

# Heart of an Athlete – December 2008

**Name:** Jayna Fischbach  
**Age:** 21  
**Hometown:** Carroll, IA  
**School:** Simpson College (Indianola, IA)  
**FCA Role:** Student Athlete



**Favorite Sports:** Volleyball and Basketball

**Chosen attribute #1:** Peace

**What is your personal definition of this word?**

an understanding that things have and will continue to go wrong, but that doesn't mean they should discourage me or bring me down

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

"Do not spoil what you have by desiring what you have not." -Epicurus-

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." -John 16:33-

"Only when the clamor of the outside world is silenced will you be able to hear the deeper vibration. Listen Carefully." - Sarah Ban Breathnach

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

"I can do everything through him who gives me strength." -Philippians 4:13

**Why did you choose that particular passage? Please give an application/example of this word in your life.**

This passage has a lot of meaning in my life; it started when my mom was diagnosed with breast cancer when I was in 8th grade. I was very frightened and I was certain that I would lose my mom because of it. One night my mom found me crying and when I told her how worried I was she told me that everything would be okay, she would fight the cancer and come out a better and stronger person. When I asked how she knew, she quoted this passage. It gave me strength and comfort to know it would be okay.

Then when I started having seizures after my freshman year of college I went through a very hard time. It took a long time for the doctors to come up with any sort of explanation to what

was happening, and we still don't know why it started. After the second one, when the doctors put me on a heart medicine that required me to be inactive for 2 months, I completely broke down. It was the summer before my sophomore year and I was geared up for a great volleyball and basketball season. This completely took me out of any training and improvement for that entire year. I was devastated and sure I would lose my spot in both sports. My mom again reminded me of this passage and it calmed me. Then the day before I left for practice for volleyball she quoted this to me and it gave me back my confidence. I knew I would be okay and I would come out on top.

Recently my epilepsy has returned with a vengeance and I have been spending time in the hospital and I haven't been able to drive in a year. When I had a small episode at a volleyball tournament I went to my mom's hotel room and broke down. She reminded me of my strength and to keep believing and it turned my attitude back around and empowered me.

### **How do you apply this word in your sport?**

Peace comes in knowing that I can always change how I am playing by making sure I remain optimistic and positive. I am known as the cheerleader on our team, and sometimes when I'm frustrated that requires me to fake being happy and okay to make sure the team still stays up. Having the calm that comes with peace makes me able to remain the leader on the floor I need to be.

### **Chosen attribute #2: Self-Control**

I put 2 because my roommate told me I had to use self-control because I have way too much!

### **What is your personal definition of this word?**

ability to resist impulses and desires that are known to be wrong or unnecessary

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

"When the defining moment comes, either you define the moment, or the moment defines you."

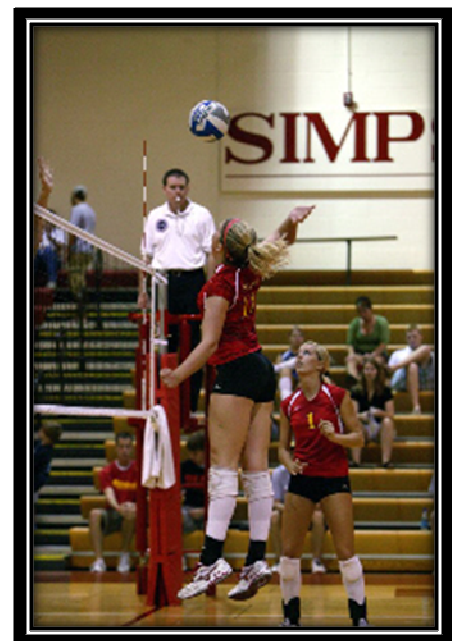
### **What is your favorite Biblical passage that deals with this characteristic?**

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### **Why did you choose that particular passage? Please give an application/example of this word in your life.**

When I asked my roommate for her opinion on which I should choose, she instantly said self-control. It drives her nuts how much of a conscience I have in everything.

She is a constant procrastinator, but I refuse to. I know I have to get my homework and whatever else someone is depending on me to do done, or it will pile up and I won't be able to keep all of my promises or the quality of my work will go down. It will also affect my athletic ability because I will have to stay up later to finish homework or other things and I won't get enough sleep. If I did this I would be letting my teammates and coaches down by not being



prepared to play or practice.

We have some training rules for volleyball that my friends are constantly trying to get me to break/bend. They tell me no one will tell and the coaches will never find out, so I don't need to worry. The problem is, I will know and God will know and it is too much on my conscience to know that I let everyone down by giving in. I am suppose to be a leader on my team and I can't expect anything of those playing with me that I don't hold myself accountable for. You don't get to pick and choose when the rules apply.

I also have to keep in mind some of my problems because of my epilepsy to make sure I don't have a seizure. Sometimes this means missing out on things and it isn't very fun. For example, it's not the best feeling to have your little sister come to pick you up from work in your car. But I'm not supposed to drive, so I deal with it and move on. Things will get better; I just have to have faith.

### **How do you apply this word in your sport?**

This is simple, there are things you need to do in season to make sure you are ready to play, sleep, eat healthy, follow training rules, and give all you have in practice, also you must keep up on school work. Realizing that these things are always very important because you're not only doing them for yourself but also those you play with and for helps me to remain focused and strong in making decisions.

### **Fun Facts**

#### **What is your athletic experience?**

High School: Carroll Community: 4 years of Volleyball & Basketball, 5 of Softball, 2 of track & 1 golf

College: Simpson College: 4 years of Volleyball and Basketball

Volleyball: 1 Conference Season Championship

1 Conference Tournament Championship and NCAA Tournament appearance

Basketball: 2 Conference Season Championships

2 Conference Tournament Championships

3 NCAA Tournament Appearances: 2 Sweet Sixteen Appearances

#### **Positions played:**

Volleyball: Middle (High School and College)

Basketball: Center (High School and College)

Softball: 3rd Base (High School)

#### **Sports Achievements:**

Academic All-Conference: Volleyball and Basketball 3 times each

Storm Pride and Leadership Award

All-Tournament Teams at various tournaments

All-State in High School for volleyball and basketball

#### **How did you become first become involved in FCA?**

My first involvement with the FCA community came when I attended camp in 7th grade. It was an eye opening experience and I truly loved it. I was very sad to not be able to attend again in high school because of softball.

**How active within FCA are you?**

Right now I attend our FCA meetings here at Simpson and we have an FCA women's bible study with Jan once a week also. It has been great to get to know other people on campus and to be able to talk about life and religion with those around me. I also hope to be able to be a huddle leader this summer!

**How has God impacted you through FCA?**

He has given me a deeper meaning to the sports I play and made each game more meaningful but not by putting pressure on me, but releasing me from some of it.

**Share one tip that helps you be a Christ-like competitor:**

Remember who you are truly playing for.

**Have you signed the Team FCA Competitor's Creed? Yes**

**Favorite Bible verse:** "I can do everything through him who gives me strength." -Philippians 4:13

**Who is your athletic role model?** My Sisters

**Favorite Pig Out Food:** Chips and Salsa or Ice Cream

**Favorite Music Groups:** Pretty much anything country but definitely Sugarland

**Favorite Books:** I love Twilight, Jodi Picoult, Harlan Coben, but my Mom's a librarian so this list could go on for a lot longer!

**Favorite Sports Teams:** Ohio State, Baltimore Orioles, Cleveland Indians

**Future goals:**

Win a conference title in volleyball and basketball and go to the NCAA tournament in each. Attend Creighton and receive my doctorate in occupational therapy

**The biggest concerns facing youth today are:**

Not being afraid to stand up for what you believe in and to learn that being cool usually means someone is insecure and unsure of themselves. Many times this comes from kids not having parents involved in their lives who are able to help them and care for them.

**The biggest concerns facing Christian youth today are:**

Same: They can find security in themselves through Christ

**Favorite Pastimes:**

Reading, Playing Sports, going to my grandparents or hanging out with friends