

## Heart of a Coach

**Name:** Craig Douma

**Hometown:** Orange City, Iowa

**Alma Mater:** Northwestern College of Iowa

**Degree(s):** Bachelors in Business Admin and Sec Ed

**COACHES:** Men's Basketball at Central College

**List your chosen attribute:** Commitment and Attitude

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

To me Commitment can best be defined like marriage. In everything we do, every situation, good or bad, we stand by our partner. Life is the same way, you are going to have ups and downs in life, but to be successful it takes commitment.

Attitude to me is something that you have complete control over. As a coach and player, you have a choice especially during tough times. It is easy to be positive when you are winning, playing well as a player, but the true test is when things don't go well. My first year of college coaching was an extreme challenge, but I did my best to stay positive and things turned around the next year and we brought in a great recruiting class as well.

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

#### Commitment:

"Unless a man believes in himself and makes a total commitment to his career and puts everything he has into it – his mind, his body, his heart – what's life worth to him?" - Vince Lombardi

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." –Vince Lombardi

#### Attitude:

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." — John Wooden

"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny." ~Mahatma Gandhi

"Attitude is a little thing that makes a big difference." ~Winston Churchill

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." ~Lou Holtz



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

Matthew 20:1-16

Philippians 4:11-13

### Why did you choose that particular passage?

**Matthew 20:1-16** – Can't get caught up in comparing yourself to others. Need to focus on your attitude and commitment and good things will come your way.

**Philippians 4:11-13** – We have control of our attitude at all times and all situations

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

God has been amazing in my life, protecting me and guiding my career and marriage. When I look back at the different jobs I have had or opportunities that I received or had the opportunity to receive but didn't work out, it was all guided by Him. He has protected me throughout and continues to help guide my choices in everything I do.

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

I do my best to utilize devotions throughout the year and use examples from what I read from the Bible or Church for my team. My main focus of living the Word for basketball is by example. I really feel the way you treat people/act/live your life every day, the Word of God will come out and be displayed for everyone to see. To me, that is the best way to impact my players. The people in my life that influence me lived a Christian life and that made the biggest impact.

### How did you become involved in FCA?

When I was a teacher at South O'Brien High School, we had a teacher there that really did a great job of involving the students in FCA and we had a really large group of students and faculty that would participate.

### What is your athletic experience? (Where?)

Played high school sports at MOC in Orange City (currently MOC/FV) and played college basketball at Northwestern College in Orange City.

### What is your coaching experience? (Where?)

Assistant Men's Basketball Coach at Northwestern College – 1 year  
Head Boy's Basketball Coach at South O'Brien along with Boy's Golf – 9 years  
Head Boy's Basketball Coach at Carroll High School – 6 years  
Head Men's Basketball Coach at Central College – 2 years