



# E.L.I.T.E.

( Everyday Living To Encourage)

**E.L.I.T.E.** - To be Elite is to be different. Is to be set apart. It means the choice or best of anything considered collectively, as of a group or class of persons. Or a group of persons exercising the major share of authority or influence within a larger group. We seek to raise these young men up as disciples. Train them, invest in them and send them back to their communities to effect change.

Elite is a program designed to provide another option for at-risk young men. What we have seen in this generation is a severe lack of male mentorship, and male involvement in the lives of these young men and encouragement. This is a world-wide epidemic, causing a generational cycle of bad decisions due to a lack of understanding and Godly leadership.

What we seek to do is to be that positive male influence in the lives these young men. To form a relationship based on trust and love. Never negating discipline and accountability.

We must be willing to walk along side in the good times and the bad times. We must be willing to stand with and to encourage these future disciples. Even through the most difficult of circumstances, We will not relent. The Bible will be our direction. The Father will be our leader. The Son our Model, and the Holy Spirit will guide. We understand this isn't a war of flesh (Ephesians 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms, but a war of spiritual forces ).

We stand at the ready. With the full armor of God. Ready to fight. Ready to give, ready to serve. To see this generation changed.

**MISSIONS STATEMENT :** To encourage and strengthen young men. Building their confidence both mentally, physically, emotionally, and spiritually. Providing an atmosphere of love through discipline and military training. In order to lead them to Jesus Christ. In accordance with the word of God. ( Titus 2: 2, 6-7. Older men are to be temperate, dignified, sensible, sound in faith, in love, in perseverance. Likewise urge the young men to be sensible; in all things show yourself to be an example of good deeds, *with* purity in doctrine, dignified.



# E.L.I.T.E.

**CORE VALUES:** Honor, Courage, Commitment, Integrity, Strength, and Character.

**CORE BELIEFS:** Nothing is impossible with God....Nothing. Christ is all powerful and when He supplies us with strength both physically and spiritually. We will succeed. Philippians 4:13 says : I can do all this through him who gives me strength.

## **Our Understanding is this:**

[2 Corinthians 12:8-10](#) "But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong."

There is something about becoming weak utilizing extreme exercise that moves our own thinking, our own agenda, our own objectives and our motives out of the way. And this weakness allows for the Spirit of the Lord to move swiftly and with power. He changes the lives of those willing to become weak. I have seen this first hand in this training. God does amazing things when we are weak. He always delivers with His strength.

These young men are not given a choice. Every day faced with the act of surrendering to a lifestyle chosen for them by the world. Faced with death all day long. As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered."

Luke 19:10 For the Son of Man came to seek and to save the lost."

**We are ambassadors of the Cross and our mission is the same as Jesus. Seek out, and show them another way. A way to the cross. A way to life.**



# E.L.I.T.E.

**\*You must establish rules according to your training regiment!** Rules set boundaries. But too many rules and you will turn them off immediately. You have to understand that we have to meet them where they are at. They will change through the encouragement, love and investment in their lives and their desire to please in order to receive more encouragement. If you go overboard on rules and do not back in up with love. Than you are giving the same as the world.  
Here is one example:

## Rules:

1. You will respect all leadership in this program and each other.
2. No bad language
3. No fighting
4. Be on time

Nothing extreme. If they break the rules, use pushups as a punishment. (Lets be real here. Romans 3:23 says: for all have sinned and fall short of the glory of God)  
Breaking the rules is never a deal breaker. Discipline accordingly and move on.



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## **Infrastructure of a unit:**

Create a chain of command.

You will have 2 teams, creating an atmosphere of competition and team building.

Chain of command teaches discipline and respect. The chain of command is also to teach humility and restraint. To keep order you will establish a chain of command.

The chain of command is as follows:

### **Commanding Officer:**

The guy running the program/ answers all the questions. Responsible for the safety and well-being of all involved. Will always be on his knees in prayer for EVERYONE involved in this program. Will pray over every obstacle. Will be the guy encouraging the most. Will be the most dynamic and the most loving. He will lead with wisdom and integrity. Consulting the word of God and his lower ranked personnel.

### **LT:**

2nd in command/ go to guy. If CO needs something. He also is responsible for both his units. He will also be a man of integrity and character. He will pray everyday for his recruits. He will encourage and discipline. He will love and be their for his men in EVERY situation. He will be available in training and out of training.

### **Team Leader Alpha:**

Will answer to LT. This will be a recruit who operates with integrity and character. Who is respectful and follows orders.



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## Team Leader Bravo:

Will answer to LT. This will be a recruit who operates with integrity and character. Who is respectful and follows orders.

## Recruits:

will follow team leaders and LT.

**A typical training session:** Training will ALWAYS be accompanied by ENCOURAGEMENT.

\*The objective is to use your brain and think of what can be done to promote strength and conditioning.

What can be done to promote teamwork and integrity. Essentially what you are doing is putting these young men in situations that are promoting character building and working together.

**An example of a typical training session:** Ours will begin promptly at 4 pm and end at 6 pm. Anyone who is late breaks a rule and is punished. But remember the punishment isn't meant for embarrassment or harassment, but used to stress the importance of rules and what you as a leader expect. So pull them off to the side and commence, after their punishment tell them what you expect. **Never** just punish. Always use everything for a training moment. Good or bad. They will learn more effectively.

A typical training night starts at 4. We clean the course. Teaching attention to detail. (Make each piece of trash worth 10 pushups) After that we teach our unit to line up in ranks. ( First show them what you expect). Tell them to remember the person in front and behind them. After we run in formation. Explain to them if it is not perfect they drop for pushups. Use that time to really push them. Have them perform fireman carry and bear crawls. Make them work as a team. No individuals ever. Only teams. Continually promote teamwork. If one is having an issue...they all drop or squat. Next we



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## Training session continued :

get back in formation and perform an array of calisthenics. Abdominal exercises be creative! Also we use log PT. Log Pt includes lifting a telephone pole over the head, running as a team with it, and squatting with the pole as well as sit-ups as a team. Also there are other commands and evolutions involved such as (extended arm) which is simply the pole extended high above the head. We will perform many leg evolutions such as flutter kicks, 5 inches, 90 degrees, and bicycle kicks. Causing exhaustion. Next we will run the obstacle course. Use that time to really encourage by shouting bible verses, remarks such as **“you can do it”**, and **“everything is possible”**, also **“I believe in you”**! After they succumb to exhaustion take the time to tell them with high fives and the extreme pride you have in them. Show them and tell them. **“Man, I knew you could do it”**. **“I am proud of you”**!! As you gather together as a complete unit. Tell them again how proud you are of them. That you see them improving. They will want to dig harder to continue to make you proud. Begin your devotion, allow them to speak. talk about life and teach them what the Bible has to say about various situations they face. Also you will guide them in a direction other than a life in the world. Tell them you love them and they are important. We never stop encouraging. They respond. This not only stays within the confines of the church. We go to their houses and talk, listen and pray for them and their family. It is extreme mentorship. We are involved in their lives in and out of training.





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**Examples of training:  
Train with them. Do the exercises together.**





# E.L.I.T.E.

## **Phases:**

The course is broken down into 3 Phases with criteria to pass each phase. You must pass the physical portion and most importantly the spiritual portion.

## **Phase 1:**

### **Physical:**

**Run 4 Laps around field Complete**

**Pullups 10**

**Pushups 50**

**Situps 50**

**O Course Complete**

**4 Min rest between each evolution**

### **Spiritual:**

**Memorize 2 corinthians 12: 9-10** But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

**10** That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**Memorize Romans 3: 23** for all have sinned and fall short of the glory of God

**Memorize Romans 3:10** There is no one righteous, not even one

**Upon completing recruit will receive dog tags with their name and the ELITE name on it for passing phase 1**





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## **Phase 2:**

### **Physical**

**Run 4 laps in 7 min**

**Pullups 20**

**Pushups 65**

**Situps 75**

**O Course 10 Min**

**4 Min rest between each evolution**

### **Spiritual**

**Memorize 2 Corinthians 12: 8-10** But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

**10** That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**Memorize Phil 4:13** I can do all this through him who gives me strength.

**Memorize Romans 5: 8** But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

**Memorize Romans 5: 12** Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned

**For completing Phase recruit will receive a T- shirt with the ELITE name and logo. Also for sale are t-shirts online.**



# E.L.I.T.E.

## Phase 3:

### Physical:

Run 4 Laps 5 1/2min

Pullups 30

Pushups 75

Situps 90

O Course 8 min

2 Min Rest between evolutions

**Includes an all night evolution from 6 pm - 8 am training all night.**

### Spiritual:

**Memorize 2 Corinthians 12: 8-10** But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

**10** That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**Memorize Romans 6: 23** For the wages of sin is death, but the gift of God is eternal life in[a] Christ Jesus our Lord.

**Memorize Romans 10: 9-10** If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. **10** For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

**Write a paper on who Jesus is 500 words : Use the Bible as reference.**

**Upon completion of 3rd phase you will receive diploma and graduation ceremony in front of church. Also at the discretion of the leaders you will also receive an extra pennant for your dog tags, or hat. Be creative.**



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## **From the Captain :**

### **Mentors:**

This program is about overcoming the obstacles in the lives of these young men both physically and spiritually. And standing by them through thick and thin. They have learned to walk alone and without guidance. What they are facing everyday is a barrage of hate, anger, and no acceptance. A battle with out end. Desiring a family and desiring love. They look for the love of a family and more importantly a father in the things of this world.

What we offer is an alternative. We provide them with discipline using military style exercises. We also provide them obstacles to overcome together, forming unity and a bond that can not be broken.

The guys we have training are guys that need direction and purpose. Most importantly they need a relationship with Jesus. That is what we seek to accomplish through this program. We wish to show them a family in Jesus Christ.

Building confidence, leadership and discipline. And they will find a family in ELITE. We are not just a gimmick training opportunity. We are a family. We know their names and their stories. That is what ELITE is about. Being involved. Being a father and a brother. Walking this journey together. That is what makes the difference.

Mike

For more info go to our website at [eliteteams.net](http://eliteteams.net) or contact us at [myeliteteams@gmail.com](mailto:myeliteteams@gmail.com) or connect on Facebook @ eliteteams.

If anymore information is needed contact us at [mikendjessb@gmail.com](mailto:mikendjessb@gmail.com)

**E.L.I.T.E.**  
**TRAINING GUIDE**



**Overcoming the obstacles**