

Heart of a Coach – September 2010

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List your chosen attribute: Discipline

What is your personal definition of this word?

Seeking perfection through obedience, doing what you need to do, to know you did your best and gave an effort the Lord would be proud of.

What are some of your favorite quotes from other people about this word?

Tony Dungy said, "The first step toward creating an improved future is developing the ability to envision it. Vision will ignite the fire of passion that fuels our commitment to do whatever it takes to achieve excellence. Only vision allows us to transform dreams of greatness into the reality of achievement through human action. Vision has no boundaries and knows no limits. Our vision is what we become in life."

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

1 Corinthians 9:24-27

Why did you choose that particular passage?

As a coach I feel that's what I'm attempting to accomplish in my young athletes; seeking perfection, or at least the best efforts they can put forth through obedience to their bodies. As an athlete myself, I prepare daily to respect my body through my workouts, diet, and mental preparation.

Please give an example of this word in your life.

As verse 27 says, I discipline my body like an athlete training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified

How do you apply this word in your sport?

I've always stressed to my athletes that in order to perform at the highest levels they must discipline not only their bodies physically but to treat their bodies as a "shrine" that God has given you to make the most of, to honor Him. Last year in Cross Country at the starting line I'd high five every athlete and tell them to: "Enjoy the gift!" They knew this meant to make the most of the race before them as not everyone has the chance or ability to compete as they were prepared to do.

How did you become involved in FCA?

While I was at Ogden High School in 2000, Jan Werling our Area Representative, came to visit our high school. I was also blessed with a neat Christian principal named Stan Friesen who was willing to allow us to start a huddle in Ogden. We were blessed with an average of 38 students involved in the activities we had.

How active within FCA are you?

I now assist with the middle school and high school huddles in Indianola and help with 5th quarters and See you at the Pole. I have also coached at the FCA Summer Camp at Central College in Pella twice, and thoroughly enjoy doing that.

What is your athletic experience?

I was a 4 sport athlete at Glidden-Ralston High School in Glidden, IA and ran Division 1 Track and Field for the U.S. Army in 1976-1978. I currently run an average of 1,500 miles yearly and compete in 7-10 races annually too. I have run 14 marathons. I also compete in the Iowa Games and Senior Olympics regularly too.

Every year for my birthday I run my age in miles and have done this since I turned 33 years old and plan on doing that through age 55. I decided to do it in memory of my father who died at age 55, when I was 33 years old. This year will be 54 miles with a goal of under 10 hours.

What is your coaching experience? (Where?)

This will be my 31st year of coaching Track and Field. Those 31 years have been spread over several schools including Madrid, East Greene, Ogden, Glidden-Ralston, and Indianola. I currently am the Head Girl's Track and Field Coach for Indianola High School. I have also coached many other sports including: 9 years of Cross Country between Ogden and Indianola, 12 years of softball at Perry, East Greene, and Ogden, 6 years of volleyball at Madrid and East Greene, 2 years of basketball at Glidden-Ralston and 3 years of swimming at Glidden-Ralston and Perry.