



Heart of a Coach – June 2014

Name: Philip Ferguson

Hometown: Chicago, IL

Alma Mater: Drake University

Degree(s): BA in Interpersonal Communications

Coaches: Girls Track & Boys Cross Country at Des Moines North High School

List your chosen attribute:

Patience and Trust

I believe one of God's calling for me is to help young people from all social or economic backgrounds; to plant seeds that will grow into the Knowledge of Christ. I'm not a preacher but I do love the Lord! I do want to follow the Lord's command to spread His love and His Good news.

What is your personal definition of this word?

Listening-waiting-sharing-helping-no rush to judgment-asking questions-walking with-discipline-guiding-The Love guidance!

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

Trust in the Lord with all your heart and lean not unto your own understandings. In all your ways, acknowledge Him and He will direct your path. Proverbs 3:5-6.

Those that call upon the Name of the Lord will be SAVED. Romans 10:13

Why did you choose that particular passage?

When I was in college I had to memorize Proverbs 3:5-6. This scripture stuck with me the most. I always knew and still know that I can't make it without the Lord's direction and I have to acknowledge him daily and throughout the day. I think this is one of the scriptures that led me to the Lord!

The second Scripture came after knowing the Lord. In 1994 I had cardiac arrest while coaching a varsity football game. As they rushed me to the hospital emergency room, I kept crying out to the Lord. Throughout the whole desperate ordeal I kept calling on the name of the Lord! I MEAN IT WAS SO LOUD THEY WANTED ME TO STOP. I KEPT ON CALING ON THE LORD AND HE SAVED ME. I KNEW I WAS DYING. NOW I KNOW GOD IS TURE TO HIS WORD AND I KNOW HIM AS MY HEALER ALSO!

How do you apply this word in your sport?

In coaching, there are many types of workouts and training. I rely on and trust the Lord for his direction with the what, when and how in preparation that will help the athletes I coach. I know that the Lord wants to help us in every area of our lives and I try to share that with our athletes.

In working with young people, I try to exhibit the same patience in waiting for the seed of love to grow, giving opportunity after opportunity while teaching/coaching/developing!

How did you become involved in FCA?

My first encounter was during college at Drake University, someone from FCA came and spoke to our football team.

I recently attended the FCA banquet and am very interested in being a part of what FCA is doing in the city of Des Moines and the metro schools.

What is your athletic experience? (Where?)

I started playing football and running track in 6th grade in Chicago. I participated in Track and Field at Lane Tech High School in Chicago. I played football at Drake.

What is your coaching experience?

While at Drake University I started coaching youth track at the Des Moines Riverfront YMCA. I volunteered as a girls track coach at East HS for 2 years. In the 90's I coached at Dowling Catholic High School as an assistant girls track coach, football coach, boys basketball and head boys track coach I have coached boys track at East HS and Dallas Center-Grimes. I am currently the Girls Track Coach and Boys Cross Country Coach at North HS.