shaft of an arrow,

which aid in its identification.

Draw: To pull the bow string back. Also the distance the

bowstring is pulled back.

Draw weight: The weight, measured in pounds, used to bring the

bow to full draw. Also the weight on a bow, using 28 inches to front of bow as the standard draw length.

End A set number of arrows that are shot before going to

the target to score and retrieve them.

Finger Tab: A flat piece of smooth material, which protects the

fingers of the drawing hand.

Finger Sling: A small strap that attaches to the thumb and index

finger of the bow hand.

Fletching/Fletch: The feathers, plastic vanes or other devices

attached to the arrow shaft, which stabilize the flight

of an arrow.

Flue-Flu: An arrow with large untrimmed feathers, which

restrict the distance it will travel, used for shooting

aerial targets.

Follow-through: Maintaining the motion of the upper body muscles

after releasing the string.

Full-draw: The position of the archer when the bowstring has

been draw to the anchor point.

Glossary of Archery Terms Continued

Group: To shoot arrows in a pattern, or the pattern of the

arrows in the target.

Laminated bow: A bow made of several layers of material glued

together, usually two layers of fiberglass and

hardwood core.

Let down: Returning from full draw to the undrawn position

with control and not releasing the string.

Limb: Upper or lower part of the bow that bends when the

string is drawn back. The part of the bow where the

energy is stored.

Nock: To place the arrow on the string. Also the

attachment to the rear end of any arrow, which is placed on the bowstring and holds the arrow on the

string.

Nock locator: The mark or device that indicates where the arrow is

to be placed on the string.

Recurve bow: A bow with limbs that bend away from the archer

when the bow is held in the shooting position.

Serving: The wrapping of material around the loops and

center of the bowstring to protect it from wear.

Spine: The stiffness or amount an arrow bends, determined

by hanging a 2# weight from the center of the arrow

and measuring the bend.

Stabilizer: A rod attached to the handler rise. Usually has a

weight on the end of the rod. Absorbs the vibration

of the bow when the string is released.

Tune: To adjust the variables in the bow and arrow system

to achieve the best arrow flight and arrow groups.

Vane: Any fletching made of material other than feathers,

usually plastic.

Windage: The left-right adjustment of the bow sight.

Archery Safety Procedures

- † Always listen to the archery range instructor.
- † Always inspect equipment for cracks and damaged areas on the bow limbs, strings, and arrows; remove any damaged materials from the shooting area.
- † Observe courtesy and sportsmanship ideals.
- † Only approach the shooting line when the red light is illuminated.
- † Keep your arrows in your quiver until instructed by the ranger.
- † Your arrows should always be pointed downrange while loading the bow.
- † Shoot only at the target directly in front of you.
- † Always look downrange and beyond your target to be sure that there are no obstructions and the range is clear beyond the targets.
- † Shoot with one foot on each side of the shooting line.
- † Stop shooting immediately and set your bow down if the Ranger shouts "stop" or the lane light indicates the same.
- † Only approach the target when lane light indicates to.
- † Always carry arrows with one hand on the points and the other hand placed around the shafts just below the fletching.
- † Always store the archery equipment in a secure and locked area with adult only access.
- † Store all gear including bows, targets and arrows in a dry area with moderate temperatures.

Archery Range Rules

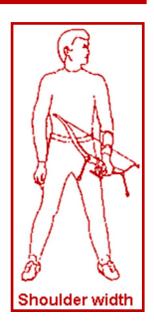
- 1. Know and obey all range commands and instructors.
- Always keep your arrows in your quivers until instructed to shoot.
- **3.** Only use the arrows your instructor gave you. Remember what they look like.
- 4. Always keep your arrows pointed down to the floor or at the target.
- **5.** Only aim and shoot at your target downrange.
- **6.** If you drop an arrow, leave it on the ground until you are told to retrieve all your arrows.
- **7.** Always **walk** on the archery range.
- **8.** Always be courteous to the shooter next to you.
- Stand behind the waiting line when you are finished or not shooting.
- **10.** Only one archer may retrieve their arrows from the target at a time.
- **11.** Be sure no one is behind you when removing your arrows.
- Walk back to the waiting line and return your arrows to your quivers after retrieving them.
- **13.** SAFETY IS ALWAYS FIRST PRIORITY!

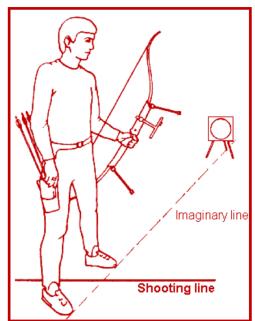
11 Steps to Archery Success

- 1. Stance
- 2. Nock
- 3. Drawn Hand Set
- 4. Bow Hand Set
- 5. Pre-Draw
- **6.** Draw
- 7. Anchor
- 8. Aim
- 9. Shot Set-Up
- 10. Release
- 11. Follow Through & Reflect

1. Stance

- † Put the tip of your toes against an imaginary straight line towards the center of the target.
- † Put your feet on both sides of the line.
- † Put your feet about shoulder's width apart.
- † Try and relax.

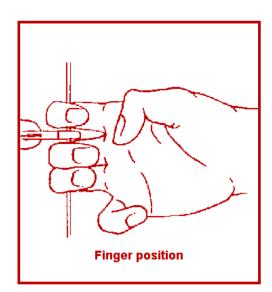




2. Nock

- † Place your fingers in such a way, that you hold the string with your index finger above the nock and middle and ring finger under the hook.
- † Hook the string between first and second joint. Make sure to maintain a deep hook.





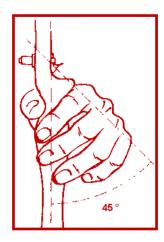
3. Set Draw Hand

† Set the groove of your first three fingers around the bowstring creating a hook. Keep the back of your drawing hand relaxed .

4. Set Bow Hand

- † The pressure of the bow should be distributed along the pressure line.
- † Relax your fingers. The back of your hand should make an angle of 45 degrees.
- † The tips of thumb and index finger may touch each other in a relaxed way.

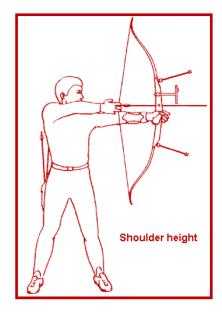


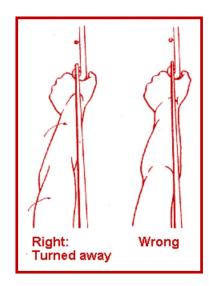


5. Pre-Draw

Extending the bow arm:

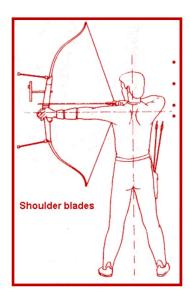
- † Bring the bow arm to shoulder height.
- † The elbow of the bow arm is turned away from the string.

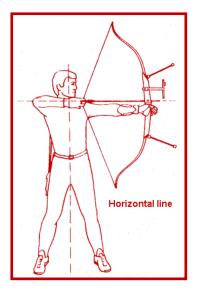


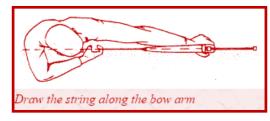


6. Draw

- † Draw the string along the bow arm in a straight horizontal line to the anchor point.
- † Draw with your back muscles, moving the shoulder blades towards each other.
- † Stand straight up and relaxed.
- † Keep both shoulders as low as possible.

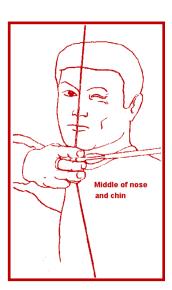






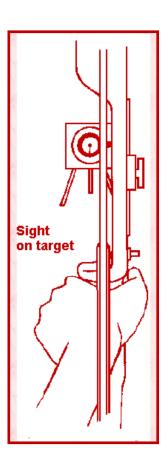
7. Anchoring

- † The string should touch the middle of the chin.
- † The index finger is placed under the chin.
- † Keep your teeth together.



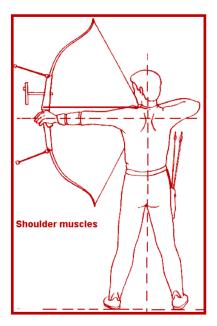
8. Aiming

- † Aiming is done with the dominant eye. Shut the other eye.
- † Keep the sight at the target.
- † Keep the string a little left of the sight.



9. Shot Set Up

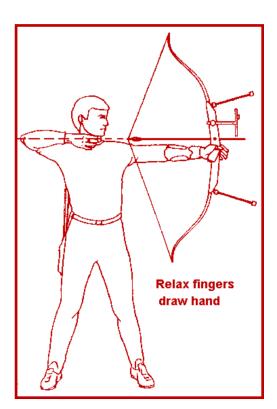
- † Keep the back muscles under tension.
- † Bow hand, draw hand and elbow should form a straight line.
- † Keep both shoulders as low as possible.





10. Release

- † Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand.
- \dagger A relaxed bow hand will automatically move backwards.
- † Relax your bow hand. Let the bow drop.



11. Follow Through and Reflect

- † The draw hand should be relaxed and near or behind your ear.
- † Keep aiming until after the arrow hits the target.



Scoring



SECTION TWO



CONNECT SPORTS Scoring Instructions

After each stand of arrows, the target should have 5 arrows in each face. If an arrow touches a line, it is counted as the next higher score. If the arrow is outside the total target circle or misses entirely, it is a zero. Arrows that hit the target and bounce off should be left blank and then after all shooting, students will be allowed to shoot again for "bounce outs." No scorer should pull arrows until after they are scored and marked on the score sheets/clipboards. See below for an example of a student's scorecard.

Rou	Round - Score Per Arrow End Score						В	
1	9	7	7	6	10	39		
2								
Sco	re Round	and Retrie	eve Arrows	5				
3								
4								
Sco	re Round	and Retric	eve Arrows	6				
5								
6								
Sco	re Round	and Retric	eve Arrows	6				
7								
8								
Sco	re Round	and Retrie	eve Arrows	6				
9								
10								
Tota	Total Score							

Sample 80cm target face

- † Scoring is from 1 point (outside ring).
- † To 10 points for the inner yellow ring.
- † Anytime the arrow cuts the line of the next higher score—the higher score is awarded.
- If the student has memorized his/her bible verse for the week, they can recite their bible verse for one extra shot on round ten. They may replace a score with the new one if it is higher. (See example on page 27).





Nar	Name: EXAMPLE OF BIBLE BONUS SCORE "B" Column							
Lan	Lane: Line:							
Rou	ınd - Sco	re Per Arr	ow .			End Score	В	
1								
2								
Sco	re Round	and Retrie	eve Arrows	6				
3								
4								
Sco	re Round	and Retrie	eve Arrows	5				
5								
6								
Sco	re Round	and Retrie	eve Arrows	6				
7								
8								
Sco	Score Round and Retrieve Arrows							
9								
10	8	> <	10	9	7	44	10	
Tota	Total Score X's							



Name:								
Lan	Lane: Line:							
Rou	ınd - Sco	re Per Arr	ow			End Score	В	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
Tota	al Score				X's			



Name:								
Lan	Lane: Line:							
Rou	ınd - Sco	re Per Arr	'ow	w			В	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
Tota	al Score				X's			

Christ Connections



SECTION THREE





¹³ Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴ Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. *The prayer of a righteous person is powerful and effective.*

Attitude

Memory Scripture

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.. Philippians 2:3 (NIV).

Bible Story Connection

Matthew 14:13-21 — Jesus Feeds 5,000

Objects Needed for Lesson

1) A picture frame without the back of the frame. (tape the edges to hold the glass in) or a piece of paper cut to look like a picture frame. 2) A mirror.

Presentation

Here are two objects that are both made from glass. Yet they are quite different. Can anyone tell me what the difference is? One is used as a window and the other is used as a mirror. Windows are used to look through so that you can see other things. Mirrors are for looking at yourself.

God doesn't want us to always be thinking about ourselves, but to be thinking more about other people. Guess which He would rather we be like-mirror or the window? That's right, the window. God wants us to spend more time looking out for others than looking out for ourselves.

Doing it God's way actually makes life more enjoyable. When you and I spend more time thinking about what other people need and less time about our own wants and needs, we become happier people.

Imagine living in a house where all the windows have been turned into mirrors. Think about it. How would you like living there? You wouldn't be able to see outside. You wouldn't see the sun, the trees, the clouds, your friends walking by, or anything else. It would also make your house as dark as it is at night because no light can get through a mirror.

The same thing happens when you and I think mainly about ourselves. Life gets gloomy for us. We stop seeing the beautiful things around us and the exciting way we could help other people. We only see ourselves. It is like living in a house where all the windows have been replaced with mirrors. I want to tell you a story about Jesus and how he saw and helped others:

Tell the story of Matthew 14:13-21 in your own words.

Let's be more the person God wants us to be. Like Jesus feeding the 5,000 people, let's think more about other people and less about ourselves. May our eyes be more like a window that can see the world around us and less like the mirror that only lets us see ourselves.



Respect

Memory Scripture

Each of you must respect your mother and father, and you must observe my Sabbaths. I am the Lord your God.. Leviticus 19:3 (NIV)

Bible Story Connection

1 Samuel 25: 1-25 (David, Nabal and Abigail)

Objects Needed for Lesson

Three Hula-Hoops or tape Styrofoam noodles together to form a circle. Make three of them.

Presentation

When your parents tell you to eat your vegetables, why do they do that? They know more than you do, why is that? Just like our parents, God knows more than we do! Have you ever had a friend who was in trouble and you wanted to help them? Sometimes we learn lessons before our friends and we want to help them know how to stay out of harm's way. Today I want to tell you a story about a man who sought protection from the king's men, but when they needed the same in return, he was disrespectful to them!! Listen to what happened!

Tell 1 Samuel 25: 1-25 In Your Own Words

We not only need to be respectful to our parents because they are looking out for us, but we also need to be respectful of those in authority who are trying to protect us. We also need to be respectful of what God blesses us with and others in our community. God wants us to be respectful to other as a way of being respectful to HIM!

I have a game to help us to understand. I need three volunteers. Place the Hula-Hoops or Styrofoam noodles at the front of the gym. Ask six volunteers to come forward. Place a child and a parent in circle #1. Two children in circle #2 and a senior adult and child in circle #3. As each couple is asked a question, if they respond wrong, they must stand "outside" the circle. Parent Circle: 1) Have Parent ask "Please stop jumping and wiggling." (pre-stage the child to say "no"). Ask the crowd to vote if he/she was disobedient and have them step outside the circle. Friendship Circle: Have friend ask "Please stop tickling me!". Repeat getting voted out for not stopping. Community Circle: Have the senior adult drop their car keys on the floor. When the child ignores them, take a vote and vote them out of the circle. Now ask, "how do those who were disrespectful, get back in the circle? Right Answers: Parent Circle: Stop wiggling and apologize. Friend Circle: Stop tickling and apologize. Senior Circle: Offer to pick up keys. Represent forgiveness by having them step back in the circle.

God wants us to be obedient to His word and teachings. Think of a way you can be kind and respectful this week and tell your parent when you do!

Cliff Hanger! Next week we are going to look for sheep!

Rejoice!

Memory Scripture

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4 (NIV)

Bible Story Connection

Luke 15:3-7 (The Parable of the Lost Sheep)

Objects Needed for Lesson

Bottle of Iodine, Bleach, Water and Three Clear Vases.

Presentation

Last week we learned about how God sent His Son
Jesus to earth so that He could communicate with us and teach
us how to live. This week we are going to learn about how
much God cares for us and to what extent He will go in order to
save us here on earth! It is a story about a shepherd who lost a
sheep. How many know what a shepherd is? How many of
you have seen a sheep? Well listen to this story!

Read or tell Luke 15:3-7 in your own words.

Last week we talked about how Jesus came to earth to take the sin out of the world. This week we learned from our bible story how Jesus will search for each of us if we are lost until He finds us! Once we are found, if we are found with sin in our lives Jesus can save us. When that sheep escaped, I bet he did some pretty naughty stuff like digging in the dirt, eating flowers, just his escape was naughty! When we are naughty and we sin, God can clean us up IF we ask Him to. I have a demonstration to show you how!

Two of these vases represent us. One of them represent Jesus. (Place three vases in front of you on a table. Each vase should be half full of water. The one representing Jesus should have a cap full of bleach in it. Writing on the front of the vase helps too). When we run away like the sheep did or when we do things we shouldn't sin creeps into our lives. (Squirt iodine in the center vase of water). Our lives get dark and dirty. Sometimes we have friends that we hang with that are naughty too! (Squirt some iodine in the left vase). However! IF we ask Jesus to rescue us, He will clear all of our sins away! (Pour the bleach solution from the vase to your right into the center vase). Amazing! Now if we accidently hang with the wrong friend and sin, as long as we know Jesus, we can ask Him to forgive us. Better yet....we can introduce our friend to Jesus! (Pour your solution into the left vase and it will turn clear too!) They too can know Jesus and be rescued!

Cliff Hanger! Next week we will learn how to float in the air!

Others First

Memory Scripture

When Jesus saw their faith, He said, "Friend, your sins are forgiven.". Luke 5:20 (NIV).

Bible Story Connection

Luke 10: 25-37—The Good Samaritan

Objects Needed for Lesson

A large sturdy laundry basket.

Presentation

I need a volunteer to stand in this basket for a few moments. (Pick a smaller child for the sake of your back, as you'll see.) Now I'd like you to try and lift yourself up. Grab hold of the basket with both hands and lift. (Let the child try.)

There is a very important reason why (child's name) is not able to lift himself/herself up in the basket; what is it? That's right, he's/she's inside it! There's an old saying your grandparents may be familiar with: "You can't pull yourself up by your own bootstraps."

Someone else, someone outside the basket, will have to do the lifting—like this. (Lift the basket, being certain the child takes hold of you for stability.) It's impossible to carry yourself, but someone else can do it!.

This is not just true for people in laundry baskets. It is true for all of us in living our lives. God has made us in such a way that we must depend on the help of others and they must depend on us. None of us has all the strength we need all the time. No one knows everything.

We need other people and they need us. We need teachers, parents, pastors, friends, neighbors, doctors, bakers, fellow church people, and many others. It does not mean you are weak when you need help and ask for it. It means you are smart. You've figured out that God wants it that way.

God's plan is that everybody helps everybody. Don't be afraid to ask for help. And don't be afraid to help someone! Today I want to tell you a story about a good Samaritan who knew how important it was to help others.

Tell the story of the Good Samaritan in your own words from Luke 10:25-37.

Let's be more the person God wants us to be. Let's help others around us as the Good Samaritan did for the man who had been robbed. This week, look around to see who you can help. It could be helping your mom or dad with dishes or setting the table. Maybe helping a grandparent with house chores or yard work. Lift someone else up with your acts of love and kindness.



Cliff Hanger! Next week we will learn how to walk through the dark!

Witness

Memory Scripture

Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. Matthew 5:15 (NIV)

Bible Story Connection

John 3:1-21 (Story of Nicodemus)

Objects Needed for Lesson

Three push lights, three tables and three metal or solid (non-see through) bowls..



Presentation

Do you remember what it was like before you learned anything about archery? Did you wonder what caused the arrow to propel through the air or simply what it was like to hold a bow? How about how to dribble a basketball or learn how to read? We all know something that our friends around us don't know how to do. Well, today I want to tell you a story about a very curious man named Nicodemus.

Tell The Story of Nicodemus (John 3:1-21 In Your Own Words.

Place three tables starting from the center of the gym to go out to the double doors of the gym. Place the fourth on the opposite side. Place a light on each of the tables facing upward. Place a bowl next to each of the lights.

Start by asking the students if any of them ever had a night light growing up? As them why.

Turn half of the overhead gym lights off. Have a student chose three friends to take on a journey. Have them stand at the back of the gym.

Have the leader recite a bible verse and have one of the rangers standing next to the light to push on the light. Have them recite another bible verse lighting the next light on their path to the door. Continue doing the same for the next two lights. With the fourth table un-lighted, they will need to wait for direction by the Ranger next to each light.

Explain to the children that sharing scripture and Christ's word and salvation is like helping to save them just like lighting the path to the double doors. Our goal is to reach heaven. By sharing Jesus with our friends, we are giving them the word and direction that Christ wants us to share.

Cliff Hanger!

Join us in Connect Sports Soccer, Football, Cheerleading and Basketball to learn more about growing in Christ! Have a great summer!

Meet the Rangers



Bryan Martin Ranger



Travis McGivern Ranger



Don Pierce Ranger



Bob Reutter Ranger



Thom Richey Ranger



Tom Irwin Ranger



Mike Samson Ranger





Dave Vanderbrook Ranger

Ross VandenBosch Ranger

Connect Sports Archery Team



Cynthia "Cyndi" Richey Program Director



Rochelle Kueppers Worship Ranger



Pastor Stu Shattuck Worship Ranger



Howard Sherwood Breakfast Crew



Marilyn "Sam" Nesbitt Kitchen Coordinator



Gary Nesbitt Breakfast Crew



Roberta Klaver Hospitality



Karen Martin Breakfast Crew



Tameeca Malich Scorekeepper



Connecting Families and Community in Christ through Sports

MINISTRY PARTNERS

(In Alphabetical Order)

Aurelius Baptist Church 4419 West Barnes Rd Mason, Michigan 48854 Phone: (517) 628-2085

Website: aureliusbaptistchurch.org

Eden United Brethren Church 1938 Eden Road Mason, Michigan 48854 Phone: (517) 676-1376 Website: edenubchurch.org

Mason Community Church 1000 E. Columbia Street Mason, Michigan 48854 Phone: (517) 676-5322

Website: masoncommunitychurch.net

Mason First Church of the Nazarene 415 East Maple Street Mason, Michigan 48854 Phone: (517) 676-5680 Website: masonnaz.org

Recreational Outreach Center 1706 W. Dansville Road Mason, Michigan 48854

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