

Heart of a Coach – March 2009

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Chosen Attribute: Confidence

What is your personal definition of this word?

When I think of someone being confident or placing their confidence in another person or object, the words trust, strength and security come to mind.

Please give an example of this word in your life?

I was surrounded by very strong individuals in my life. My Dad (Navy guy) who was an amazing, powerful, yet gentle man always believed in me and challenged me to dream big. My mother (elementary teacher, graduate of Drake University) was my confidant. She had endured difficult times growing up during the civil rights movement and would give the best advice on how to deal with any and all situations. My college coach Dr. Richard T. McGuire was and remains a strong Christian. He had a saying that really resonated with me. During one of our weekly team meetings he simply stated that, “confidence is a choice.” When you line up to compete, you will either choose to trust your training, your ability and yourself or you won’t.

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

Psalms 20:7 – “Some trust in chariots and some trust in horses but I will remember the name of the Lord our God.”

How do you apply this word in your sport?

When faced with adversity, I try to remember to place my confidence in God for in the end all things will work for His good. I learned very early what it takes to be successful in the sport of track and field. Although I was capable of performing all the sprint races my best event was the 400m and also the one that I disliked the most. To compete in this event I had to step out on faith every time. I chose to believe that God had blessed me with certain abilities for a reason. It was important to me that I not defile this gift by taking shortcuts (performance enhancing products) or inadequate training. My confidence was placed in God. Every time I competed I knew He would be with me.

To Life?

This principle also holds true in our relationship with God. In our prayers, quiet times and study of the word we develop this confidence that whatever God said He would do, He will do. We gain security in this knowledge.

What is your involvement with FCA?

I was introduced to FCA when my husband served as a liaison on the campus of Drake University. I later volunteered to put on a track and field day for elementary kids that attended the FCA Sports Camp in Pella Iowa. The camp is amazing! If you spend any amount of time there, your life will be changed forever. The coaches, staff and athletes are so thoughtful, caring and passionate about the Lord and what they do that you hate to leave!



Natasha & Brian Brown with some of the students they worked with at FCA Camp in Pella, IA.