

the heart and soul Dec. 2011 in sports

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



Sergeant Bluff-Luton 8th grade football team pre-game prayer this fall.

CAMPUS: Athlete Interview - Peyton Mellman • Huddle Happenings / 2 & 3 **COACHES: Coach Interview - Troy Rood • Athletic Director's Convention • USA Olympic Wrestling Trials / 4 & 5**

CAMPS: Pella Summer Camp / 6 **COMMUNITY: Tennis Clinic • FCA Happenings / 7**



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ATHLETE INTERVIEW

NAME: Peyton Mellman
HOMETOWN: Mason City, Iowa
SCHOOL: Mason City High School
SPORT: Basketball

Chosen Attribute: Perseverance

What is your personal definition of this word?

To continuously strive for improvement and not lose heart in the face of adversity

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

“Our greatest glory is not in never failing, but in rising up every time we fail”.
“People of mediocre ability sometimes achieve outstanding success because they don’t know when to quit”.

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

Through they may stumble, they will never fall, for the Lord holds them by the hand. – Psalm 37:24

Why did you choose that particular passage?

It serves as a great reminder that in hard times and when confronted by challenges, God is always there to sustain us, and help us to persevere through any predicament.

Please give an example of Perseverance in your life.

I am taking 4 advanced placement classes this year and that has been really challenging. I have to put in a lot of extra time and effort to fully understand the material.

How do you apply this word in your sport?

Basketball is a game of mistakes. You have to learn to forget the turnovers and missed shots, by instead focusing your attention on the next play. Perseverance

plays a vital roll in overcoming failure and improving your game.

How did you first become involved in FCA?

I heard about it from some of my friends on the football team and started coming to meetings

How active within FCA are you?

I am a student leader of our FCA huddle

How has God impacted you through FCA?

He has allowed me to share my faith with other athletes and I’ve also grown in my relationship with Him because of all I have learned from my fellow teammates and coaches.

What is your athletic experience?

I’ve started varsity the past 3 years at Mason City High School, been captain my sophomore and junior years and will be a senior this year.

Who is your athletic role model?

Maya Moore

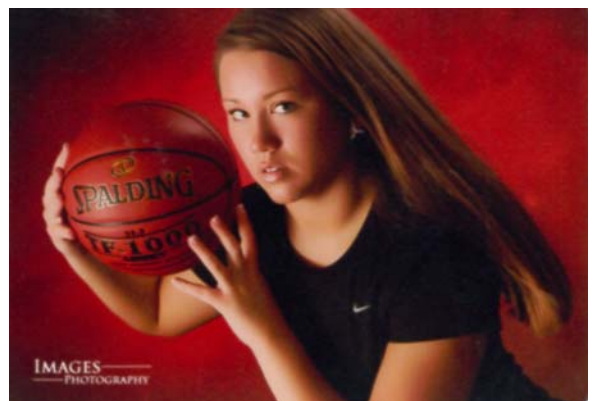
Share one tip that helps you be a Christ-like competitor:

Praying before games and practices

Future goals:

I want to play basketball in college and become an oncologist

For the complete interview with Peyton or to learn more about FCA go to www.iowafca.org/newsletters.



HUDDLE HAPPENINGS

(email us with your Huddle Happenings at trishagray@fca.org)



Kaleb Johnston and Radney Roosa

Eagle Grove FCA

The Eagle Grove Huddle FCA had a Christmas project where they purchased presents for 6 different children ranging in ages from 2 years old to 8 years old. The students then delivered the presents to the families before Christmas. The huddle has participated in this project for several years.



Urbandale FCA

The Urbandale FCA started the school year off with their annual Food Fight. After the action was over, they listened to Dave Applegate explain how only God can wash away our sins!



Jan Werling is retired!

Just as Christmas quickly came, so did my retirement. My last "official" day was December 15th, but I will be around for quite a while.....I hope anyway.

This was not a day that I had been looking forward to but with my health issues I think it is the best for me and that way I can see my kids and hang out with my grandkids more. :-)

To my donors, prayer warriors and encouragers, I cannot thank you enough for allowing me the opportunity to be a part of this great ministry. My life has been so blessed from the opportunity I have had to meet and encourage so many coaches for the last 15 years. And I don't think it is any secret that when you encourage people you are encouraged also. I know that has been "spot on" for me.

Coaches, please know that you have all been so encouraging. Some of you I have known for over 20 years and some not even 20 weeks, but I love you all. Thank you for ALL you do to have an eternal impact on your athletes and coaches and continue to "give 'em heaven. "

Huddle Renewal

Huddle Coaches, have you certified your huddle for this school year yet? If not, contact your Area Representative or call our office (515-727-1868) to take care of that as soon as possible.



COACH INTERVIEW

NAME: Troy Rood
HOMETOWN: Mason City, IA
ALMA MATER: Univ. of Northern Iowa
DEGREE: Bachelor Arts in Education (Univ. of Northern Iowa) and Master of Science in Educational Administration (ISU).

List your chosen attribute: Leadership

What is your personal definition of this word?

“Leadership is getting the people in your charge to think, believe, do, and become what they might not have without your influence.”

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

I think the following quote really hit on the fact that great leadership is servant leadership. Servant leadership inspires others to be better than they would have been without your leadership:

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” -- John Quincy Adams

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

“For am I now trying to win the favor of people or God? Or am I striving to please people? If I were still trying to please people, I would not be a slave of Christ.” Galatians 1:10

Why did you choose that particular passage?

As coaches, we are constantly being scrutinized by players, parents, administrators, media, and the community. Great leadership does not give into the demands, expectations, and criticism of the public. Instead, great leadership is about seeking God’s advice and doing what is right as a Christian coach. Coaches cannot make decisions based upon trying to please people. When their head hits the pillow at night they must know that they led in a way that honors Christ. That should be our leadership goal as Christian coaches.

Please give an example of this word in your life.

As a coach, teacher, and parent I am often faced with conflict and adversity. How I respond to conflict defines me as a leader. We have a saying among the varsity baseball staff at Mason City High School that says, “Stay above the fray.” We use that as a reminder to

not get caught up in the heat of the moment or gossip. Instead, we try to “stay above the fray” as leaders.

How do you apply this word in your sport?

One of my assistant coaches, Jason Parker, has a son the same age as mine (12). Carson and Jake both play on the same travel baseball team also coached by Jason and me. Early on we both found ourselves getting too caught up in the competitiveness of the game with our kids involved. We were not being the Christian leaders we wanted to be. So, we started fist pounding each other before every game while saying the phrase, “For him.” This reminded us that our first priority in all games should be to use the game to further God’s kingdom. That’s first and foremost. We started doing it before every varsity baseball game as well. In fact, the last thing we said to each other before last summer’s 4A State Championship Game against West Des Moines Dowling was, “For him!”

How did you become involved in FCA?

One of the greatest blessings I have ever experienced was when God placed Dan Mason in my life. Dan is the athletic director at North Iowa Area Community College and is also my assistant varsity baseball coach at Mason City High School. Dan is a Christian first and foremost. He walks the walk. Dan has a long history with FCA. Dan and I started a coaches’ huddle in Mason City a few years ago and that grew into our campus huddle at Mason City High School. My relationship with Dan has been an amazing blessing. I am a better husband, father, teacher, coach, and Christian as a result of my relationship with Dan Mason.

How active within FCA are you?

I am the campus huddle leader at Mason City High School. I also recently began helping another father in our community start a 5th-8th grade student huddle at Mason City High School on Sunday nights. I am hoping both our groups continue to grow and have a positive impact on our school and community.

To view Troy’s full interview or other interviews of coaches go to www.iowafca.org/newsletters.



Troy with his wife Kirstin, son Jake, and daughter Ali.

coaches



Athletic Director's Convention March 26, 2012 Iowa City Marriott

FCA Display Booth with Resources
Break-out Session: Influence, Impact and Legacy: How You Can Make A Difference.



USA Olympic Wrestling Trials

FCA Wrestling will be hosting sessions on "3 Dimensional Coaching" in conjunction with USA Wrestling and the US Olympic Committee on Saturday, April 21st in Iowa City. Registration information will be available later this spring.



Lyle Lundgren, Joe Johnston (an assistant coach at the University of Missouri who is training and competing for a spot on Team USA's world and Olympic squads), Matt Diehl, Corky Stuart at our Pella Camp



Registration opens after the first of the year!
 Go to www.iowafca.org/pellacamp for more information or to register!



2011 Pella Camp Pictures

2012 Camp Theme

“Now to Him who is able to do above and beyond all that we ask or think—according to the power that works in you” - Ephesians 3:20

God desires each one of us to live our lives “In the Zone” through an unstoppable faith. He calls us to a higher level of living that is much greater than simply living for ourselves. What would your team or sport look like if you lived your life “In the Zone” for the Lord? How would things change on your campus if you lived out an unstoppable faith in Jesus Christ? Is this level of spiritual influence possible? Absolutely! It’s time to live “In the Zone” for Jesus Christ! Join us as we discover how to live “In the Zone” for Jesus Christ!

2012 Powercamps



We have Powercamps in the work and will announce details when we have them.

But, if you and your church would be interested in partnering with us to host a powercamp, please call the Central/Western Iowa FCA office at 515-727-1868 to discuss the details and learn more.

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2012 PELLA CAMP

★ ★ ★ ★ ★

**Central College
 Pella, Iowa
 July 9-13th**

**8th Grade—
 Graduated Seniors**

- Basketball**
- Cross Country**
- Golf**
- Football**
- Soccer**
- Tennis**
- Track & Field**
- Volleyball**
- Wrestling**

Cost:

- \$355 before 6/18/12**
- \$370 after 6/18/12**
- \$460 golf until full**

camp

community

Tennis “Spring Break” Clinic

March 19th-23rd, 2012

7 Flags Fitness & Racquet Club
2100 NW 100th St., Clive, IA 50325

This free clinic is for students who are planning to play on their high school tennis team this year.

No need to register but you will need a signed waiver to participate.

You can download the waiver form at www.iowafca.org/tennis.



FCA office gets a new coat of paint!

This fall, with the help of many volunteers, the FCA office got a fresh coat of paint.



Mark Kostek, Greg Abbott, and Ward Leete.

FCA Happenings

Weekend of Champions

March 16 - 18, 2012
Marshalltown, IA

Tennis Clinic

March 19 - 23, 2012
7 Flags Fitness & Racquet Club

Athletic Director's Convention

March 26, 2012
Iowa City Marriott

Des Moines “Home Team” Banquet

April 17, 2012
Featuring: Wayne Simien

Pella Sports Camp

July 9 - 13, 2012
Pella, IA



Please stop by our offices anytime that you are in the neighborhood!



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Des Moines, IA 50312

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Fellowship of Christian Athletes Financial Gift

Yes, I would like to support the ministry of the Iowa FCA with a gift of \$ _____

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Credit Card

_____ - _____ - _____ - _____

Exp. Date: _____ CID _____

Please mail to:
Central/Western Iowa Area Office, 2600 Grand Ave., Ste. 114, Des Moines, IA 50312

Thank you for supporting the Central/Western Iowa Fellowship of Christian Athletes! Please don't hesitate to let us know how we can better serve you!