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— GET STRONG —  
MINISTRIES

# TRIP OVERVIEW

*Sharing Faith Through CrossFit:  
Short-Term Mission Trips*



# Purpose:

Our purpose on these mission trips is to seize every opportunity to connect and create relationships with the people of Nicaragua.

Our goal is to help people understand that God wants to have a relationship with them and that it is not enough to just know about Christ.

If you have any skills, gifts, or talents that the Lord has blessed you with and would like to share with the people of Nicaragua, join one of our mission trips!

*-Scott & Christie*

# MEET OUR TEAM



**Scott & Christie**

Scott, founder of Get Strong Ministries, and his wife Christie have led CrossFit-based mission teams to Nicaragua since 2014.



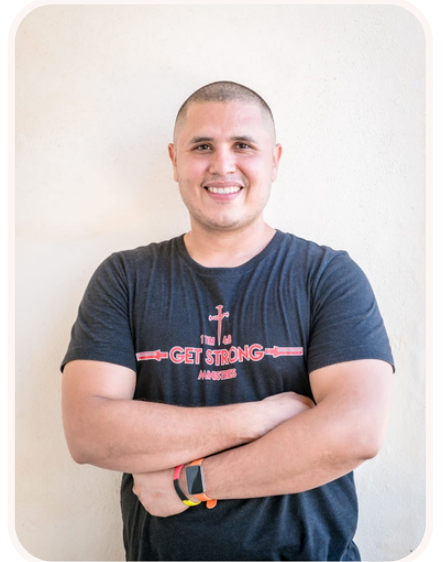
**Carlos**

Joined in 2018 as a translator, he now serves as the lead pastor of the church planted in our gym and also works as the head coach.



**Carmen**

A key team member since 2018, she has taken on various roles and currently serves as a translator.



**Jose**

Our Mission Trip Coordinator since 2024, he also provides operational support in Nicaragua.



**Nick**

Our spiritual director in Nicaragua, leading discipleship efforts in CrossFit gyms throughout the country.



**Francisco**

Joined in 2022 as a translator, he has helped us connect with local schools through his work as an English teacher.



**Emilio**

Part of our translation team since 2022, he has played a key role in making our teams feel welcome and supported during missions..



**Christian**

Our kitchen manager since 2024, Christian is a talented cook with a passion for serving others.



# SAMPLE DAILY ITINERARY:

## Morning:

7:00 AM – Workout (Optional)

7:30 AM – Devotional

8:00 AM – Breakfast

9:30 AM – Mission Activity 1

## Afternoon:

12:00 PM - 2:00 PM – Lunch & Downtime

2:30 PM - 4:00 PM – Mission Activity 2

4:00 PM - 6:30 PM – Workout (Time to connect with gym members)

## Evening:

7:00 PM – Dinner



# PACKING LIST:

## Essentials:

- Passport – Bring your passport and make several copies of the photo page. Leave one copy at home, place one in each of your bags, and keep one with you.
- \$10 USD (Clean bill - no writing or tears) – Required for tourist entry stamp upon arrival.

## Clothing:

- Shirts
- Pants (Men: 1 pair for church)
- Summer dress or pants (Ladies: 1 for church)
- Shorts (Ladies: Longer-length shorts)
- Workout clothes (Ladies: No booty shorts)
- Underwear
- Cap or hat
- Socks
- Shoes
- Shower shoes
- Swimsuit or swim trunks

## Personal & Hygiene Items:

- Soap & shampoo
- Towel & washcloths
- Deodorant
- Toothbrush & toothpaste
- Personal / feminine hygiene items
- Sandals
- Comb / brush
- Sunscreen
- Hand sanitizer
- Bug spray

## Misc:

- Bible / Journal & Pen
- Prescription medicine
- Personal money (small bills)
- Sunglasses
- Snacks



# FAQ:

## **Where will I stay during my trip?**

We have ministry houses in both cities where we serve (Ocotal & Managua), offering comfortable accommodations including air conditioning in all rooms and common areas and wifi

## **What will I eat on my trip?**

Get Strong's head cook, Christian, prepares three meals a day, accommodating various dietary needs (keto, macros, paleo, gluten-free, etc.), ensuring clean and safe food so you can focus on the mission.

## **What will I do on the trip?**

Managua Trip:

- Strengthening relationships with CrossFit gyms
- Sharing the Gospel after WOD sessions and through intentional conversations

Ocotal Trip:

- Workouts at our gym (opportunity to coach a class)
- Church service participation
- Activities with ministry partners (e.g., rehab centers, nursing homes, local schools, churches)
- Engagement with discipleship groups from the gym

## **Do I book my own travel?**

Get Strong provides travel logistics at no extra cost to coordinate arrivals from different locations. If you prefer to book your own flight, please coordinate with us to ensure smooth logistics for the entire team. You are welcome to use airline points or discounts to lower costs.

## **What if I don't speak Spanish?**

No problem! Get Strong provides translators throughout the trip.

## **How much does the trip cost?**

The trip fee is \$1,800 + airfare. This covers:

- ✓ Lodging
- ✓ All in-country transportation
- ✓ Travel insurance
- ✓ All meals
- ✓ Translators
- ✓ Mission supplies

## **What are my steps if I want to join?**

- Fill out the Team Member Information Form on our website under TRIPS.
- Check available trip dates on our website. If current dates don't work for you, we are open to discussing additional options.





# READY TO JOIN?

Trip Duration: 8 days, 7 nights

✉ Sign up for our next trip [HERE!](#)

✉ For questions, email

[jvega@getstrongministries.com](mailto:jvega@getstrongministries.com)

