

FCA's Sharing the Victory Magazine - June/July 2010

Heart of a Coach - Natasha Brown



Text from Coach Brown and FCA's STV Magazine

List your chosen attribute or struggle: Arrogance

What is your personal definition of this word?

To be boastful or disrespectful in an attempt to appear smarter, wiser, better than someone else

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

Luke 14: 11 "For whoever exalts himself will be humbled and he who humbles himself will be exalted."

Why did you choose that particular passage?

I chose this passage because it reminds me to keep my "pride" in check.

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

Arrogance can rear its head in so many ways. We tend to think about the loud-talking, show-boating athlete or coach, but many times it is subtle and can appear in the way we think and treat others. For example, when we don't give others a chance to express their thoughts or when we refuse to consider another way of dealing with a situation we are literally saying that our way is best.

As a coach, much of our time is spent proving our worth. Showing others that we are intelligent, can put together a solid game plan, can out-coach, out-recruit and out-shine the next team. At the end of the day, we are judged by our administrators and peers by our success. How many races were won? Who jumped the highest? How many qualified for the NCAA Championships? It's easy to fall into the trap of self-promotion so others can see us as valuable and special. After a while, we begin to believe that we and we alone have all the answers and should make all the final decisions.

The challenge for me personally is to first recognize when I am operating out of my flesh (pride) and pause for a minute to regroup in the spirit. Secondly, I remember that God has placed me in this coaching role for a reason and it's not just about winning track meets. And thirdly, God has surrounded me with wise counsel and it's arrogant of me to speak and act as though my thoughts and opinions are by far the best.

When I am in right relationship with God, His wisdom pours out and I see things with far more clarity than when I am looking at the situation from my ego's perspective.

How do you apply this word in your sport?

I try to be mindful that I am not perfect. When faced with an arrogant coach, co-worker, athlete or my own thoughts I pause and try to filter the situation through mercy and grace (not an easy thing to do when you feel as though you are being attacked).



How did you become involved in FCA and how has FCA impacted you personally?

A few years ago I was asked to help with an FCA Sports Camp in Pella Iowa. I have served as a coach, participated in the spouses' sessions and held a track and field day with the elementary kids. Those three years were the best times of my life. For one week, I felt transformed and renewed. I was happier, rested and rejuvenated having spent time with true believers and people with no ulterior motives other than professing their love for Christ and walking in the light.

How active within FCA are you?

As of late, not much. I have spoken at a few FCA meetings on campus but really have become more of a helpmate for my husband who is an associate minister for Elim Christian Fellowship.

What is your athletic experience?

6x All American University of Missouri

Former 400m collegiate record holder

Served on over 16 US National Teams (World Cup, World Championships, USA vs Great Britain, Goodwill Games, etc)

2x Olympian '92 and '96-Silver medalist in '92

National High School Hall of Fame inductee 2008

What is your coaching experience?

Assistant Coach University of Missouri 1989-1992

Assistant Coach Northwestern State University 1992-1993

Assistant Coach University of Missouri 1993-2000

Head Women's Coach Drake University 2000-2003 and now

Head Coach Men and Women 2003- Present