

Heart of an Athlete – March 2008

Name: Stephanie Mundt
Age: 17
City/State: Urbandale, Iowa
School: Urbandale High School
FCA Role: Senior Officer



Favorite sport: Running

Favorite Bible verse: Hebrews 12:1 “Let us run with endurance the race that lies before us.”

Who is your athletic role model? Victoria Jackson

How has God impacted you through FCA? He has impacted me by helping me to meet a lot of great people who share my values and who have really helped me strengthen my faith.

Share one tip that helps you be a Christ-like competitor: Remember that God is always with you; he will never leave your side. And even if you have a bad day of competition, you are still loved.

Have you signed the Team FCA Competitor’s Creed? Yes.

Sports and position played: Track, cross country, competitive horseback riding

What is your athletic experience?

I have been a member of the cross country and track teams in Urbandale for 4 years. Our cross country team became the Reserve State Champions this past fall. In track, I run distance events, such as the 1500 and 3000 meter run. I have been a Drake Relays Champion as well as a 4-Time State Champion in track. During the summer, I participate in competitive horseback riding as well.

Sports Achievements: Academic All-State, All-State Elite, 4-Time State Champion

Favorite Pig Out Food: ice cream

Favorite Music Groups: Rascal Flatts, Keith Urban, Goo Goo Dolls

Favorite Books: My Sister's Keeper, The Notebook

Favorite Sports Teams: Green Bay Packers, Arizona State Sun Devils

Future goals: Run at the NCAA Division I National Championships

The biggest concerns facing youth today are: The lack of good role models. Many youth grow up around people who are not good role models, and it is difficult for the youth to understand appropriate values and behaviors. Also, there are not many good role models that the media focuses on – all we see are the catastrophes and drama in celebrity life.

The biggest concerns facing Christian youth today are: Pressures to drink and have sexual relations. Both of these things have started to become something to brag about, which isn't right. Also, the casual way that sex is presented in movies and on TV makes it seem normal to just hook up with someone a week after meeting him or her. This gives the wrong idea to Christian youth trying not to give in to societal pressures.

Favorite Pastimes: Riding horses, traveling, hanging out with friends.

How did you become first become involved in FCA?

I began attending Urbandale FCA meetings as a freshman. A few upperclassmen told me about the group meetings and it sounded like a really cool activity, so I began participating every week that I could.

How active within FCA where/are you?

As a freshman, I simply attended the meetings and listened because I was shy. As I became more comfortable, I began speaking more in small groups and really sharing my opinion. In tenth grade, I stopped going to meetings for a while because I felt like I didn't fit in. The next year, though, I decided that I shouldn't let my fears of being rejected stop me from doing something I liked. Since then, I have regularly attended FCA meetings and actively participated. Also, I was asked to be an FCA Officer for senior year. I was really surprised and honored to be asked, and now I get to help plan meetings and lead small groups, which I really love. Dave Applegate, Matt and Renee Carver, and Tim Steinmeyer are the Urbandale FCA leaders, and they are amazing people who really try to get everyone involved.

Other comments: I feel very honored to have been chosen for a part of this newsletter! Thank you.

We also asked Stephanie to choose an attribute to discuss:

Chosen Attribute: Perseverance

What is your personal definition of this word?

Perseverance means persisting in one's endeavors throughout all kinds of obstacles or hardships. It means believing in oneself and not giving up.

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

"Your toughness is made up of equal parts persistence and experience. You don't so much outrun your opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head." –Joe Henderson

"I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature." –John D. Rockefeller

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

Hebrews 12:1-2 Let us...run with endurance the race that lies before us, keeping our eyes on Jesus...

Why did you choose that particular passage?

I chose that passage because it applies to so many things in life. It doesn't have to apply to a specific event or competition. "Let us run with endurance" can simply mean to stay strong and never give up through all the obstacles and hardships in one's life.

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

Life in general takes perseverance. Personally, one of the things I have had to, and continue to, struggle against is the problem of not gaining weight. Because of my active lifestyle and body type, it is very difficult for me to eat enough to stay healthy while still training for my sports. Sometimes I get very frustrated and feel like I will never grow or be the "correct" weight. I have to use perseverance to get through these times. I have to keep trying, remembering that it's a slow process, and praying for patience and strength.

How do you apply this word in your sport?

Perseverance is extremely important in training and competing in track and cross country. It's a sport where it is so easy to mentally and physically give up. As a runner, you have to continually encourage yourself and push your body to the limit. When I feel like I can't continue, I always remind myself that I am running for God's glory and no one else's. Sami Steinmeyer, a close friend, has really helped me to understand what it means to be a Christian Competitor – to give your best, believe in God's strength, and glorify Him through your hard work.