



Take-A-Knee Fall 2025

#1 Week of August 4th - Meet your team & Introduce Teagar the Soccer Tiger.

Halfway through practice stop for your Take-a-knee time. Meet your team, introduce & tell a little bit about yourself. Then, describe Teagar the Soccer Tiger.

“Welcome to C3 Sports Fall Soccer! We are so excited that you decided to join us this season. Before we begin, there is a very important friend that you need to meet, Teagar the soccer tiger! Just like you, Teagar loves to play soccer. This season, you and Teagar will be learning many important lessons together. Whenever you take Teagar with you to complete your “weekly mission” have an adult take a picture of you and Teagar and post it to C3 Sports’ Facebook Page or share it in our team message. We can’t wait to see all the awesome things you and Teagar do this season!”

Pass out a Teagar the soccer Tiger to each player. Remind your players to keep Teagar on their refrigerator so they don’t lose it and can take a photo each week to post.

WEEKLY MISSION #1: Take a picture of you and Teagar! Post it to C3 Sports’ Facebook Page!

#2 Week of August 11th- Sportsmanship

“Generally, Teagar loves soccer practice, but on this particular day it was going horrendously! Teagar’s team could not figure out how to work together. During shooting drills, everyone started arguing about who turn it was. During passing drills, each other for poor passes. Even during the water break, they found themselves unable to agree on how long of a break to take.

The arguing intensified when the team scrimmaged. Up and down the field, teammates who were supposed to be helping and encouraging one another were ignoring or criticizing each other instead. It was a mess!

At the end of practice, as the players were grumbling and packing up their soccer bags, Teagar remembered the pep talk the coach had given at the beginning of the season about working together as a team. Teagar felt bad about how poorly the team was getting along and knew that it was time to speak up.

“Listen everyone,” Teagar began, “we all have bad days sometimes, but having a bad day isn’t an excuse to start blaming our teammates and refusing to work together.”

The team realized that Teagar was right. Players began apologizing to each other for the way they were acting during practice. Afterwards, Teagar smiled and started off for the parking lot, feeling much better about practice. Before getting into the car Teagar stopped and waved goodbye to the team, grateful for today’s practice and excited for the next one.

Teagar learned how to have good sportsmanship this week! Now it’s your turn to be a good sport!

WEEKLY MISSION: Take a picture of you and Teagar playing a game with a friend or sibling! Remember to show good sportsmanship! Share your picture on C3 Sports’ Facebook page.

WEEKLY VERSE: “Do to others as you would like them to do to you.” –Luke 6:31

#3 Week of August 18th- Helpfulness

“Whew! What a run! Teagar the Soccer Tiger was out for a jog with Mr. and Mrs. Tiger. Teagar was getting pretty good at running, which was great because playing soccer requires a lot of running!”

“Alright, let’s cool down,” Teagar’s dad suggested, slowing to a walk.

They walked past Miss Barbara’s house. Miss Barbara was the sweetest old woman you would ever meet. She lived in a cute little cottage with her husband, Bradford, and their two dogs. Today, she was out on her porch watering her flowers with her little blue watering can. Teagar loved to visit Miss Barbara and listen to her stories about when she was growing up.

“Miss Barbara! Miss Barbara!” Teagar shouted. “How are you doing today, Miss Barbara?”

“Oh, I’m doing just splendidly,” Miss Barbara shouted back with a smile. “I’m just out working on my garden!”

“Your flowers look very nice, Miss Barbara,” Teagar said. “How do you get them to be so pretty?”

“Lots of hard work,” Miss Barbara said. “Although, this year it seems that I just can’t keep up with all the weeds! They’re taking over fast!”

Teagar noticed there were quite a few weeds in Miss Barbara’s yard. After the family had walked past the house, Teagar turned to Mr. and Mrs. Tiger.

“Why does Miss Barbara have so many weeds in her yard?” Teagar asked with concern.

“Hmm, that’s a good question,” Mrs. Tiger responded. “I suppose Miss Barbara is getting older, and it’s probably harder for her to get them all taken care of.”

Teagar frowned. It was so sad that Miss Barbara was less able to work in her garden. Teagar knew that Miss Barbara loved keeping her yard looking beautiful. Teagar thought of a great idea, they could help Miss Barbara pull weeds in her yard! She would love having the company and her garden would look just as nice as it ever did. It would show Miss Barbara that there are people out there who are willing to help her! They couldn’t wait to get started!

This week, Teagar learned about being helpful. Now it’s your turn to help someone out!

WEEKLY MISSION: This week, do an extra chore to be helpful at home! Take a picture of you and Teagar helping. Don’t forget to share it on C3 Sports’ Facebook page.

WEEKLY VERSE: “Never be lazy but work hard and serve the Lord enthusiastically.” –Romans 12:11

#4 Week of August 25th- Caring

Teagar the Soccer Tiger was excited. More excited than the day the Tiger family's favorite team won the World Cup! Why? Because Teagar had a great surprise and couldn't wait to tell Tessa Tiger, Teagar's older sister. Tessa loved soccer just as much as the rest of the family, so Teagar knew that this surprise would knock her socks off! Teagar burst through the door and ran into the kitchen, to find Mr. and Mrs. Tiger whispering and looking sad.

"What's wrong?" Teagar asked.

Mr. and Mrs. Tiger sighed. "Tessa tried out for the soccer team at school today and....well....she didn't make the team," Mrs. Tiger reported.

"Poor Tessa!" Teagar exclaimed. "She was so excited about getting to play with her friends!"

Then Teagar remembered the surprise. Teagar grabbed the book bag containing the surprise and bounced quickly up the stairs to Tessa's room.

Teagr knocked on the door. Nothing. Another knock. Nothing. Finally, Teagar pushed the door open. Tessa was sitting at her desk, looking through all the trading cards she had collected of world-famous soccer players. Sky was surprised to see how many she had collected. But, even so, Teagar knew there was one she didn't have.

"Tessa," Teagar began nervously, "I brought you something." Teagar handed her the book bag, hoping this would make Tessa feel better.

Tessa looked at the bag and cautiously unzipped it. After ruffling around inside, she pulled out a limited-edition soccer trading card of her all-time favorite soccer player! Tessa had been saving up forever to buy this card and here it was!

"Teagar, how did you get this?" she asked.

"I traded for it with Brenda," Teagar explained with a smile. "I was going to keep it, but I think you should have it instead. Tessa, I hope you don't give up on soccer. Did you know the world-famous player on that card was once cut from her school team too?"

"No...I....I didn't," said Tessa. "Teagar, thank you so much. This means a lot. Really. And you're right, I'm not going to give up on soccer. It's my favorite sport!"

This week, Teagar learned about being caring! Now it's your turn to show people you care!

WEEKLY MISSION: This week, eat dinner with your family, and let them know you care about them. Take a picture with Teagar at the dinner table with you and your family and share it on C3 Sports' Facebook page.

WEEKLY VERSE: "Don't look out only for your own interests, but take an interest in others, too." – Philippians 2:4

#5 Week of September 1st- Achieve

Teagar the soccer tiger felt sick. But illness wasn't the problem. What was it? Nerves. Teagar was terrified because today was the opening day of soccer season where he lived, and everyone was coming to watch Teagar and Teagr's friends play. Usually, this day made Teagar shake with excitement, not nerves. This season, however, Teagar had overheard some of the players mentioning how Teagar's shooting and dribbling looked worse than it did last season. Since overhearing that conversation, Teagar had not been able to stop worrying.

As Teagar waited for the game to start, Grandma Tiger walked into the stadium. Teagar looked at her with a frown and a small wave. Of course, Grandma Tiger was going to come watch. And so was Grandpa Tiger and Aunt and Uncle Tiger and ALL the cousin Tigers. Teagar felt even more sick and nervous than before. Eyes closed, Teagr tried to think about something else. Just then, a gentle hand came down on Teagar's shoulder. Turning around quickly, Teagar saw that it was Grandma Tiger, looking at Teagar with a concerned face.

"Teagar, are you feeling alright?" Grandma Tiger asked. "Because you look about as nervous as a turkey on Thanksgiving."

"Hi Grandma," Teagar started out, tears forming. "I'm pretty nervous for this game. I just don't want to mess up and let everybody down."

"Hmmm," Grandma Tiger replied. "I can understand that. But ya know something? Nobody can be disappointed in you if you just do your best."

Teagar thought about this for a minute but wasn't satisfied.

"Yea, but what if my best isn't good enough?" Teagar asked.

"Well, now, you can't go worrying about all of that nonsense," Grandma Tiger said with a wave of her hand. "Teagar, all you can do is work as hard as you can. Even if you don't win or you mess up, your family will still love you just the same. So, go for it!"

Teagar smiled, knowing that everything Grandma Tiger said was right. All Teagar was expected to do was work hard and put in as much effort as possible. The warning buzzer sounded, and Teagar ran to be with the rest of the team, no longer worried about not being good enough. To achieve victory, all that was expected was Teagar's best. Let the game begin!

This week, Teagar learned about achieving through working hard and putting in the best effort possible. Now it's your turn to achieve by doing your best!

WEEKLY MISSION #5: This week, give your very best work on a school assignment! Post a picture with you, Teagar, and the assignment that you did your best on!

WEEKLY VERSE: "Whatever you do, do well..." –Ecclesiastes 9:10

#6 Week of September 8th will be weeknight games. Take a team picture with the real life Teagar!

#7 Week of September 15th- Responsibility

Teagar the Soccer Tiger and Tessa Tiger could only stare. They were in shock at what they were seeing! The two siblings had come to the park that day to set up a picnic and play some soccer. They had left for just a second to grab something from their house, but while they were gone, the wind had gotten ahold of their supplies and scattered them everywhere! There were plates on the slides, napkins strewn by the swings, and potato salad floating in the pond nearby. It was a disaster!

And the worst part? This park didn't even allow people to have parties or picnics, because this sort of thing had happened in the past. Teagar and Tessa Tiger thought that they could have a quick picnic without anybody noticing, but it looked like that wasn't going to happen! Surely someone would see the mess they had made.

Just then, the park director came storming up the path. Teagar and Tessa Tiger gulped as the angry looking lady approached with a clipboard and red pen, ready to report the incident.

"Alright," the park director said, "who made this mess? Was it you two?"

Teagar and Tessa Tiger looked at one another, both trying to decide whether or not to own up to their mistake.

The park director waited, becoming impatient.

"Welllll...?" she asked. "Is someone going to say something?"

Teagar sighed. Lying about the picnic seemed like a much easier and less complicated option, but Teagar knew that it wasn't the right option.

"My sister and I made the mess," Teagar began. "Well, actually, the wind made the mess, but we were the ones who tried having a picnic. We're really sorry. It won't happen again."

"Well, well, well!" the park director said triumphantly, taking notes on her clipboard. "I am going to have to report this, you know."

Teagar and Tessa Tiger nodded sadly. They felt awful for having caused such trouble, but they knew that taking responsibility for their actions had been the right thing to do. The park director seemed to notice how sorry they were too, and she stopped writing on her clipboard.

"Listen," she said with a reluctant sigh, "if you two can get this mess cleaned up in the next 10 minutes, I'll write a special note in the report that excuses you from any punishments."

Teagar and Tessa Tiger were shocked at such a nice gesture! Sure, taking responsibility wouldn't always mean getting off the hook, but they were sure glad they had decided to be honest. Now, on to the cleanup!

This week, Teagar learned the importance of being responsible for one's self. Now it is your turn to be responsible.

WEEKLY MISSION #6: Take a picture of you and Teagar buckling up in the car or wearing helmets before going on a bike ride or any other task that shows responsibility.

WEEKLY VERSE: "For we are each responsible for our own conduct." –Galatians 6:5

#8 Week of September 22nd- Honor

At Teagar the Soccer Tiger's school, Sportsville Elementary School, everyone was extra excited! Why? Because it was Veterans' Celebration Week! Each student was expected to find a family member or close friend that had served in the military. They were to interview them and create a special presentation by Friday. Teagar, however, had not been able to think of anyone to interview yet, and it was already Wednesday! Teagar needed help!

Going to Mr. Tiger, Teagar told of the troubles of finding someone to interview. Mr. Tiger looked confused.

"Don't you know that Grandpa Tiger is a veteran?" he asked, surprised. "Maybe we never told you that! He would be a great person to interview."

Teagar was shocked, having had no idea that Grandpa Tiger had served in the military! Getting a ride from Mr. Tiger, Teagar arrived at Grandpa Tiger's house as quickly as possible, excited to ask someone about their time serving. Grandpa Tiger was pleased to see his family.

"Well, hello there!" Grandpa Tiger called out as Teagar and Mr. Tiger entered the house. "What brings you two to my house today?"

"Well, Dad," Mr. Tiger said, "Teagar needs to interview you about serving in the military."

"Grandpa, you never told me that you served in the military!" Teagar said. "I'd love to know all about it!"

Teagar sat down at Grandpa Tiger's feet, listening to him talk about serving in the military. Teagar was surprised to hear that Grandpa hadn't been a soldier but was a cook instead! The soldiers needed to eat, and Grandpa Tiger made sure they got fed. Teagar was fascinated.

There were, however, sad stories that Grandpa had to tell too. He was often scared and homesick while serving and missed Grandma Tiger terribly. By the end of the interview, Teagar had realized something important. Being in the military meant making sacrifices. Teagar now understood why it was so important to say "thank you" to veterans. They had done so much for others, and they were the reason that Teagar and Teagar's friends could have freedom and live such wonderful lives.

So, before leaving Grandpa Tiger's house that day, Teagar gave him a big hug and thanked him for everything he had done!

This week, Teagar learned the importance of honoring and recognizing those who have served in our military. Now it's your turn to show honor!

WEEKLY MISSION #8: Take a picture of you and Sky thanking a veteran or honoring a family member or friend! Be sure to post your picture.

WEEKLY VERSE: "Love each other with genuine affection, and take delight in honoring each other." —Romans 12:10

#9 Week of September 29th- Wisdom

Mrs. Tiger was not very pleased with Teagar the Soccer Tiger. It was a typical Saturday afternoon, but Teagar's mom was not feeling very typical. Instead, she was terribly upset! Having gotten home from playing a soccer game, Teagar had spent the rest of the morning and afternoon watching television. And Mrs. Tiger was tired of it!

"That's it!" Mrs. Tiger said, barging into Teagar's room and shutting off the TV.

"Mom!" Teagar said.

"You have been watching TV now for 5 hours, and you have been ignoring the things I have asked you to do," Mrs. Tiger said. "It is not a wise use of your time to spend all day in front of the television."

"But Mom," Teagar whined, "I never get to watch TV during the school week. It's my day off!"

"I understand that Teagar," Mrs. Tiger said, "but do you really want to waste so much of life watching TV shows? In fact, I have a great idea! You can ride your bike to the library!"

Teagar sighed, not wanting to go to the library, but knowing that Mrs. Tiger was not going to let Teagar do anything else. So, Teagar grabbed a bike and rode to the library. Walking inside, Teagar was overwhelmed by all the books and confused on how to find the right one. Just then, a librarian saw Teagar and asked if she could help.

"Hello there, dear," the librarian said. "Can I help you find a book? Is there a certain topic that interests you?"

"Um....soccer?" Teagar said, not really sure what else to ask for.

"Wonderful!" the librarian said. "Follow me."

The librarian led Teagar to a section **full** of all sorts of books about soccer. There were books about famous soccer players, how to play soccer, and even about the history of soccer. The librarian grabbed one that looked interesting and offered it to Teagar.

"It's great that you want to gain more wisdom about soccer," the lady said. "Maybe this book will be a good fit."

Teagar spent the rest of the day reading through not only that soccer book, but two more books as well! Using time wisely and gaining wisdom **could** be fun!

This week, Teagar learned about gaining wisdom. Now it's your turn to become wiser!

WEEKLY MISSION: Take a picture of you and Teagar spending time reading a book or using your time wisely. Share the picture.

WEEKLY VERSE: "If any of you lacks wisdom, you should ask God...." —James 1:5

Thank you for spending time with Sky Soccer this season! We hope you and Sky learned a lot! See you next season!