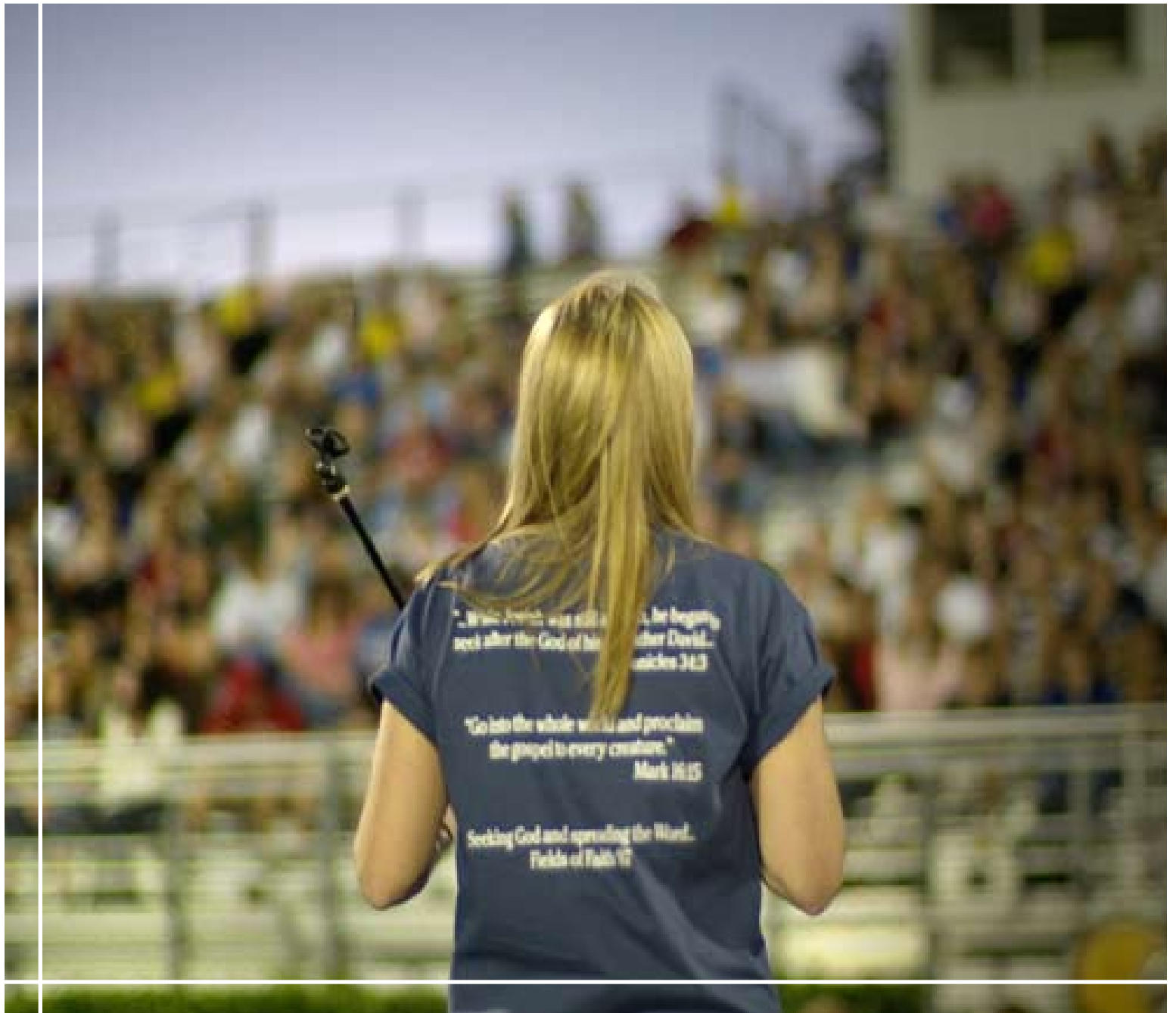


# the heart and soul DEC 09 in sports

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



**CAMPUS:** Athlete interview – Adam Hale • Fields of Faith • Back 2 School Bash • ISU Game Day Rally / 2 & 3 **COACHES:** Coach interview – Bob Barney • r12 Coach / 4 & 5 **CAMP:** Pella Summer Camp / 5 **COMMUNITY:** Border Battle • State Golf Scramble / 6 & 7



## ATHLETE INTERVIEW

**NAME:** Adam Hale

**HOMETOWN:** Mount Vernon, Iowa

**SCHOOL:** Central College

**SPORT:** Wrestling

**Chosen Attribute:** Submission

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

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

**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!

**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. There have been moments in my life where I managed to give everything up to God, and great things happened!

**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!

**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. At Central College, I’ve been involved for three years and been on the leadership team here 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.

**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.

**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.

## FIELDS OF FAITH

*Everyone attending Hamburg's Fields of Faith made a commitment to start reading the word of God daily, and three students accepted Christ and one recommitted their life to Christ. Huddle Coach Tim Jewell said, "It was amazing to see God work in each and everyone there in different ways. Continue to pray that God will work in the lives of the students who attend Hamburg Jr./Sr. High School and that His Glory will shine through them."*



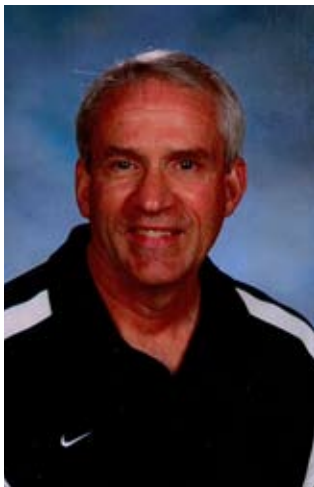
### Des Moines Area Back 2 School Bash

The first annual Back-2-School Bash was held on October 3rd at SportsPlex West in Waukee. The event was an opportunity to gather students from the Greater Des Moines FCA huddles for a night of food, fun, and growth in faith in Christ. The night included team Olympics of home run derby, dodge ball, basketball, and rock climbing. Following the Olympics the group heard an outstanding message from national speaker, Larry Patton. It was a powerful message of how God uses our handicaps to bring glory to Himself. We hope to see an even larger crowd at next year's event.

### ISU Game Day Rally

The 2009 ISU One Way 2 Play Game Day Rally took place on Saturday, October 17th before the ISU vs. Baylor Football Game. As of the final count, 227 FCA leaders and student athletes invaded the Bergstrom Indoor Facility before the game. Special thanks go out to Lori Adams and the ISU student athlete volunteers who led the wildest games for our group. We enjoyed some skinny sumo wrestling, touchdown tag, girls only field goal kicking, dudes only punting, centipede dodge ball, and ultimate frisbee. After the games, Jaysson Gurwell encouraged our group with his testimony and challenged all the athletes to play sports alcohol and drug free. At least 135 student athletes made that commitment. To top off the evening, ISU beat Baylor 24 to 10. What a night!





## COACH INTERVIEW

**NAME:** Bob Barney

**HOMETOWN:** Council Bluffs, IA (originally Bradshaw, NE)

**SCHOOL:** Kearney State College (Now Univ. of Nebraska-Kearney)

**DEGREES:** B.A. – Speech Pathology

M. Ed Special Education – Univ. of Arizona

**Chosen Attribute:** Patience

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

Willingness to wait upon the Lord for His divine timing as well as on others

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

“Patience is the companion of wisdom.”  
– St. Augustine

“Patience is passion tamed.”  
– Lyman Abbott

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

Phil. 3:14 – “I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

**Why did you choose that particular passage?**

Patience is also about endurance and perseverance, two characteristics that are vital in the Christian faith, as well as, in life in general.

**Please give an example of this word in your life.**

Both of my parents died in a nursing home around the age of 90. Although they did not have much quality of life their last couple of years, their faith and my prayer life grew stronger.

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

In coaching basketball, different players develop and mature at different times. We have a no-cut policy for our middle school kids, realizing these differences.

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

My high school football coach used inspirational audio tapes by Christian Athletes, such as Bob Richards in the 1960's, which sparked my interest in FCA.

**How active within FCA where/are you?**

I have been an FCA Huddle Coach for more than 25 of my 35 years of teaching and have encouraged other coaches in their involvement.

**What is your athletic experience?**

I played 8-man football in Nebraska where I was center on a 1969 State Championship Team. I also played basketball as a reserve forward/center throughout high school.

**What is your coaching experience?**

15 yrs. coaching middle school football and 30 yrs. coaching 8th grade boys basketball all at Lewis Central Middle School in Council Bluffs, IA.

## R12 Coach

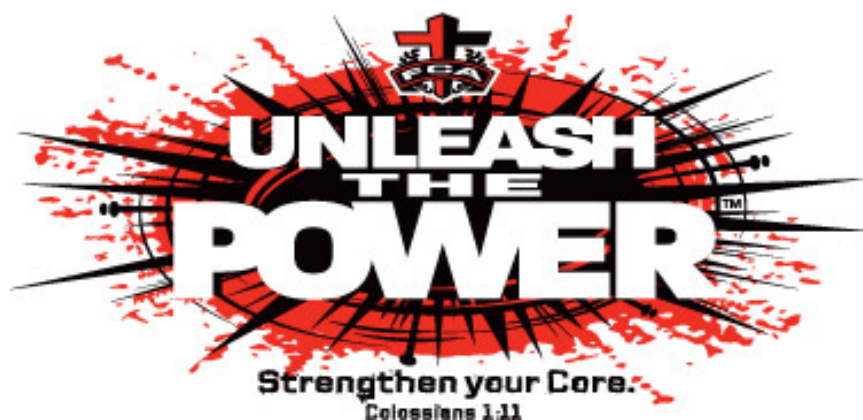
FCA has partnered with Chip Ingram's ministry, Living on the Edge Ministries, to produce r12 Coach – what it means to be a Romans 12 Coach

Please go to <http://www.r12coach.com> and see the online portion (FREE) and the resources offered (DVD and Study Guide). So whether you have a group of coaches who want to do the study together or are just doing it by yourself, you may use the online version or purchase the DVD. Check it out! **NOTE:** The FCA Area office will be getting a small supply of this great new resource. Call if you want to take a group through this study!!

### Overview of r12 Coach:

Being a genuine disciple of Christ flows out of relationship with Him. It's about experiencing God's grace, not earning His love through performance. Romans chapter 12 provides a relational profile of an authentic disciple. A coach who lives out this kind of lifestyle is what we call a r12 Coach....

- surrendered to God
- separate from the world
- sober in self assessment
- serving in love
- supernaturally responding to evil with good



## 2010 MULTI-SPORT CAMP



Central College  
Pella, Iowa  
July 12-16th

### SPORTS:

- Basketball (*boys & girls*)
- Cheerleading (*girls – July 13-16th*)
- Cross Country (*boys & girls*)
- Football (*boys*)
- Golf (*boys & girls*)
- Soccer (*boys & girls*)
- Tennis (*girls*)
- Track & Field (*boys & girls*)
- Volleyball (*girls*)
- Wrestling (*boys*)





## **BORDER BATTLE RECAP**

The second annual FCA "Border Battle" Golf Challenge between Iowa and Minnesota took place at the Jewel in Lake City, MN on September 20-21. A Ryder Cup format was used and players competed in two-person teams in a total of four, nine-hole matches. The match was close going into the final nine holes of Individual play where Team Minnesota got the better of it and took home the trophy won by Team Iowa in the inaugural event in 2008. Once again, the competition took second place to the fellowship and enjoyment of meeting fellow supporters of FCA during the two-day event. Plans are already underway for the 2010 event that is tentatively planned for September 26-27 at Hyperion Field Club in Johnston. The event is open to anyone, but is limited to the first 12, two-person teams that make commitments. Those interested in participating should contact Dave Turnball at 515-727-1868 or [dturnball@fca.org](mailto:dturnball@fca.org).

# community

## **Check out [iowafcaphoto.com](http://iowafcaphoto.com)!**

You can upload, share and print pictures with an FCA border or a border from one of your favorite teams like Iowa, Iowa State, UNI, Missouri, Wisconsin, etc. Plus, it's a great way to financially support the Central/Western Iowa FCA since we receive a portion of the proceeds! Use coupon code FCA50 to get 50% off an FCA design 5 X 7 or larger print or poster.





**FCACampus101.com**

Campus 101 is comprised of four components (Online Campus, Ministry Training, FCA Life, and r12 Coach) that have been designed to work hand-in-hand. Together, these sites provide a platform to train, equip, connect and grow athletes, coaches and volunteers. Check out [www.FCACampus101.com](http://www.FCACampus101.com) for more information!



***Bruce Greenfield, Brent Balduf,  
Tony Giannetto, Mike Wagner***



***Chad Bosch, Ryan Bosch,  
Gregg Bosch, & Todd Peterson***

## **STATE GOLF SCRAMBLE**

**Thirteen teams teed-it-up on October 1st to see which three teams would advance to the FCA National Golf Scramble Finals in Florida in November. After nearly five weeks of great golf weather our day got cold, windy and wet weather that really hampered play for everyone. Despite the “are less than ideal” conditions the teams valiantly went out and competed. At the end of the day three worthy teams won the right to represent Iowa.**

***Terry Wurzer, Tyler Brady, Brett Iverson, & Patrick Hall***



***Finished tied for first in the Net Division.  
Ended up finishing as National Runner Up.  
Great job!***

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## You've Got Mail!

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

## Get in the Game

*Get in the Game* 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](mailto:alewis@fca.org).

## HUDDLE HAPPENINGS

The Pocahontas Area Pomeroy Palmer senior class  
of 2010 is shown tipping the local CO-OP scales at  
the FCA Class Weigh-In after a Friday night football  
victory. The senior class  
won the honor of going  
through the ice cream  
line first and carrying the  
title of "Most Poundage".  
The event, sponsored by  
Pocahontas FCA Huddle  
and PRO CO-OP, was  
attended by nearly one  
hundred students.



## Calendar of Events

Collegiate Weekend  
Hidden Acres  
February 26-27, 2010  
Dayton, IA

Weekend of Champions  
March 26-28, 2010  
Marshalltown, IA

Sports Camp  
July 12-16, 2010  
Pella, IA

Check out more event  
information at  
[www.iowafca.org](http://www.iowafca.org).



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