

**Middle School**

**February 18, 2018**

## **Training for the Gold**

Seventeen-year-old Red Gerard won the first medal for America at the Pyeongchang Games. The snowboarder took home a gold medal in Slopestyle.

Gerard's training as a snowboarder has been unconventional. Gerard began snowboarding when he was only two years old. He and his brothers created a snowboard park in their backyard, near Breckenridge, Colorado.

Gerard is only 5-foot-5 and 116 pounds. To outsmart his competitors, he relies on the quick reflexes he learned in the tight quarters of his own backyard.

Thanks to Gerard's training and hard work, he is one of the youngest athletes to compete in the Olympics—and to bring home a gold medal.

### **Discussion Questions**

- Describe the rigorous practice most athletes must do to compete in the Olympics. Does this kind of intense training appeal to you? Why or why not?
- Talk about other kinds of training you're doing right now. What is school preparing you to do? What does church prepare you for?
- Read 2 Timothy 3:16. What does God give us for training? How do you use Scripture for your training? Tell about a specific time the Bible has helped you or changed you.

