

## Heart of A Coach – March 2008

**Name:** Cindy Kostek

**Home Town:** North Platte, NE

**Alma Mater:** Univ. of Nebraska

**Degrees:** K-12 PE Degree, Masters in School Counseling (Drake)



Cindy pictured here with Tom (19), Leah (19) and Katelyn (17) at the district track meet last year. She also has a daughter Tatum (23) and has been married to her husband Mark for 26 years.

**List your chosen attribute:** Consistency

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

Behaving in the same way no matter what setting you are in or what is going on around you.

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

In Hebrews 13:8 Jesus is described as being “the same yesterday, today and forever”. His love never fails, it endures forever. I find a huge amount of comfort knowing the God I serve will never change. These are consistent principles on which we can build our hope and our future.

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

One of the first principles taught in education is that students need simple, consistent boundaries. They need to know what is expected of them and that the adults in their lives will be a constant source of encouragement and discipline for them. This is what God does for us. He sent His Son to die for our sins. We simply choose Him as our Savior and attempt to live our lives for Him within the boundaries of His protection.

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

My family, co-workers and the students and athletes I work with know what to expect from me. They don't have to worry what kind of mood I am in or if I have had a bad day. It is my goal to be a constant presence in their lives regardless of my circumstances.

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

The athletes can count on me being consistent in my coaching and in my relationships with them. If they mess up, they know how I will respond. That does not mean there are not consequences to poor choices but that the way I respond to them will be consistent. Also, to be consistent you need to practice so I try to give them opportunities to practice their consistency not only in their skills but in their lives also.

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

I actually helped with a huddle in Nebraska when I was in college then began working as a volleyball clinician at the Pella camp in 2005.

**How active within FCA where/are you?**

It is our goal to have a huddle started at Des Moines Christian before the end of the school year. Several of our athletes have attended the Pella camp and are interested in helping get our own huddle started.

**What is your athletic experience?**

I played volleyball and ran track at North Platte High School in Nebraska where I earned 11 gold medals at the state track meet. I attended the University of Nebraska and earned All-American honors as a member of the Husker track and field team.

**What is your coaching experience?**

I have coached volleyball and track and field at Milford High School in Milford, NE, Parkview Christian School in Lincoln, NE, and am currently in my 8<sup>th</sup> year at Des Moines Christian School