

# Heart of an Athlete – March 2010

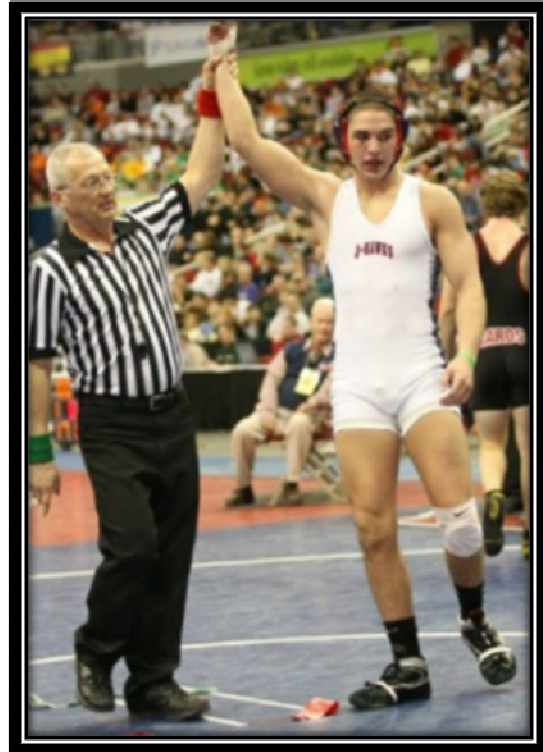
**Name:** Evan Knight

**Age:** 18

**Hometown:** Urbandale, Iowa

**School:** Urbandale High School

**FCA Role:** Senior-Officer



**Favorite Bible verse:** Proverbs 3:5-6 “Trust in the LORD with all your heart and lean not on your own understanding. In all your ways acknowledge him and he will keep your paths straight.” (NIV)

**Favorite sport:** Wrestling

**Who is your athletic role model?** My father Steve Knight, he wrestled and now coaches with Christ in mind.

**How has God impacted you through**

**FCA?** FCA has created a pathway to peers that I would have not known otherwise. He has allowed FCA to be a tool in leading other towards Christ.

**Share one tip that helps you be a Christ-like competitor:** Just knowing that during weigh-ins, during a match, after the match, I am representing him. The FCA leader for my school, Dave Applegate, lets us know that “We may be the only bible people ever read”.



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

**Sport:** Wrestling

**Sports Achievements:** 2007 3A State Runner-up (152 lbs), 2008 3A State Champion (160 lbs), 2009 3A State Champion (189 lbs), 2010 3A 3rd Place State Finish (189 lbs), USA Wrestling Freestyle National All-American

**Favorite Pig Out Food:** Swedish Fish or chocolate chip cookies

**Favorite Music Groups:** Jack Johnson, MuteMath, Rodrigo Y Gabriela

**Favorite Books:** The Silent Gladiators, The Left Behind Series

**Favorite Sports Teams:** Cornell University Wrestling Team

**Future goals:** I hope to be a multiple time NCAA Champion and an Olympic Gold Medalist.



**The biggest concerns facing youth today are:** Alcohol and drugs. I put alcohol first, because it seems these days that teens look at alcohol as a social tool to either celebrate or to escape boredom. Alcohol has become so casual among teens, that if you do not choose to participate you are some kind of "weird religious kid".

**The biggest concerns facing Christian youth today are:** Inability to speak their faith to non-believing friends.

**Favorite Pastimes:** Traveling to wrestling tournaments and camps with my family.