

Heart of an Athlete – June 2013

Name: Cody Engebretson
Hometown: Lemars, IA
School: Northwestern College
Sport(s): Track/ Cross Country



List your chosen attribute: Character

What is your personal definition of this word?

How you act in all environments and situations. Who you really are.

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

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” — [John Wooden](#)

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

1 Corinthians 11:1-2

“Be imitators of me, as I am of Christ. Now I commend you because you remember me in everything and maintain the traditions even as I delivered them to you.”

Why did you choose that particular passage?

I think that our character should imitate Christ's character.

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

After races I would try to congratulate the winner and the guys around me, by telling them nice race or you ran well. The simple things that go unnoticed is what I like to do.

How do you apply this word in your sport?

Whether I win or lose I try to praise God. I try to be encouraging to others and set a good example for the younger athletes. On and off the track I try to set a good example.

How did you first become involved in FCA?

My dad has been a huddle leader in Lemars since I was a kid, so my whole life I have been around FCA events and camps.

How active within FCA were/are you?

Pretty active, I have been apart of it since high school, been to many state retreats, many camps. While in college I helped start a new FCA at Northwestern College in Orange City and was also a huddle leader at the camp in Pella.

What is your athletic experience? (Where?)

In high school at Lemars Community I played basketball and ran track and cross-country. In college at Northwestern I ran track and cross-country.