

Heart of an Athlete – December 2009



Name: Adam Hale

Age: 21

Hometown: Mount Vernon, Iowa

Schools: Mount Vernon High School, Central College

FCA Role: VP of Central College's FCA

List your chosen attribute: Submission

What is your personal definition of this word?

To deny control of your life and turn it all over to God.

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

The other day I heard a sermon and the speaker said something about how Christianity is a pretty simple thing because all we really have to do is nothing. We do nothing, and we let God do everything—we just let him use us however he sees fit and good things will happen.

I don't remember it all word for word, and the speaker put it better than I just did, but it stuck out to me.

What are your favorite Biblical passages that deal with this characteristic?

James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you." And Ephesians 5:21 "Submit to one another out of reverence for Christ."

Why did you choose these particular passages?

I picked the first passage because it's so applicable all the time. Whenever we are facing temptations we need to first lift up our needs to Christ and turn our battles over to him so he can fight for us. When God is fighting for us, the devil will flee.

The second passage I picked because I think it is important that we serve others before thinking of ourselves; if everyone does this (myself included) everyone will feel so much better!

Please give an application of this word in your life.

Submission is something that is not usually associated in a positive way with sports (unless referring to a type of hold in WWE or UFC), in fact sports are usually about the opposite of submission. However, it is something that I have been learning about recently and trying to put into practice. Lately I've realized just how much I take things into my own hands. I'm learning that as easy as it sounds to do nothing, it is actually one of the hardest things for me to do. I just can't seem to get all the way to the

point of letting someone else run my life even though I know God has the master plan. I look at others who have successfully turned over their life in full to Christ and see the passion they have for God. There have been moments in my life where I managed to give everything up to God, and great things happened!

How do you apply this word in your sport?

No immediate parallel between wrestling and submission comes to mind, but when applying this word to some of my FCA experiences, some examples come to mind. Working at FCA camps and retreats makes me uncomfortable. Often times when I meet new people I have a hard time being outgoing and being myself; so the thought of campers arriving makes me nervous because I'm afraid of the event getting off to a bad start because I couldn't get past my discomfort. If I were to clam up and not say a word while campers were arriving at FCA camps and retreats, it would probably make them feel uncomfortable and probably not very welcome. In order to avoid this I need to get past my own discomforts so the awkwardness of the week/weekend can be limited. When I know that a situation like this is coming up, I just pray to God and ask him to take control and to fill me with his energy and love; I turn everything over to him. In doing this I am fully putting him in charge. Doing this has led to some amazing weeks and weekends and I have been able to start some really great friendships at camp because I let God work through me!

How did you become first become involved in FCA?

Back in the day my parents were actually real involved in the ministry, so that was my first exposure. Ever since I was little I looked forward to being old enough to go to FCA, and since we didn't have a middle school huddle in my town, I had to wait until I got to high school. Once high school finally rolled around, I jumped on the chance to be a part of the ministry!

How active within FCA are you?

In high school I was involved for all four years and was a part of the FCA leadership team for three years, and I've been involved for three years and been on the leadership team here at Central College for two years. I have also worked as a huddle leader at a couple of the summer camps, Weekend of Champions, and Power Camps.

How has God impacted you through FCA?

I have learned so much about Him at camps (as both a camper and a huddle leader). I have met some great people that have pushed me as I grow in my faith.

Favorite sport: Wrestling

What is your athletic experience?

In high school I played football for a year, baseball for two years, ran cross country for three years, and wrestled for four years where I won a conference championship and our team qualified twice for the State Duel Team Championships.



Demonstrating with Joe Johnson
at the 2008 Pella Camp

Sports and positions played: Football, defensive back/half back; Baseball, outfield; Cross Country; Wrestling; Ultimate Frisbee

Sports Achievements: 91-67 career varsity record in high school, Eastern Iowa Hawkeye Conference Champion, member of a 2x State Dual Qualifying team.

Who is your athletic role model?

Lincoln McClravy is probably my wrestling role model. He's a very humble man who loves God, and he has a super awesome wrestling resume!

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

Praying before practice and competition has helped me keep my head in the right spot; it helps me remember who I am competing for—an audience of One.

Have you signed the Team FCA Competitor's Creed?

I sure have!

Favorite Bible verse: "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you will go." Joshua 1:9

Favorite Pig Out Food: I really like hot beef sandwiches with mashed potatoes, but I also really love Swedish Fish!

Favorite Music Groups: Aw man! I love music so much it's hard to narrow it down! Here are a few of my faves: Showbread, Family Force 5, Children 18:3, Emery, John Reuben, Lecrae, Last Tuesday, Neon Horse, Thousand Foot Krutch.

Favorite Books: The Amelia Bedelia books, she's so goofy!

Favorite Sports Teams: Iowa Hawkeyes, Miami Dolphins, Chicago Cubs

Future goals: Use the field of teaching to impact the lives of kids for the better. Set a Christ-like example in the classroom and serve as a positive male influence in the lives of elementary school students. These plans are all subject to change depending on what I hear God telling me to do.

The biggest concerns facing youth today are: Distractions provided through the media. Whether its temptations, violence, or portrayals of false realities, it seems like we get way too much exposure to it all. On top of it, all of this technology stuff is getting in the way of good ol' fashioned face-to-face interaction. Sorry if I sound old when I say that, but that's the truth, it's getting ridiculous. I've had friends send me texts while I'm in the same room several times... crazy! I'm guilty of all of this too, but too many times we put electronics before people. I'll get on Facebook before doing my quiet time or hanging out with friends—"I'll be there soon, I just need to check my Facebook"—shouldn't happen.

The biggest concerns facing Christian youth today are: We don't listen enough. This is something I have really been working on lately. Too many times I feel like I'm the one doing the talking (whether to God, or to people) and the only reason I really listen is so that I'll know when it's my turn to talk again. I see this in myself too much, but I also see it in other people. People notice when people listen because it's different from the norm.

Also, we need to listen to God more when making decisions instead of just doing what sounds good; there needs to be more focus on his will. Let's listen to what he is actually telling us to do and act on it. Listening shows that we care, so let's show God and others that we truly care!

Favorite Pastimes: Ultimate Frisbee, hanging out with friends and family, listening to music, making people laugh.



2009 Pella Camp