

CCC STARS: *More Than A Game*

Merit Stars

Soccer

1. Discipline
2. Respect
3. Responsibility
4. Caring
5. Citizenship
6. Faith

To earn a merit star you must complete 4 tasks of your choice listed in each category. We hope that you earn all six merit star badges by the end of the season- Good Luck!

Category 1 - Discipline Star

- Juggle the soccer ball with your feet: 10 minutes 5 days
- Practice passing the ball: 20 times, 5 days
- Do 10 push ups: 7 days
- Do 20 sit ups: 7 days
- Walk or jog for 10 min., 5 days
- Jump rope for 5 min., 5 days
- Do 30 jumping jacks: 7 days
- Read for 15 minutes: 7 days

Category 2 - Respect Star

- Open the door for someone older than you without being told: 7 times
- Listen to the coach: 10 times
- Keep a good attitude with the opposing team and the referees: 5 times
- Encourage other teammates: 10 times
- Give up your chair to an elderly person
- Open the car door for someone
- Do not argue with your parents: 7 times
- Help a friend or your brother or sister with a chore: 4 times

Category 3 - Responsibility Star

- Be on time to practice: 5 times
- Arrive 30 minutes before game time, ready to stretch and listen to your coach: 4 times
- Get dressed and ready for practice with a water bottle without being told: 5 times
- Do your homework without arguing or being told: 10 times
- Make your bed: 7 times
- Do your chores without being told: 5 times
- Do the dishes: 5 times
- Clean your room: 5 times

Category 4 - Caring Star

- Visit an elderly person (neighbor, friend, retirement home, grandparent)
- Make a card and give it to someone that is sick
- Make cookies and take them to a friend or neighbor who needs some cheer
- Call a friend or a relative to say hi and that you are thinking of them: 3 times
- Take some of your toys to a shelter or Good Will
- Write a thank you note and send it to someone thanking them for something they have done for you
- Make a gift for a friend or relative
- Send a homemade card to an injured soldier at:
Mail for Heroes
P.O. Box 5456
Capitol Heights, MD 20791-5456

Category 5 - Citizenship Star

- Pick up trash around your neighborhood: 30 minutes
- Recycle: \$5 worth (bring your coach the receipt)
- Collect 20 box tops (bring them to your coach in a bag with your name on it)
- Take food to your local fire station
- Donate canned goods to a food bank
- Volunteer to help at church or at a non-profit organization
- Go, **with an adult**, to a park to pick up trash together
- Clean your closet and donate your used clothes

Category 6 - Faith Star (recite 4 verses to your coach)

- Memorize Ephesians 2:8 from the Bible
- Memorize John 3:16 from the Bible
- Memorize Hebrews 11:1 from the Bible
- Memorize Matthew 17:20 from the Bible
- Memorize Colossians 3:17 from the Bible
- Memorize 1 Timothy 6:12 from the Bible
- Memorize John 3:16 from the Bible
- Memorize Romans 10:9 from the Bible