

the heart and soul Mar 2013 in sports

A PUBLICATION OF THE CENTRAL/WESTERN IOWA FELLOWSHIP OF CHRISTIAN ATHLETES



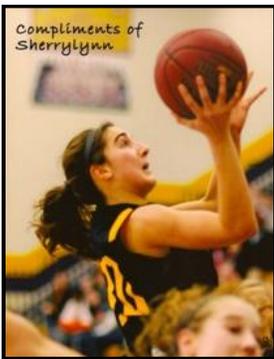
Des Moines East FCA Huddle

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Compliments of SherryLynn

Jessica Cole

ATHLETE INTERVIEW

NAME: Jessica Cole

HOMETOWN: Altoona, Iowa

SCHOOL: Southeast Polk High School

SPORT: Basketball & Track

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?

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

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.

What are your 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!! :)

For the complete interview with Jessica, go to www.iowafca.org/newsletters.



HUDDLE HAPPENINGS

(email us with your Huddle Happenings to trishagray@fca.org)

On February 2nd, Northwest Iowa's "Day of Champions" was held at Northwestern College in Orange City. About 50 athletes and coaches from numerous communities came together for this day-long experience. Former NFL Football Players, Guy and John Earle talked about how to effectively witness for Christ on your school campus.

Besides speaking at the "Day of Champions", Guy & John Earle, spoke at three high schools and did a 5th Quarter Event in Holstein where 42 people made decisions for Christ that night.



Northwest Iowa "Day of Champions"



OABCIG Assembly



Ridge View High School, Holstein

Des Moines East High School FCA Huddle

Over 50 kids attended the first huddle meeting at East High School in December.

They had a great time celebrating Jesus' Birthday, playing games and listening to a speaker.



Playing musical chairs



Playing "Ninja"



Leadership Team



Kay Yow

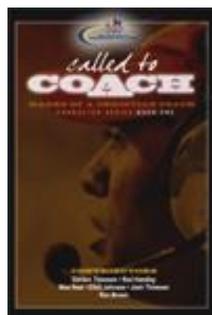
A Coach is a Servant

**“For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”
Mark 10:45**

Over the years, the late Kay Yow (formerly of North Carolina State) and current Nevada Head Coach Jane Albright developed a close friendship. *In Leader of the Pack: The Legacy of Legendary Coach Kay Yow*, Albright recalls when Yow joined her family for one of many Christmas dinners. “On Christmas 2006, when Kay was right in the middle of her fight with cancer, we were all scared she would not be able to come, but late that day she arrived, once again bearing special stories and gifts. Kay rarely talked about herself, but this Christmas she spoke of her battle with cancer and the hundreds of letters she had received from people who had prayed for her and wanted to encourage her. She explained that she didn’t have the energy to respond to each letter. I quickly told her that all of these people, most of whom didn’t know her personally, did not expect an answer to their words. ‘But I at least want to answer the young people’s letters,’ she said. ‘You know, letter writing is a dying thing now and I want to encourage them to write more of them.’ Only Kay Yow would take something meant just for her and turn it back to the giver.”

A coach or a team leader has to count the cost of the position, for the price of leadership is sacrificial servanthood. It requires laying down your life for the people you are leading. All personal glory must be set aside to serve your team.

Jesus knew that love and leadership would lead to sacrifice. His love led Him to die in our place. That’s REAL sacrifice! Christ-like servant leadership means considering the needs of your staff and team before your own, seeking their good, encouraging their growth, and relationship with God. It means trying to treat others the way God has treated us. Christ-like servant leaders employ gentle guidance rather than barking orders and ultimatums. They don’t dictate or demand but recognize that before God, they themselves are but servants who are simply doing their duty (Luke 17:10).



An excerpt from *Called to Coach, Marks of a Christian Coach*
Character Series: Book One

Resources for Coaches

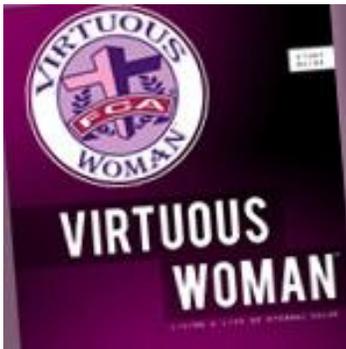
Coaches Bible Study Resources

Would you like to start a Coaches Bible Study at your school? Or encourage a local coach? We have multiple resources to assist and encourage coaches! Give us a call (515-727-1868) today to find out more! (Some resources are even free!)



R12 Coaching

FCA's discipleship process designed specifically for you the coach. R12 is a guided pathway from a coach's perspective based on Romans Chapter 12. In Romans 12, the Apostle Paul begins outlining the personal and practical application of the doctrine he lays out in Romans Chapter 1-8. Learn about what a r12 Coach is and how to start your journey at r12coach.com.



Virtuous Woman Bible Study

This is a new resource that you can find at fcaresources.com and would be a great resource if you have or are wanting to start a team or coaches Bible study for females.

The goal of the FCA Virtuous Woman Curriculum is to present to women in the arena of athletics the privilege and challenge of learning and living out Biblical Womanhood in all areas of life. This goal is accomplished by introducing character traits found in female biblical characters that they can model in their own personal life.

There are many other great Bible studies and resources available. Please contact us at (515) 727-1868 to learn





To Register for Pella Camp go to:

www.iowafca.org/pellacamp

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2013

PELLA CAMP

★ ★ ★ ★ ★

**Central College
Pella, Iowa
July 15-19, 2013**

**8th Grade—
Graduated Seniors**

**Basketball
Cross Country
Golf
Football
Soccer
Tennis
Track & Field
Volleyball**

Cost:

\$355 before 6/24/13

\$370 after 6/24/13

\$460 golf until full



2013 POWERCAMPS

Meredith Drive Powercamp

June 11-13, 2013

The Bridge Campus

Johnston, IA

Football, Basketball & Cheerleading

4th-6th Grades

Cost: \$15.00

Register at Meredithdrive.org

Prairie Ridge Powercamp

June 18-20, 2013

Prairie Ridge Church

Ankeny, IA

Soccer, Basketball & Cheerleading

Kindergarten - 5th Grade

Cost: \$15.00

Register at Ridgelife.org

Other Area Camps

6/24-27/2013

Decorah Sports Camp

Luther College, Decorah, IA

For more information go to wisconsinfca.org/camps.

7/8-10/2013

2013 EXCEleration Leadership Training Camp

Northwest Missouri State University, Maryville, MO

For more information go to nwmofca.org/excelerate.

8/2-4/2013

FCA Leadership Camp

Northwestern College, St Paul, MN

For more information go to minnesotafca.org/leadership_camp.

camp

community



Central/Western Iowa

★ FCA Banquet ★
2013



Featuring Anthony Robles

A three-time all-American wrestler

NCAA wrestling champion

Jimmy V Perseverance Award Recipient

ESPN Analyst for the 2012 & 2013 NCAA wrestling championship

Monday • April 29th, 2013 • 6:30 pm

Lutheran Church of Hope
West Des Moines, IA

Call 515-727-1868 or
email trishagray@fca.org
for more information

FCA Happenings

Illowa FCA Night of Champions

April 6, 2013

Moline, IL

Eastern Iowa Home Team Banquet

(featuring FCA President, Les Steckel)

April 22, 2013

Cedar Rapids, IA

FCA Banquet

April 29, 2013

Lutheran Church of Hope

Charity Golf Classic

August 12, 2013

Echo Valley Country Club

Pella Sports Camp

July 15-19, 2013

Pella, IA





2600 Grand Ave., Suite 114
Des Moines, IA 50312

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Fellowship of Christian Athletes Financial Gift

Yes, I would like to support the ministry of the Iowa FCA with a gift of \$ _____

Name _____

Address _____

Email _____ Phone _____

Payment Method

Check (please make checks payable to : Iowa FCA)

Credit Card

_____ - _____ - _____ - _____

Exp. Date: _____ CID _____

Please mail to:

Central/Western Iowa Area Office, 2600 Grand Ave., Ste. 114, Des Moines, IA 50312

Thank you for supporting the Central/Western Iowa Fellowship of Christian Athletes! Please don't hesitate to let us know how we can better serve you!