

# Heart of a Coach – September 2012



**Name:** Andrew Long  
**Hometown:** Council Bluffs, Iowa  
**Alma Mater:** Iowa / Drake University  
**Degree:** Bachelor of Science

**List your chosen attribute:** Influence

**What is your personal definition of this word?**

Influence is to motivate people in a particular direction.

**What are some of your favorite quotes from other people about this word?**

Do as I do, not as I say! –Unknown

Can your children hear your voice? If you instill their values by your influence then the other voices won't be allowed to creep in. –Walter Bond

**What is your favorite Biblical passage that deals with this characteristic?**

Matthew 5:16 In the same way, let your light shine before men, so that they may see your good works and give glory to your Father in heaven.

**Why did you choose that particular passage?**

I feel this passage tells us to use our influence and to use that to share Jesus Christ with all those whom we come into contact with or influence.

**Please give an application/example of this word in your life.**

God has surrounded me with many great examples of Christians that have influenced me in my faith. They have helped me grow while encouraging me to become better and closer to God. By their influence and the influence that God has granted me, I live out what I want others to believe and become through Christ.

**How do you apply this word in your sport?**

As coaches we have great influence on our players, other coaches, faculty, our families and our community. We can use this influence to let our light shine before men so that they can see, hear and feel the love of Jesus Christ. I try to use my influence and love for Christ and share it with others by my example.

### **How did you become involved in FCA?**

I was first introduced to FCA through FCA Endurance, which is an adult ministry. I was looking for a team to train with that was more than just the “training” and where I could honor God in all that I do by keeping Him first. I saw information at an expo booth at the Hy-Vee triathlon and was immediately drawn to join the team.

### **How active within FCA were/are you?**

As I have learned more about FCA and being a former athlete and coach, I was drawn to the ministry more and more. I have learned lots about FCA and leadership in starting FCA Endurance ministry here in Des Moines. This past summer God has opened up some doors for me to be teaching back at the high school level and coaching football. I knew that the Lord was working in the inner city and establishing FCA huddles. I felt called to start the first FCA huddle at Des Moines North High School. We took six athletes to the FCA Camp in Pella, Iowa. I was also given the opportunity to be one of the football coaches on staff as well. This was an amazing experience to see God work in my life and the young athletes. We are just kicking off the year and have over 20 athletes interested and over 5 coaches that want to also volunteer. We are working on developing our leadership team and look forward to a successful fall establishing roots at the school.

### **What is your athletic experience? (Where?)**

I was a three-sport athlete in high school participating in football, powerlifting and track. I went on to play football at Drake University where I was a three-year starter at center and long snapper where I enjoy a successful career. I was a part of a conference championship in 2000 and was one of our team MVP's on offense my senior year. I also was a part of the Drake Cheer squad during the off-season enjoying my college experience to the fullest.

### **What is your coaching experience? (Where?)**

I am in my 7<sup>th</sup> year as a football coach. I started at Hoover High School in Des Moines, Iowa (2003-2005) as the varsity offensive line coach and run game coordinator. While at Hoover I was spent one season as the shot and disc coach, strength coach and was the co-head cheerleading coach from (2003-2006). During that stint I was also the head cheerleading coach at Drake University for three seasons. I then moved onto Valley High School in West Des Moines (2006-2009) where I coached the freshman offensive and defensive line and offensive coordinator. I also was a varsity assistant shot and disc coach at Valley High School from (2006-2009). At Valley I enjoyed being apart of the 2006 State Champion Track team, 2007 State Runner-up Track team and 2008 State Football Champions. I just entered my first season at North High School as a varsity defensive line coach and JV defensive coordinator.