

Heart of an Athlete – September 2007

Name: Spencer Sommerlot

Hometown: Pocahontas, Iowa

Year: Junior at Northwestern College in Saint Paul, Minnesota.

Major: Triple Major in General Ministry, Bible, and Kinesiology and a minor in Coaching.



Sport: Football.

Athletic experience: I played 4 years of football in high school and am entering my third year of football at Northwestern College.

Position: outside linebacker and defensive end.

How do you get Game Ready? I come into the locker room about 3 hours before kickoff and get all my gear ready before everybody else gets there. Then I spend time listening to my music as I stretch out, lift a little bit to get warmed up, and do some short sprints. After that we have a chapel with all the guys, sing our song, and it's off to the game field.

Favorite workout: Working out in the backyard with my brothers doing pushups, sit-ups, log throws, and sprints. WHAT A BLAST!

Favorite book: The Bible.

Chosen attribute: Discipline.

Discipline has been very helpful in my growth as an athlete and more importantly in my Christian walk. Discipline has helped me stay connected with my Savior on a daily basis as well as staying physically fit so that I can compete at the best level possible.

What is your personal definition of this word?

Consistent hard work on a regular basis no matter what the circumstance.

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

"And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head combat."- *Vince Lombardi*

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

Colossians 3:23-24

Why did you choose this passage?

Because it talks about working at everything with all your heart and giving all the glory to God.

How do you apply this attribute/passage in your life?

I try to do my best in every area of my life no matter what the task or job and give all the glory and praise to God.

How do you apply this attribute and passage in your sport?

Through every practice and every situation I try my best to give the glory to God by working as hard as I possibly can in every drill and rep.

How did you first become involved in FCA?

My Dad has been involved with FCA ever since I can remember, so I grew up in FCA. As a little kid I tagged along with him to FCA camps and to our local huddle. In middle school I attended sports camps as a camper and became involved with our local huddle in middle school and stayed involved through high school.

FCA Experience:

I was very active in high school but I do not have a huddle in college so I stay involved by being a huddle leader for the summer sports camps and state retreat.

Share a tip that helps you be a Christ-like competitor

Keeping Christ in the front of my mind at all times as I go through every play and practice helps me to do my best as I try to honor Christ and display Him to my teammates and opponents.



Spencer sharing his testimony with football players at the 2007 Pella, IA Sports Camp