



## Heart of an Athlete – March 2014

**Name:** Maggie Long

**Hometown:** Des Moines, Iowa

**School:** Des Moines East High School

**Sport(s):** Softball and Volleyball

**List your chosen attribute:** Self-Discipline

**What is your personal definition of this word?** Doing what you need to do to better yourself

**What are some of your favorite quotes from other people about this word?** “Do not follow where the path may lead. Go, instead, where there is no path and leave a trail.”  
Ralph Waldo Emerson

**What is your favorite Biblical passage that deals with this characteristic?** Psalm 19:14- May these words of my mouth and this meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.

**Why did you choose that particular passage?** This passage is a great reminder to please God in everything, from our thoughts to our words. However, that takes discipline and work, especially in athletics.

**Please give an application/example of this word in your life.** I use it when I am doing my schoolwork to keep myself on task when there are other things I would rather be doing and for setting a Christ-like example for my classmates and the FCA leadership team.

**How do you apply this word in your sport?** Self-discipline is important for guarding my words and actions during games and workouts. It takes a lot to stay positive when the game or the calls aren't going the way I want them to and also to have discipline with myself to work hard in every workout, especially when I'm really sore or during morning practices.

**How did you first become involved in FCA?** I first heard about FCA at my church camp the summer before my junior year. My school didn't have an FCA at the time, so I found out more about the organization and approached the principal about starting one at my high school. After getting permission, I put together a leadership team and with help from countless people, especially Dave Applegate and the Southeast Polk leadership team, we got our FCA started and it has been incredible to see God working through the group for the past two years.

**How active within FCA were/are you?** I am very active in FCA. I'm the president of the FCA at my high school and that comes with a lot of commitment and responsibilities.

**What is your athletic experience? (Where?)** I have participated in four sports at Des Moines East High School including: (1) Softball, pitcher and utility player; (2) Volleyball, outside hitter and defensive specialist; (3) Track, 800 meter run and 4x800 relay; and (4) Golf

**FCA Role (i.e. Huddle Coach, student-athlete, volunteer, staff):** Student-athlete, President

**Favorite Bible verse:** Psalm 19:14

**Favorite sport:** Softball

**Who is your athletic role model?** Jennie Finch, Olympic Softball Pitcher and Adrian Peterson, Minnesota Vikings Football Player

**How has God impacted you through FCA?** He has given me opportunities and the strength to be unashamed and share my faith at school and with my teammates.

**Share one tip that helps you be a Christ-like competitor:** I always write a Bible verse on my wrist and when I am frustrated in a game, looking at it and saying the verse to myself reminds me to always honor God with my words and actions.

**Have you signed the Team FCA Competitor's Creed?** Yes

**Sport(s) and position played, if applicable:** Softball, pitcher and utility player; Volleyball, outside hitter and defensive specialist; Track, 800 meter run and 4x800 relay; Golf

**Sports Achievements:** Youngest starter on the 2012 5A State Runner-Up softball team, 2<sup>nd</sup> Team All-conference in Volleyball, 2 consecutive years All-Conference Honorable Mention in Softball

**Favorite Pig Out Food:** Stuffed crust pizza and dark chocolate M&M's

**Favorite Music Groups:** Tenth Avenue North, For King & Country

**Favorite Books:** The Hunger Games trilogy

**Favorite Sports Teams:** Minnesota Vikings, Minnesota Twins

**Future goals:** I plan on attending a private college to play softball and to receive my undergraduate degree in a math or science related major. I want to stay involved with FCA

at my college and go on some mission trips and then follow wherever God leads me from there.

**The biggest concerns facing youth today are:** The loss of morality

**The biggest concerns facing Christian youth today are:** Being ashamed of the Gospel because it isn't "cool" to be a real Christian and live a life honoring Christ

**Favorite Pastimes:** Movie nights with friends and reading in a coffee shop