



GO FOR THE GOLD!

Skit 1

("Go for the Gold" and "The Coach")

PRODUCTION NOTES

First of four stand-alone skits, based on an athlete's preparation for the Olympics.

Theme

Theme verse was Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus."

Summary

The four skits in this series follow Olympic Hopeful Kelly on her journey to Olympic Gold.

Characters

Friend Friend 1
Friend Friend 2 (ditzzy friend)
Olympic Hopeful Kelly

Props/Costumes

Cell phone

SCRIPT

Friend 1: It's already time for the summer Olympics again...can you believe it?!

Friend 2: I know! When I was a kid we never missed watching the Olympic coverage together as a family.

Olympic Hopeful Kelly: Same here. We never missed it. But I always dreamed about being an Olympian. Wouldn't it be amazing to actually be heading to Rio this year?

Friend 1: Oh, yea! I always wanted to throw that javelin!

Friend 2: I always wanted to be a professional curler. My hair's always been as straight as a board.

Friend 1: Well, number one, curling your hair is a not a sport, and two, the sport of curling is actually played in the winter on ice. I doubt Rio de Janeiro has ice in August!

Friend 2: Oh well, who knew? You learn something new every day.

Friend 1: So, Kelly, what sport would you want to compete in?

Olympic Hopeful Kelly: When I was in school, I always did track and field events, so I guess I would choose one of those. Boy, I remember hating those hurdles.

Friend 1: Oh wouldn't it be fun to swim in the Olympics? Although I'm not sure how I'd look in local Rio swimwear! *(wink, wink)*

Friend 2: Rio Swimwear? Is that a new store in the mall? Is it on the upper level near the Starbucks? I can't quite picture where it is...hmmm. *(confused)*

Friend 1: No, no, no--I'm making a joke because in Rio, the swimsuits are nearly nonexistent.....oh never mind!

Friend 2: *(still doesn't get it)* whaaaat?

Friend 1: Maybe I could be the female version of Michael Phelps.

Olympic Hopeful Kelly: Seriously, I wonder what it would take to be able to compete in the Olympics *(serious)*. I'm kind of in a transition right now and I have time on my hands. I'm still in pretty good shape.

Friend 1: Speaking of shape, what about those sumo wrestlers!

Friend 2: Yea, why do they wear those big diapers?

Friend 1: That's ridiculous. They are wearing what traditional sumo wrestlers are supposed to wear--it's like their uniform.

Friend 2: Oh. I like most men in uniform.

Olympic Hopeful Kelly: Seriously, girls, I think I want to give this a try.

Friend 1: What? How can you be serious? We're just planning to sit on the couch and watch--not actually participate! Don't you think you're a little unrealistic for someone normal like us?

Friend 2: Don't you need to start training when you are like two years old?

Olympic Hopeful Kelly: I don't know. It would be worth it to me to at least look into it--you know, talk to a coach or something. If you never go for the gold, you'll never get the gold! You never know--I just might have what it takes.

Friend 1: Well, I admire your attitude but I'll be watching the Olympics on TV while you're chasing your dream.

Friend 2: If you like to run, chasing your dream sounds like a good start. *(laughs at her own joke)*.

Friend 1: *(sarcastic)* Well, what are you going to do--go to the high school and find the history teacher who is also coaching track this year and ask him for tips? If that's your plan, don't forget he has choir practice on Tuesday nights

Friend 2: And the high school track team hasn't won a meet in six seasons!

Olympic Hopeful Kelly: Well, the team has been in a rebuilding period, that's all. I'm sure the high school coach is knowledgeable, but I think I would need to look a little farther for an appropriate coach. I need someone familiar with the individual Olympic events, the Olympic rules, and someone with a proven record. I wonder if there's anyone like that in this area?

Friend 2: Let's google it *(gets phone out)* Let's see...Coach purses--no, Cinderella's coach--no, birthing coach--no, little league coach--

Friend 1: Give me that *(takes phone out of her hand)* Olympic track and field coach Dallas area. Oh, look! I can't believe this. There are actually several in our area.

Olympic Hopeful Kelly: *(takes phone)* Oh, I recognize this name. He ran hurdles in the 1984 Olympics in Los Angeles, and he got the silver medal. I bet this would be a good place to start. It wouldn't hurt to ask--if he can't coach me, at least he could point me in the right direction and evaluate whether I have a chance.

Friend 1: So you're really serious? Then I say "Go for it!" I want to keep up with everything you're doing. Why don't you start a blog so we can all stay up-to-date on your progress?

Olympic Hopeful Kelly: I know you don't believe I can do this, but I might just surprise you!

Friend 2: Oh, I love surprises! Big surprises, little surprises, surprise parties--and I promise I'll act surprised!



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Skit 2

("Training Regimen" and "Discipline and Sacrifice")

PRODUCTION NOTES

Second of a series of four skits, based on an athlete's preparation for the Olympics.

Theme

Theme verse was Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus." In this skit we follow a character as she begins training for Olympic gold.

Characters

Coach
Olympic Hopeful Kelly
College Track Hopeful Mindy

Props/Costumes

Desk
Workout clothes/athletic shoes
Whistle for coach

SCRIPT - SKIT 2

Olympic Hopeful Kelly: (*sitting at computer*) Journey to Gold, Day 1 - Well readers, I am going to share my journey to achieve my dream of going to the Olympics in 2020 in Tokyo. I have found a former Olympic medalist who is willing to coach me, and has given me hope that this could become a reality if I follow her training regimen and don't give up when it gets difficult. Today will be my first day at the gym. I'm not exactly sure what to expect, but I'm as prepared as I know how to be mentally, physically and I even have some very expensive new shoes. I'll keep you posted.

(*at the gym with coach and another athlete*)

Coach: (*whistle*) Girls, you will be training together. Kelly, you've hired me to prepare you for the 2020 Olympics in a track and field event. Mindy, you've hired me to prepare you for the college level track and field team at UT, one of the best college track teams in the nation. Both of those are lofty goals, but not unattainable. You will need to be serious about your training regimen and know right now that you will be making sacrifices in order to pursue those goals. I will not put up with laziness, excuses, whining...there will be no crying...or any form of outside distraction. I am not your momma. I don't care if you have a tummy ache; I don't care if it is cold and rainy; I don't care if you're tired; I don't care if your granny comes to visit. You will follow my training regimen to the letter. You will eat what I tell you to eat. You will do the drills I give, whether you see the benefit in doing it or not. Are we clear?

Olympic Hopeful Kelly: Yes coach. Got it.

College Track Hopeful Mindy: Well, like my mom wants me to do my homework first, and like I may be a teeny bit late sometimes. Is that like a problem?

Coach: It is like a huge problem, Mindy. You need to make up your mind now that training is a priority. You will need to make your homework fit into your training schedule, not the other way around.

College Track Hopeful Mindy: *(subdued)* Okay

Coach: So, today, let's first go over our health and nutrition regimen *(hands them a sheet of paper)*

College Track Hopeful Mindy: What? No ice cream?

Olympic Hopeful Kelly: I was expecting a strict diet, but this is outrageous. You even are telling me what time to eat. Isn't that going a little overboard?

Coach: This is what it takes. You make sacrifices. Mindy, you're going to sacrifice ice cream. Kelly you're going to sacrifice control over your own eating schedule. You will get results if you stay on this eating plan, and you need the specific foods I have listed in order to replenish your bodies after I'm through with you. And most of all, WATER. Hydration, hydration, hydration.

College Track Hopeful Mindy: Oh, I have to have my morning soy latte light frap grande with light whip.

Olympic Hopeful Kelly: I can't get going without my coffee - no sugar, no cream.

Coach: *(whistle)* Coffee and caffeine are off the menu, as is any carbonated drink. Again, I say, WATER. Water when you're thirsty, and water when you're not. Got it?

Olympic Hopeful Kelly: Got it.

Coach: Now, I'm going to introduce you to some beginning training drills. If you have questions, you can always consult the manual. Let's head outside, girls.

(all three head out the door)

Coach comes back in, holding the door open for the girls

Coach: Come on, let's go. *(girls straggle in, limping)*

College Track Hopeful Mindy: What have you done to me? I can't even lift my arms! How can I drive home?

Olympic Hopeful Kelly: That was some workout.

Coach: Tonight, ladies, you will feel muscles that you haven't felt before. I suggest a warm bath and REST. Rest is a necessary requirement, and is equally important in this conditioning process.

Olympic Hopeful Kelly: Oh, you won't have to ask me twice.

College Track Hopeful Mindy: Ice cream would sure hit the spot right now.

(stern look from coach)

Coach: Good first day, ladies. This was just a practice day. Tomorrow we'll start the real work: strength training, agility drills, endurance training, etc. Sounds fun, right?

College Track Hopeful Mindy and Olympic Hopeful Kelly: Can't wait *(weakly, as they limp out of the room)*



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Skit 3

("Endurance and Perseverance" and "Olympic Trials")

PRODUCTION NOTES

Third skit in a series of four, based on an athlete's preparation for the Olympics.

Theme

Theme verse was Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus." In this skit we follow a character as she encounters difficulties on her road to Olympic gold.

Characters

Coach
Olympic Hopeful Kelly
Olympic Hopeful College Track Hopeful Mindy

Props/Costumes

In athletic wear
Whistle

SCRIPT - SKIT 3

Olympic Hopeful Kelly: *(at the computer)* Journey to the Gold, day 93. It is getting increasingly more difficult to continue this training. Mindy is getting on my nerves. For that matter, the coach is getting on my nerves. In fact, I'm getting on my nerves. What I don't want to do, I manage to do; What I do want to do, I find easy to ignore. Aauugh! But, that gold medal lures me on. There is a prize at the end of this journey.

(at the gym with coach and College Track Hopeful Mindy)

Coach: How are you doing today, ladies? Ready to jump in? You know the drill. I have a surprise for you later.

College Track Hopeful Mindy: I don't know how much more I can take. I need a day off. I need a week off. I need a vacation--with ice cream.

Olympic Hopeful Kelly: I don't know what you have to complain about. My body is twice as old as your body and you don't hear me complaining.

College Track Hopeful Mindy: Ha! I not only hear you complain, I also hear you groaning and creaking and popping....does that count? You sound like my Grandma Pearl the way you rattle around.

Olympic Hopeful Kelly: Slight exaggeration. But it has to be easier to listen to than your constant whining about ice cream "I want ice cream, I want ice cream, I need a break!"

Coach: (*blows whistle*) Okay ladies, I see you are ready for my lecture on perseverance. Have a seat--it's a good one.

(*girls sit*)

Coach: You're only at mile 1 of this marathon we call "Olympic training." I knew a girl once who was training, much like you are. She had a similar goal. In spite of her lofty ambition and determination, she too reached a point where she wanted to quit. She was disheartened; she was faint and weary of the physical demands being placed upon her. She didn't feel like she was seeing the results she wanted. So she decided she would give up and go back to working in the Cheetos factory.

College Track Hopeful Mindy: There's a Cheetos factory somewhere?

Olympic Hopeful Kelly: A bag of Cheetos and a Coke, that would do me good right about now.

Coach: (*whistle*) Let's stay on topic.

Olympic Hopeful Kelly: Okay, so she gave up and didn't think twice about it?

Coach: She tried, but it wasn't as easy as she thought. Her friends and family were shocked and disappointed to hear that she might quit. After only one day of packing those Cheetos, she realized that wasn't her life now. She was destined for more than orange fingers at the end of a hard day's work. She was destined for the Olympics, and couldn't give up when the going got tough.

Olympic Hopeful Kelly: So what happened? Did she go back to training? How did she find it in herself to press on?

Coach: Well, I...no, I mean SHE...put on her big girl panties and headed back to the gym, realizing that giving up is actually not an easy way out. It is the coward's way out. And my coach came along beside me,,I mean HER..and gave her the strength that she couldn't muster up on her own. She got past that hurdle, but she would face it more than once during her training. Our flesh is lazy and gives up easily. But each time she faced the temptation to give up, and came through it victoriously, it got a little easier the next time she was tempted.

College Track Hopeful Mindy: Really? Like, wow!

Olympic Hopeful Kelly: Did her perseverance pay off?

Coach: It certainly did. In fact, I have something to show you guys. I'm going to hang it up, so that you can see it, and focus on it when you are discouraged (*pulls out her silver medal*).

Olympic Hopeful Kelly and College Track Hopeful Mindy: Ooooooh! It's so beautiful. That's your medal, isn't it, Coach?

Coach: It is mine. And the story is mine. I know what it is like to want to give up. Keep your focus on the prize girls! Sure, there will be hardships along the way. You knew that coming in. So as your bodies are being transformed into finely tuned machines, we can't neglect the training of our minds as well as our bodies! Enduring hardship is part of the journey. We must train our minds to focus, not on the hard realities of the training, but focus on the goal. Discipline. Mindy, that championship college team. Kelly, that Olympic medal-winning team.

Olympic Hopeful Kelly: What is the surprise you talked of?

Coach: Today, no drills. Instead, we're taking a field trip to the Cowboy stadium, where they're holding timed track and field trials. Runners and hurdlers from all over will be there competing. I want you to see your progress.

Olympic Hopeful Kelly: Do you think we're ready? I don't feel ready. I'll be embarrassed if I come in last.

College Track Hopeful Mindy: Do I need a permission slip?

Coach: Yes and yes. You're both ready, and it might encourage you to see how far you have come. Mindy, your mom already knows and I have her permission. Are you ready to go?

(all three head out the door)

(three return) (coach holds the door for the two girls)

Olympic Hopeful Kelly: I didn't come in last!! I was 23rd across the finish line! Not bad after only three months of training. You're right, I am encouraged!

College Track Hopeful Mindy: You did great. And I didn't do so bad. I came in 14th and none of those hurdles slowed me down!

Olympic Hopeful Kelly: Impressive!

(high five each other)

Coach: See, what would your day have been like if you gave in to your negativity this morning? You can't give up when the going gets tough! Perseverance is the name of the game! Endure through hardship! Pursue that goal! Congratulations, girls!



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Skit 4

("The Competition" and "Finishing Strong")

PRODUCTION NOTES

Fourth of a series of four skits, based on an athlete's preparation for the Olympics.

Theme

Theme verse was Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus." In this skit we follow a character as she competes at the Olympics

Characters

Coach
Olympic Hopeful Kelly
Flight Attendant

Props/Costumes

Two chairs (for "airplane")
Gold medal

SCRIPT - SKIT 4

Olympic Hopeful Kelly: *(at computer)* Journey to the Gold, Day 1,460 (that's four years for all you non-mathematical readers). Yes, readers, I've done it. The day is here; it is actually happening. My suitcases are packed and I have in tickets to Tokyo in my hand. Seems like training has been forever, but my coach has been with me all the way. I think she's as excited as I am. We're on the same flight today, and we're headed to the Olympic Games together. I can hardly wait to be there, representing the USA in the opening ceremonies! I'm hoping for the best, and I still have that Olympic dream of winning the gold medal. My coach says that I'm ready. Getting this far has been quite an accomplishment in itself. My next blog will be from Tokyo, Japan. Wish me the best!

(Coach comes in)

Coach: The day is here. How are you feeling?

Olympic Hopeful Kelly: Excited but nervous.

Coach: Well, this is what we've trained for every single day for the last four years. You've been diligent and steady in your training. You've persevered through hardship and pain, discomfort, bad weather, and even discouragement. You haven't given in to the many temptations to give up. Your techniques have improved, your stamina is high, and your body is strong and ready for the competition.

Olympic Hopeful Kelly: Did you realize that this is day 1,460? In just a few more days, I'll be standing at the starting gate. I know I can do it!

Coach: I am confident that you will complete the race. The work begun in you will be completed!

Olympic Hopeful Kelly: But what if I fall in the middle of it all? I've never run on that track. I could stumble; for that matter, you know I could trip over my own feet! I will have done all this work for nothing!

Coach: If you fall, you are going to get up and keep going. You will finish the race, and you will finish strong. You don't have to be first, but don't be last. Finish strong!

Olympic Hopeful Kelly: I can't help but think of that Russian runner that we've been hearing about. And that Japanese sprinter who has such great technique.

Coach: You're prepared and ready, Kelly. Yes, you have competition. But don't compare yourself with them. In the race, your eyes should not be on them. If they are behind you-- forget who is behind; if they get ahead of you, you keep pressing on and reaching for the goal.

Olympic Hopeful Kelly: Right! My eyes are on that gold medal. I want to be on that platform, Coach.

Coach: Okay, then. Let's get to airport. *(leave the room)*

(come back in, Olympic Hopeful Kelly is wearing medal around her neck)

(two chairs together on airplane)

Flight Attendant: We're preparing for takeoff from Tokyo International heading to Dallas, Texas. Check your seatbelt. We'll be offering beverages soon. *(notices Kelly's gold medal around her neck)* I must say, that medallion is beautiful. Did you buy that in Tokyo?

Coach: Medallion? Madam, this is a genuine Olympic gold medal, won by a genuine, full-fledged Olympic gold athlete.

Olympic Hopeful Kelly: Coached by the greatest coach in the world!

Flight Attendant: Are you serious? You actually competed in the games? You seem a little older than the normal athlete.

Olympic Hopeful Kelly: All the more reason to be showing off this medal. I have learned that nothing is impossible.

Flight Attendant: *(walking to front of plane)* Ladies and Gentlemen, we have the honor of traveling with an Olympic gold-medal champion today! Let's all give her a hand right now!

Olympic Hopeful Kelly: Journey to the Gold, Day 1,475. Journey's end. I've come to the end of this journey. I'm flying home from Tokyo with a gold medal! Yes, readers--you heard right. I got the gold--not the silver, not the bronze, but the gold. I crossed the finish line first, and heard those words "Well done." The journey's been long and tedious at times, there were hardships and trials. There is no way I could've made it to the finish line without the support of my coach who has been with me every one of the 1,475 days! She encouraged me when I was down, stayed by my side when I wanted to quit, pushed me to the edge of my physical capacity, encouraged me, strengthened me . . . she never gave up on me, even when I wanted to give up on myself. Do you dream of going for the gold? Then pursue it! Don't let anyone or anything move you from pressing toward your goal.