

Heart of a Coach – March 2010



Name: Lyle Lundgren

Head Wrestling Coach and Assistant Football Coach at MOC-Floyd Valley HS Orange City

Hometown: Sheldon, IA

Alma Mater: Northwestern College

Degrees: Physical Education; Recreation Concentration; Coaching endorsement

List your chosen attribute: PEACE

What is your personal definition of this word?

I define peace as being able to remain calm in all situations knowing that God is in control. Having this type of peace also relates to a strong faith and trust in God. A godly peace is not based on circumstances, but on the assurance of everlasting life in the blood of Jesus.

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

--Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and He will direct your path."

--John 14:27 "Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Your heart must not be troubled or fearful."

Why did you choose that particular passage?

Proverbs 3:5-6 is one of the first passages I memorized in my faith walk and I meditate on almost daily. It assures me that God will never bring harm into my life, even though I will face trials, temptations and even persecution because of my walk with Him. The passage in John, assures me what Proverbs says, but also that I cannot put stock into worldly things and what the world says will bring "happiness". True joy and peace are found only in a personal saving relationship with Christ.

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

In my roles as a husband, father, teacher and coach, I am reminded daily of the need to remain in the peace that only God provides. I may face issues that will flair my temper and definitely not go "my way", but I must continually view people as children of God and look at all situations as Jesus would. "W.W.J.D."



How do you apply this word in your sport?

What I try to pass on to my athletes is the need for an “inner peace”. If they can step onto the FB field or the wrestling mat knowing that they are playing for “An Audience of One” and that this is all that matters, then they can rid themselves of all outside pressures and just compete. I also need to let them know that competing for God is a lifelong process, and not a means to an end. There will always be trials that we must face, but with the “peace of God that passes all understanding” He will give us the strength to live the journey of faith.

How did you become involved in FCA?

In HS, I was invited to a couple of huddle meetings, but was not very involved. I really became involved after college when I began teaching at Sibley HS in Sibley, IA. I was the Huddle Coach and really enjoyed the time I spent with athletes during FCA.

How active within FCA are you?

I am a current Huddle Leader with my wife at MOC-Floyd Valley HS. We have attended and worked at numerous FCA summer camps.

What is your athletic experience?

I was involved in Football, Wrestling and Baseball at Sheldon HS. At Northwestern College in Orange City I played Football and Wrestled. I was a 2 time all-american in each sport.

What is your coaching experience?

- Iowa City Schools: 2 years as Jr. High wrestling and football coach at Central Jr. High
- Sibley/Sibley-Ocheyedan Schools: 2 years assistant HS wrestling coach; 6 years head HS wrestling coach; 8 years HS assistant FB coach; 4 years Head track coach
- MOC-Floyd Valley Schools: 19 years head WR coach; 19 years assistant FB coach

