

Heart of an Athlete – September 2009

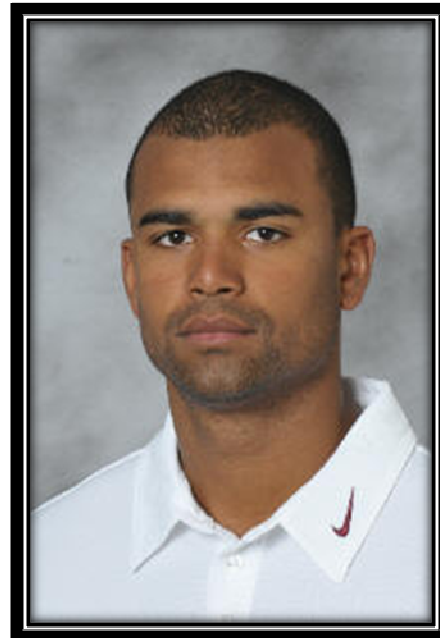
Name: Austen Arnaud

Age: 21

Hometown: Ames, IA

School: Iowa State University

FCA Role: student-athlete



Sport and position: Football, Quarterback

Sports Achievements: Started all 12 games in 2008, set school records for most yards in a game and most completions in a season.

List your chosen attribute: *Perseverance*

What is your personal definition of this word?

Being able to overcome, maintain, or accomplish something that is difficult & stay poised while doing it.

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

Perseverance is the hard work you do after you get tired of doing the hard work you've already done.

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

Mark 9:23 -- "If you can't?" said Jesus. "Everything is possible for him who believes."

Why did you choose that particular passage?

Because it shows you that if you keep believing, anything is possible, that is perseverance



Please give an application of this word in your life.

If something goes wrong in my life I like to reflect and think of alternative ways of getting through it.

How do you apply this word in your sport?

Being able to play for the next down, you're bound to make mistakes but how you persevere through them is what defines you.

Favorite sport: Football

Favorite Bible verse: Mark 9:23

How did you become first become involved in FCA?

When Kevin Lykins started our Iowa State Huddle

How active within FCA are you?

I've been to almost all of the meetings. I'm very active.

How has God impacted you through FCA? By being able to bring together all the athletes and letting them share their different stories

Share one tip that helps you be a Christ-like competitor: Living for the next play, you are going to mess up in life and in athletics but it's what you do next that defines you.

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

Who is your athletic role model?

Michael Jordan

Favorite Pastimes: Baseball, movies

Favorite Pig-Out Food: Doritos

Favorite Music Groups/Artists:

Marvin Sapp, Kirk Franklin

Favorite Books:

Uncommon by Tony Dungy

Favorite Sports Teams:

Minnesota Vikings, NY Knicks, NY Yankees

Future goals: NFL, being successful



The biggest concerns facing youth today are: Drugs and underage drinking

The biggest concerns facing Christian youth today are: Being able to step up and express how they feel about Christ.