

Heart of an Athlete – March 2013

Name: Jessica Cole

Age: 17 years old

Hometown: Altoona, Iowa

School: Southeast Polk High School

Sport: Basketball and Track



List your chosen attribute: Humility

What is your personal definition of this word?

Realizing that I am no good without Jesus. I can't do anything on my own. Humility is also, I believe, not being self-serving, but wanting to put others needs before yourself.

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

"Humility is not thinking less of yourself, it is thinking of yourself less." C.S. Lewis

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

Mark 10:45 "For even the Son of Man came not to be served but to serve, and to give himself as a ransom for many."

Why did you choose that particular passage?

Humility and serving go hand in hand. This verse is so humbling to me. If Jesus Christ, who died for me, came to earth to serve, then what does that make me exactly?! My whole life should be devoted to serving others, like God's own son did for me. It is so powerful.

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

When we won the 5A State Championship this year I was so excited! But I thought the seniors should be the ones to go grab the trophy, so I stood back and let them have their glory.

How do you apply this word in your sport?

I try to show humility to my teammates by allowing them to be first in things and in front and center. I'm okay with being at the end.

How did you first become involved in FCA?

My dad was involved in FCA in high school and college. He accepted the Lord as his Savior at an FCA camp in Colorado. So as soon as I could start FCA, I did, which was in Jr. High.

How active within FCA are you?

I am president of our FCA at SE Polk and my brother and I lead worship at our huddles.

What is your athletic experience?

I have had the opportunity to play at the state tournament my freshman and sophomore years along with starting on the team this year that won it. We are 5A State Champs!!

I also qualified for state in high jump my freshman and sophomore years.

Favorite Bible verse:

I love the verse Mat. 11:28 "Come to me, all you who are weary and burdened, and I will give you rest." How comforting and wonderful is it to know that we can give everything to God. All of our worries and struggles, and he'll take them all with no questions asked. It is truly amazing!!

Favorite Sport:

My favorite sport is high jump, I love the thrill of flying in the air for a few seconds!
I also love basketball and shooting the ball. I love my teammates, we are a family.

Who is your athletic role model?

My parents. They were both athletes at ISU. They were and still are great examples of Christ followers to me and my little brothers. They teach me that through sports we learn life lessons and they encourage me to live out my faith.

How has God impacted you through FCA?

I think God has shown me what areas I do well at in working for him. My brother and I lead worship at our huddles, and it goes very well. It is something God has gifted us with. It is cool when high schoolers get together and worship in song.

Share one tip that helps you be a Christ-like competitor:

Every time before I compete I pray and ask God to help me to play to glorify Him in every way. I never know what it may be, but I just give it to God.

Have you signed the Team FCA Competitor's Creed?

Yes!

Sports and position played.

Basketball, I play the 2 spot which is the shooting guard. I like to shoot!!!
Track, I high jump.

Sports Achievements:

State Qualifier in high jump freshman and sophomore year. State Qualifier in basketball freshman, sophomore. Junior year- Class 5A State Champs this year!!

Favorite pig out food:

Cereal- my favorite is Cap'n Crunch!

Favorite Music Groups:

Lecrae, Tenth Avenue North, Brad Paisley, Josh Turner

Favorite Books:

Bible!! Hunger Games, Eragon books, City of Bones, Mortal Instruments...I love to read!!

Favorite Sports Teams:

Iowa State, SE Polk Rams, Vikings

Future Goals:

By the time I'm done with high school, I would like to have at least a year of college credits completed. I would like to go to Iowa State. Another goal of mine is to read the whole Bible. I have a few books completed so far!! :)

The biggest concerns facing youth today:

Our society. Literally everywhere I turn I see sin, sin, sin. I see sex, drugs, foul language, immodesty, and pressures to conform to them. Our world is so tempting and needs Jesus so badly! Like Lecrae says in one of his songs, "be a rebel: do whats right, because nobody is doing that!"

The biggest concerns facing Christian youth today:

To not conform to the patterns of this world as Jesus says in Romans. It is so difficult to do what is right sometimes, and I know I have many struggles. But we as christians need to be continually in God's word, so we can resist the temptations of this world.

Favorite Pastimes:

This past state tournament, we played against Dowling in the championship game and won! But the coolest thing for me was when I got fouled on a 3 pointer, made it and made the free throw!!! I'll never forget the feeling!:)

Also, I love going to Mexico every year with my family. I enjoy playing the piano, preferably Classical, and riding horses as well.

Other comments:

I have also attended the Pella sports camp in the summer in 2010. I met some awesome people there, and am still friends with some of them.

Go Cyclones! :)