



CONQUERING RETREATS

**SERVES:
FAMILIES**

**TIME:
ANYTIME**

PRESENTING THE NEED TO MY TEAM

- How long have you been in Conquest? Were you in a younger program such as the Father & Son or Junior Leadership Program?
- If so, do you realize how you have changed and grown in virtue?
- Disciples are followers, Apostles are leaders.
- Are you mature enough that you can give back part of what you received by helping to form boys in the younger programs who are 7 to 10 years old?
- Christ needs apostles to proclaim his Gospel message.
- Conquest has helped form you into an apostle, now it is your turn to help shape the younger boys into future apostles.
- Christ needs you to be a great example to younger boys who look up to you and want to be like you!



**DISCIPLES ARE FOLLOWERS,
APOSTLES ARE LEADERS.**

OUR CALL TO SERVE

We can run a retreat for the younger program boys on a Saturday.
We will get them together for sports, food and fun. Some of us can even give talks to help form them into real apostles for Christ!
Are you ready for this?

PROJECT OVERVIEW

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WEEK	STEPS	QUESTION OF THE WEEK
1	<p>Get Permission: Get permission to hold the event at a parish and find a priest for Mass. Make sure to invite him to give a talk. Perhaps a testimony on his vocation.</p> <p>Set Date: Check with the adult leaders and set a date that would work (ideally a Saturday)</p> <p>Brainstorm Flyer: Brainstorm ideas to create a flyer – making sure to highlight the fun activities.</p>	
2	<p>Create Flyers: Make the flyers and start announcing the retreats in parish bulletins and in the younger programs. You could also invite other local younger programs or even ask permission to advertise in surrounding parishes. Everyone should be assigned a responsibility and way to help promote.</p>	
3	<p>Get Organized: Begin by making a schedule of activities. (See Appendices page 14) Organize the various responsibilities so each boy has a specific role in the retreat.</p>	
4	<p>Advertise/Promote: Distribute the flyer in the younger programs if you already have not. Visit CCD or school classes to promote the retreat this week. Boys should go in teams of 2 to every class they are allowed to visit.</p> <p>Plan: Continue working out the schedule and begin preparing activities.</p>	





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5	Logistics: Decide if you need to charge each participant \$5 or \$10 to cover some costs. Work with the adult leaders to help with food (sack lunch or something simple such as hot dogs and chips). Some moms may be able to assist and make / donate the food. Ask about permission forms, adults can help with this as well. Finally, do not forget prizes! What are they and who will buy? Who will bring sporting equipment?	
6	Talks: The boys should work on writing talks for particular virtues, tell saint stories, and the adult leaders should review them. Skits: Plan out a skit, or plan to show a virtue video or clips.	
7	Practice: The boys need to run through a complete practice of all parts of the retreat to ensure the team is completely ready. Finish Up: All the boys assigned responsibilities should be complete this week.	
8	Be Early: Boys need to arrive at least 30 minutes before and plan on staying 30 minutes after for cleanup. Conquering Retreat: The boys need to completely give of themselves, and be great examples to the younger boys. Follow Up: Talk to parents about their sons joining the club / programs or starting a new younger program if one doesn't exist!	

PROJECT OVERVIEW

TACTICS BY AREAS

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LOCATION

- The retreat could be wherever the middle school/HS group or younger programs usually meet, but it is best at a parish where there could be interest in a starting a younger program or Conquest. It also opens the door to many more families with young boys and becomes a help to the parish to offer something like this.
- Ideally, try to have access to a gym, a chapel and a dining room.

PROVISIONS

- You need to decide if you should charge a small fee for the retreat to cover the costs of the promotion, food and prizes.
- A flyer needs to be designed that clearly explains the event – highlighting the fun activities and prizes. Include an RSVP so you have an idea how many are coming. Color printing is ideal if possible. You also may need to have some boys volunteer to stuff parish bulletins as to include the flyer.
- Food: order pizza, have a dad grill burgers or hot dogs, chips, drinks, etc. You need to have bottled water after morning sports (since it is right before mass and you don't want a water-fountain rush). You could have Gatorade for afternoon sports, and Coke and chips at lunch.
- Prizes: one for each participant and a few individual prizes based on local tradition.
- You need point chips and sports equipment, but usually you can borrow this from the club and a younger program. Point chips are available on the Conquest online store (through the Club Leaders login and account).

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TACTICS BY AREAS



RESPONSIBILITIES

- One boy should be in charge of lining the younger boys up and creating squads and be the MC for the event. (Schedule keeper)
- One boy should be in charge of organizing sports. He should explain the rules of each game and determine a referee.
- One boy should be in charge of the talks: he need not give them, but needs to assign themes and speakers from amidst the other boys.
- One boy should be in charge of logistics like prizes, points, and food. An adult should be assigned to help him.
- One boy should be in charge of the flyer: designing it and printing it.
- One boy should be in charge of promotion (get an adult leader to help)
- Each of these responsibilities should have an assistant who knows how to do it all if the one in charge is sick.

CONTACTS

- Parish priest: You must obtain permission to use the space at the parish, and help out with Mass and possibly confessions. He needs to be sold on the value of Conquest and the younger programs before he will give space from his parish.
- Program Director: You need to coordinate with him so that he sees the value of a Saturday retreat. He can also give you a lot of key info such as the friendships and favorite games. He should lend you the points chips and point pouches for this event.
- Boys to invite: Emphasize sports, fun and food. The boys need to be excited about the retreat.
- Parents: They need to see how the younger program is the best possible formation for boys of this age, and how the methodology of leaders forming leaders is unique and very effective.

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DEBRIEFING

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SPECIAL OPS

- Mystique: create a name for your team, and build a lot around it.
- Saturday is the best day of the week because it is usually free for both the directors and participants of the retreat.
- Make sure the boys directing the retreat lead first by example.
- Get weekly status reports from the boy in charge of each area.
- You need to get two dads to be at the retreat, who have all the proper things for the safe environment requirements in your diocese.
- Do not assume the boys leading know how to use the point system. The boys can watch the dads run the younger program one week if they do not know how to, or you can contact the national office for a quick training sheet.
- Talks and rules (in general and for each sport) need to be rehearsed before the team leader or a dad before being delivered.
- Set up sports one hour in advance; always be thinking one hour (or more) ahead.

CONTINGENCY PLAN



- The boys could run a whole campaign for the younger program either at their own club or at a location you want to start a club.
- You could open this up for 5 to 10 year olds instead, but this would tend to be more difficult and less fruitful.
- Run a Father-Son gym night and then move to starting a program in a parish. (Contact a program director or your club leader to speak to the dads during this retreat and explain how to run Conquest and the younger programs.) Hopefully this would start a new Conquest Program.
- Run a 3 day summer day camp along similar lines. This would require several months' planning and may be more for a 9th or 10th grade team.
- Plan another retreat in the spring as a project!

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APPENDICES

SCHEDULE EXAMPLE (9:00AM ~ 3:00PM)

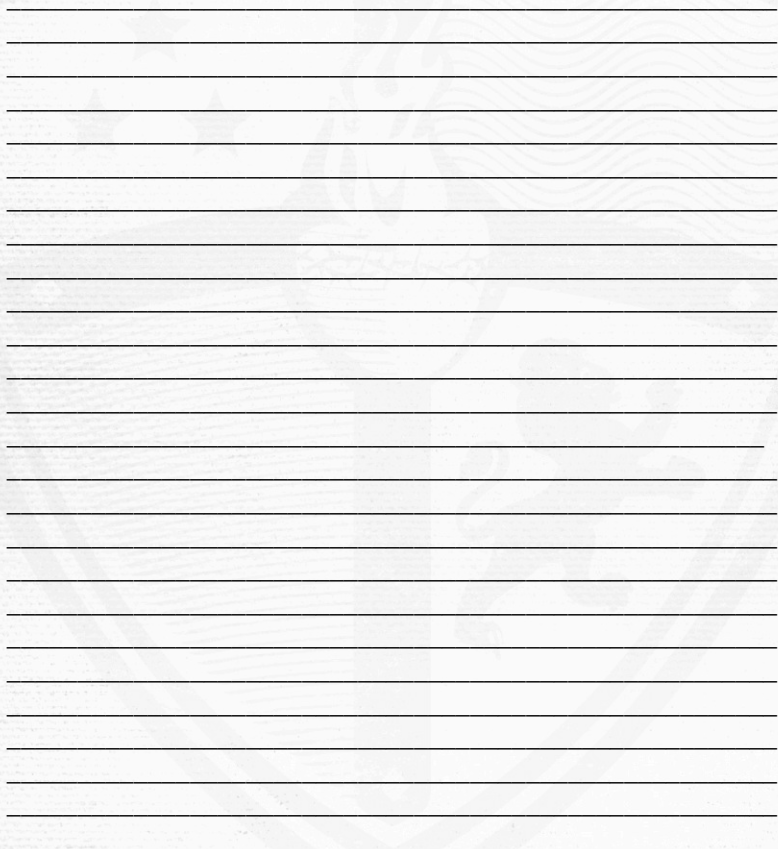


- 9:00 Arrival and registration
- 9:15 Rules (1. Respect for God, the leaders and other boys, 2. Every thing is a competition, 3. No saying the s-word [shut-up]), make teams, boys decide team names, retreat directors do skit.
- 9:45 1st talk (possible theme: honesty)
- 10:00 Soccer tournament (usually you will have 4 teams so you can have everyone play everyone else in three 10-minute rounds of a round robin tournament followed by finals and the bronze medal game)
- 10:45 Mass (ask a local priest, usually the pastor, to say Mass for you)
- 11:30 Skit preparation (set a theme: a virtue, a story from the Bible, a martyr story, etc.)
- 12:00 Lunch
- 12:30 Clean-up
- 12:35 Gospel reflection (prepare this like a talk, possible Gospel: Luke 1:26-38 the Annunciation)
- 12:45 Rosary
- 13:05 Dodge ball
- 14:10 Clean-up
- 14:15 2nd talk (possible theme: obedience)
- 14:30 Skit presentation and awards
- 15:00 Departure

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PROJECT NOTES:



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