

the heart and soul SEPT 09 in sports

A PUBLICATION OF THE CENTRAL/WESTERN IOWA FELLOWSHIP OF CHRISTIAN ATHLETES



CAMP: Pella Summer Camp Goes “Inside Out” • Valley PowerCamp / 2 & 3
COMMUNITY: Upcoming Golf Events • *Get in the Game* Parent’s Newsletter / 4
COACHES: Coach interview – Tim Thomas / 5 **CAMPUS:** Athlete interview – Austen Arnaud / 6 & 7

camp



Pella Summer Camp Goes “Inside Out”

Campers (276) from across Iowa and surrounding states came to Pella in mid-July ready to be stretched, challenged and changed in their sport. They desired to jump higher, run faster and play smarter. They found all that but also along the way they allowed themselves to be turned InsideOut. Our speaker, Dan Wentworth (Valley E-Free in WDM), challenged them to change their sacrifice, aim, do and win. With all four of these changes, lives were turned InsideOut. Our volunteer coaches and staff (60) and huddle leaders (37) were outstanding examples of living from the InsideOut. Check out the comments from athletes, coaches and parents who were impacted by this year’s camp! *Check out more pictures online at www.facebook.com/cwiowafca*





CAMPER COMMENTS

This camp showed me that Jesus really is in sports and cares about them too!!

This camp made me see how amazing God is & how much I need Him. It has also strengthened my skills from the excellent coaching.

I grew in so many ways that without this camp would have never happened. The biggest one being I accepted Christ into my life. I also learned how to 8 step in hurdles. When I started I 10 stepped so I had a huge improvement.

I've improved my skills and learned how to mesh the Spirit and my sport together.

Spiritually I have grown stronger and athletically I have become a stronger and more experienced player.

This was a tremendous blessing from God. I have not ever experienced such a spiritual growth event like this week provided.

I've been able to open up, release and surrender, just as God has been directing me for awhile.

This week I realized I was not living all for God, and I made a commitment to be all for Him!

This week opened my eyes to how empty and directionless my life is without God.

Wow, what a blast I had at FCA camp. Being at this camp showed me that God can really lead me to the right way. At the camp I accepted God into my life for the first time and I'm 14. It really truly touched me and I feel that God is with me now. This camp is awesome and I always want to come back.

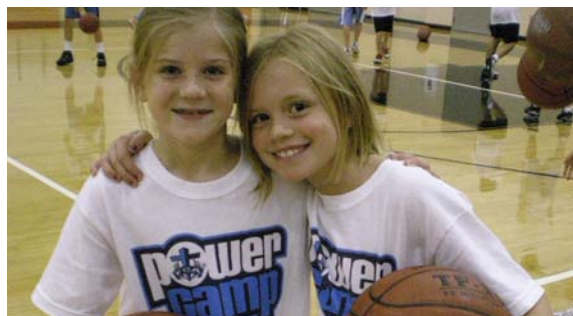
My daughter attended for the first time and had an awesome experience. I don't think I've ever seen her enjoy an experience as much as she enjoyed this camp.



★ VALLEY SOUTHWOODS ★ power camp

On July 28th and 29th FCA conducted its second annual Powercamp at Valley Southwoods Freshman High School in West Des Moines. The camp serves children ages 8-13 and although our numbers were down from last year the camp was a success in terms of organization and quality. Bondurant-Farrar head basketball coach, Randy Duffy, and current Junior College standout Josh Henry were the coaches for our camp and were accompanied by some really outstanding huddle leaders. The campers learned what it meant to be changed from the "Inside/Out" during the two day camp while also improving in their sport.

If your children would like to participate in an FCA Powercamp or if your church is interested in hosting an FCA Powercamp please call Jaysson at 515-554-3512.



community

E-MAIL NEWSLETTER LISTS

Quarterly Central/Western Iowa Newsletter

Would you like to receive this newsletter via e-mail? E-mail alewis@fca.org with a message stating so, and you'll receive your December Newsletter via e-mail.

Get in the Game

This is our Parent's E-Newsletter that comes out monthly. Its purpose is to support, encourage and inform parents of upcoming FCA activities. The e-newsletter includes a devotion, upcoming events, prayer requests and a parenting tip. To add your email to this list, email alewis@fca.org.



Check us out online at
www.facebook.com/cwiowafca

UPCOMING GOLF EVENTS



Border Battle

September 20-21st, 2009
at The Jewel
in Lake City, MN

Plan: 36 holes of golf over two days in Ryder Cup format (incl. Single and 4 Ball Match Play, Modified Alternate Shot & Scramble)

Teams: 12 two person teams from each state

First Matches: begin Sunday @ 12:30 pm (event concludes Monday mid-afternoon)

Entry Fee/Donation: \$1200 per team (includes lodging, meals, player gifts, golf & prizes)

To Register: call 515-727-1868 or email alewis@fca.org

State Golf Tournament

October 1st, 2009
The Harvester in Rhodes, IA

This tournament is for the teams that qualified to advance at the 4 local tournaments – Des Moines, Sioux City, Ames & Cedar Rapids.





COACH INTERVIEW

NAME: Tim Thomas

HOMETOWN: Hometown, Indiana

SCHOOL: Tarkio College in Tarkio, Missouri

DEGREES: BA in Physical Education with a Minor in Mathematics
MA in Physical Education and Athletic Administration

Chosen Attribute: Perseverance

What is your personal definition of this word?
Never giving up and always trying your best.

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

Hebrews 12:1 Therefore since we are surrounded by such a great cloud of witnesses, let us lay aside every weight and the sin that so easily ensnares us, and run with perseverance the race that is marked out for us.

Why did you choose that particular passage?

It deals with running a race for the Lord. This fits in to my coaching of cross country.

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

I am continuing to work on my spiritual life every day and trying to get better living my life by God's will not mine. This is definitely a work in progress.

How do you apply this word in your sport?

I apply perseverance by coaching kids to improve every race even if they are the last runner on the JV team. We strive for our kids to do their very best and to encourage everyone on the team.

How active within FCA where/are you?

I have been the Huddle Coach at Galva-Holstein for the past 14 years. I served as the lead clinician for Cross Country at the Pella FCA Camp. I plan on staying active even now that my wife Ann and I have both retired.

What is your coaching experience?

I have coached about every sport offered at some point in my career. The main sports I have coached are Track & Field, Basketball and Cross Country. I have coached at French Junior High in Topeka, Kansas, Wilton High School in Wilton, IA, Collins-Maxwell High School, in Maxwell, IA, Centerville High School in Centerville, IA and the last nineteen years at Galva-Holstein High School in Holstein, IA. During my career I have been selected regional cross country coach of the year by the Iowa Association of Track Coaches seven times, and twice in track.

My FCA Camp Experience:

This past July, I had the opportunity to serve as the lead clinician for cross country at the FCA Camp held in Pella, Iowa. This was a tremendous blessing from God. I have not ever experienced such a spiritual growth event like this week provided. I was able to share my faith with fellow believers and to watch as young men and women gave their lives to the Lord. It gave me an opportunity to share my faith in Jesus with young people through the sport of cross country. I was able to grow in my faith through the huddle time with other coaches as well as seeing the Lord work in the lives of some of the young people in my group, who shared the faith with a very strong conviction to Jesus. I was blessed with strong Christian huddle leaders and a co-coach who was a blessing to have the opportunity to work with. I am looking forward to having this opportunity again.



ATHLETE INTERVIEW

NAME: Austen Arnaud

HOMETOWN: Ames, IA

SCHOOL: Iowa State University

SPORT: Football

Chosen Attribute: Perseverance

My definition: Being able to overcome, maintain, or accomplish something that is difficult and stay poised while doing it

Favorite Scripture that deals with patience:

Mark 9:23 – “‘If you can?’” said Jesus. “Everything is possible for him who believes.”

Why I chose this 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.

When did you first become involved in FCA?

I got involved when Kevin Lykins re-started the Iowa State Huddle

Favorite Bible verse: Mark 9:23

Who is your athletic role model?

Michael Jordan

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

Sports Achievements:

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

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.

Favorite Pastimes: Baseball, movies

NEW COMPETITOR'S BIBLE

Call us at

515-727-1868

to get your

Competitor's Bible!

Cost: \$15



campus

FIELDS OF FAITH

*October 14th, 2009
Go to www.fieldsoffaith.com
to find a field near you!
(or sign up your field!)*

Students invite their classmates/ teammates to meet on their school's athletic field to hear fellow students share their testimonies & challenge them to read the Bible. An athletic field provides a neutral, interdenominational rally point where a community can come together.



Des Moines Area Back 2 School Bash

*October 3rd, 2009
Location: SportsPlex West, Waukee, IA
Speaker: Larry Patton
Time: 7-11 pm
Cost: \$10 Due Sept. 30th*

Enjoy the many activities SportsPlex West offers in addition to an inspiring speaker, Olympic style team competitions and a rally to kick off the new school year!

ISU Game Day Rally

*Game: ISU vs. Baylor
Date: October 17th, 2009
Cost: \$35
Time: TBA
To Register: mlykins@fca.org
515-232-0266*

One Way 2 Play Drug Free Rally at Iowa State with games, athlete testimonies, a boxed lunch/dinner, t-shirt and ticket to the game!



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Campus101 site coming in September!

This site is for student-leaders, huddle coaches, volunteers, staff and anybody who wants to reach our campuses for Christ! www.fcaresources.com has already been released and coming in September: Online Campus Ministry Training, FCA Life, and r12 Coach (x12 athlete will be coming Fall 2010). Check out www.FCACampus101.com for more information!

Calendar of Events

Border Battle Golf Challenge
Iowa vs. Minnesota
Sept. 20-21st, 2009
Minnesota

Eastern Iowa FCA Golf Scramble
Elmcrest Country Club
Sept. 21st, 2009
Cedar Rapids, IA

State Golf Tournament
The Harvester
October 1st, 2009
Rhodes, IA

Des Moines Area
Back to School Bash
7-11pm at Sports Plex West
October 3rd, 2009
Waukee, IA

Fields of Faith
October 14th, 2009
www.fieldsofffaith.com

Iowa State Game Day Rally
ISU vs. Baylor
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