

THE HANDBOOK ON **ATHLETIC PERFECTION**

A Training Manual for Christian Athletes

Foreword by Ron Brown



WES NEAL

The Handbook On Athletic Perfection A Training Manual For Christian Athletes

Jessica J Manson



The Handbook On Athletic Perfection A Training Manual For Christian Athletes:

The Handbook On Athletic Perfection Wes Neal, 2024-03-08 The Handbook on Athletic Perfection teaches how to have the right attitudes and behavior in competition to glorify God in sports Wes Neal introduced his systematic approach based on his study of the Bible in 1974 which revolutionized how athletes and coaches competed Now 50 years later this playbook for doing sports God's way has been updated for the next generation For many years The Handbook on Athletic Perfection has been a staple in the Nebraska FCA curriculum for huddles and camps Wes himself has helped our staff not only teach the principles but also learn to create practical applications on the field of play I wholeheartedly encourage everyone who wants to compete for Christ to read this book Chris Bubak FCA Midwest Region Vice President Wes Neal has been consulting with sport coaches and business leaders for over fifty years He is considered the pioneer in implementing biblical principles into the competitive sports world all based on the life and teachings of Jesus He is a seminary graduate was the field director for Athletes in Action a ministry of Campus Crusade for Christ is a featured speaker for the Fellowship of Christian Athletes and taught for 12 years at Kanakuk Kamp in Branson Missouri He currently lives with his wife Peggy in central Ohio They have two grown daughters and six grandchildren *Handbook on Athletic Perfection* Neal Wes, 2016 **The Handbook On**

Coaching Perfection Wes Neal, 2024-06-05 Biblical principles applied to sports in Training Performance Conduct and relationships on and off the field or court Wes Neal will challenge you to consider Your own motivation in athletics God's perspective on winning and losing The motivational force of love Ideal for Club sports teams and church leagues Physical education programs in Christian high schools colleges and camps The Christian athlete amateur or professional in training for any sport For many years The Handbooks on Athletic and Coaching Perfection have been a staple in the Nebraska FCA curriculum for huddles and camps Wes himself has helped our staff not only teach the principles but also learn to create practical applications on the field of play I wholeheartedly encourage everyone who wants to compete for Christ to read this book Chris Bubak FCA Midwest Region Vice President Wes Neal has been consulting with sport coaches and business leaders for over fifty years He is considered the pioneer in implementing biblical principles into the competitive sports world all based on the life and teachings of Jesus He is a seminary graduate was the field director for Athletes in Action a ministry of Campus Crusade for Christ is a featured speaker for the Fellowship of Christian Athletes and taught for 12 years at Kanakuk Kamp in Branson Missouri He currently lives with his wife Peggy in central Ohio They have two grown daughters and six grandchildren **Playing for God** Annie Blazer, 2015-07-24 When sports ministry first emerged in the 1950s and 1960s its founders imagined male celebrity athletes as powerful salespeople who could deliver a message of Christian strength If athletes can endorse shaving cream razor blades and cigarettes surely they can endorse the Lord too reasoned Fellowship of Christian Athletes founder Don McClanen But combining evangelicalism and sport did much more than serve as an advertisement for religion it gave athletes the opportunity to think about the embodied experiences of sport as a way to

experience intimate connection with the divine As sports ministry developed it focused on individual religious experiences and downplayed celebrity sales power opening the door for female Christian athletes to join and eventually dominate sports ministry Today women are the majority of participants in sports ministry in the United States In *Playing for God* Annie Blazer offers an exploration of the history and religious lives of Christian athletes showing that evangelical engagement with popular culture can carry unintended consequences When sport became an avenue for embodied worship it forced a reckoning with evangelical teachings about the body Female Christian athletes increasingly turned to their own bodies to understand their religious identity and in so doing came to question evangelical mainstays on gender and sexuality What was once a male dominated masculinist project of sports engagement became a female dominated movement that challenged evangelical ideas on femininity marriage hierarchy and the sinfulness of homosexuality Though evangelicalism has not changed sporting culture for those involved in sports ministry sport has changed evangelicalism *Cross Training Manual* Gordon Thiessen, 2000-08 *The Handbook on Athletic Perfection* Wes Neal, 1993-05 An excellent tool for integrating faith with sports The Handbook will show you how to have the right attitudes and behavior in competition This book is a classic on how a Christian should compete *The Handbook of Athletic Perfection* Wes Neal, 1998 *Growing Stronger* Elliot Johnson, 2000-07 Anyone who has spiritual life grows spiritually And spiritual growth occurs by studying the meat of God's Word and exercising vigorous obedience to Jesus Christ This book will guide God's team mates to His training table and into His weight room A great follow up tool for camps retreats and outreach meetings *The Cross Training Manual* Gordon Thiessen, 1981 Explores questions like How can I be a winner all the time How can I set goals that push me to my potential How can we develop team unity Where do ethics come into play Other subjects are winning and losing motivation teamwork goal setting and setbacks Discussion questions included for each chapter **Handbook of Athletic Perfection** Wes Neal, 1981-01-01 *The Morning Star and Free Baptist*, 1905 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 *Forthcoming Books* Rose Arny, 2000 **American Book Publishing Record** R.R. Bowker Company, 1978 **Paperbound Books in Print**, 1991 *Heart of an Athlete* Fellowship of Christian Athletes, 2006-01-04 Athletes have a passion for sports that makes them unique viewing life through a competitive lens The desire to compete and their drive for success can mean seeing friends family church and school as distractions Usually the first to be sacrificed is their spiritual life And yet God does not intend for athletes to go it alone Heart of an Athlete is spiritual training for the competitor 120 devotions written specifically for athletes of every level It goes straight to the issues that matter most to athletes such as identity fear trust and recognition This athletic devotional encourages readers to spend regular short and meaningful time in God's Word to help them become true competitors for Christ **God Cares About Sports** Daryl Jones, 2016-04-18 Have you ever felt like you still had more to offer your team Many athletes struggle thinking that God only wants to be part of their lives when they are at church In this book I will show you how God wants to be part of every area of

your life including sports This book will challenge your thinking and teach you how to combine your spiritual life with your physical life to achieve success in your everyday sports life You can start each of the next 30 days filled with inspiration and enlightenment to get you to the next level of success in sports Begin today becoming the complete unstoppable athlete that God created you to be Get in the Game Tony Evans,Jonathan Evans,2006-07-01 A competitive athlete trains for one thing the game Having the skills and knowing how to play aren t enough you need to perform when it matters Yet so many of those same athletes live in a spiritual offseason They have faith They know the Word But they sit back and watch others take the lead Get in the Game encourages athletes to transfer their drive and determination to the spiritual realm and shows that there is far more than a game on the line **The Handbook on Coaching Perfection** Wes Neal,1976 **Heart of an Athlete** Fellowship of Christian Athletes,2006-01-04 Athletes have a passion for sports that makes them unique viewing life through a competitive lens The desire to compete and their drive for success can mean seeing friends family church and school as distractions Usually the first to be sacrificed is their spiritual life And yet God does not intend for athletes to go it alone Heart of an Athlete is spiritual training for the competitor 120 devotions written specifically for athletes of every level It goes straight to the issues that matter most to athletes such as identity fear trust and recognition This athletic devotional encourages readers to spend regular short and meaningful time in God s Word to help them become true competitors for Christ

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