



# CROSSTRAINING MISSIONS

Ensenada, Mexico  
INFORMATIONAL PACKET





# MISSIONS



For over 30 years, Cross Training Ministries has used sports as a platform to minister to tens of thousands of young people around the world. Specifically, the Cross Training Missions experience is designed for male and female students between the ages of 15 and 22. ***Are you interested in testing your skills against international competition?***

***Do you hunger to find a way to strengthen your faith? Are you a leader ready to grow and learn?***

If so, you may be ready to experience one of the most unique missions trips available. Take the time to review the enclosed information. As you read, ask God to open your heart to the calling of becoming a Cross Training Missionary.





# BUILDING HOMES

Cross Training invites you to participate in a life-transforming service experience just 90 miles south of San Diego in Ensenada, Mexico. The agricultural areas surrounding Ensenada are characterized by breath-taking beauty and desperate poverty. This area represents hope and a new life for waves of field workers arriving from Southern Mexico and other regions of Latin America. Unfortunately, there is a severe lack of adequate lodging and many hard working families are forced to live in sub-standard dwellings that are unhealthy and unsafe.

One of the exciting aspects of this experience is our partnership with Baja Bound Ministries. Baja Bound has identified families ready for housing and facilitates the construction of a home build by our Cross Training team in just 3 days! Truly a once-in-a-lifetime adventure, participants will experience lasting fulfillment as they hand the keys to a family in need.





# USING SPORTS

If you have ever dreamed of competing internationally, here is your chance! Cross Training, with the help of Baja Bound, has developed a tournament setting for both Volleyball and Basketball in Ensenada between the United States and Mexico. Each team will be competing in a weekend filled with games and even an awards ceremony for our top finishers. Not only will you face incredible competition, but we'll also have the opportunity to share the gospel with each team in attendance. This will be the ultimate opportunity to exercise your faith and impact the world.







# SERVING FRIENDS

Just when you thought the experience couldn't get any better, we take a trip to Campo De Espreza, as well as a migrant village to work with children and families in need of help. Our Bags Without Borders program is dedicated to supplying families and children worldwide with items that are essential, fun and faith-focused. This is your opportunity to serve the less fortunate and make a tremendous impact on their life. It's like Christmas in July when you help them open their bag and watch them play with their toys.



A large group of people, mostly young adults, are sitting on towels on a sandy beach at sunset. They are all facing towards a man who is standing in the middle of the group, gesturing with his hands as if he is speaking or teaching. The ocean is visible in the background with waves crashing against the shore. The sky is a mix of orange, yellow, and blue. The overall atmosphere is peaceful and communal.

# GROWING FAITH

There's nothing better than heading down to the beach to de-brief another amazing day. Our accommodations are a mere 60 steps from the Pacific Ocean. It's a common occurrence to end our day with ministry founder, Bob Upgren, teaching faith-growing principles to the group while the sound of waves crash against the shore.

This all important aspect of the trip is not only where relationships deepen, but where your

## FAITH IS IGNITED.





# TRIP DETAILS

## WHO:

- Grades 10 - College Senior

- Girls Basketball Team (ages 15-20)

- Boys Basketball Team (ages 15-20)

- Girls Volleyball Team (ages 15-20)

- Leadership Team (ages 15-22)

- \* The Leadership team has limited enrollment. This group participates in the same missions experience as everyone else, except the two day sports competition. During these days, this group will continue to work in orphanages, migrant villages and Bags Without Borders distribution.

## WHAT:

- Missions Trip and Home Build Project

## WHERE:

- Ensenada, Mexico (Baja California)

## WHEN:

- July 29 - August 5, 2026

## COST:

- Total Trip Cost is \$3,250

- Non-Refundable Deposit of \$750 due at Registration

- First Payment of \$1,250 is due by February 1, 2026.

- Second Payment of \$1,250 is due by March 1, 2026.

- Registration opens September 25, 2025 at 10:00 am CST





# NEXT STEP

If you are interested in becoming a Cross Training missionary, your next step is to make the initial \$750 deposit online ([www.crosstrainingcamp.com](http://www.crosstrainingcamp.com)). Registration will open Thursday, September 25, 2025 at 10:00 am CST. This will secure your spot and an email will follow with paperwork, passport and waiver information.

It is our hope that God calls you to step into one of these spots to experience the trip of a lifetime!