

# Heart of a Coach – December 2016

**Name:** Vincent Lane  
**Hometown:** Flint, Michigan  
**Alma Mater:** University of Michigan  
**Degree(s):** B.A. Physics  
**Coaches:** Hoover High School  
Cross Country and Track & Field



**List your chosen attribute:** Relentless

**What is your personal definition of this word?** Never quit or give up on goals which are legal, moral or ethical

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

"Impossible is just a big word thrown around by small men who find it easier to live in a world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing." – Muhammad Ali

**What is your favorite Biblical passage that deals with this characteristic?** Psalm 27:14

**Why did you choose that particular passage?** It describes a challenging time in the life of King David where he comes to the conclusion that God's goodness is not limited to the hereafter, but the here and now as well!

**Please give an application/example of this word in your life.** Life gives you stumbling blocks and obstacles, but when you are focused on God & your goals, the obstacles are more like teachable moments and opportunities for sharing your testimony at a later point in time.

**How do you apply this word in your sport?** In cross country, I tell my athletes, "Anybody can run fast when they're fresh, the real question is, who can run the fastest when everybody is tired?" It is a statement on the relentless nature of competition! Everybody gets tired, but can or will you still perform at the highest levels in spite of fatigue?

**How did you become involved in FCA?** At a couple of schools where I taught, they had FCA chapters. There were times when they needed advisors, so I stepped in as an advisor to help the group.

**How active within FCA were/are you?** Not as active as I have been, but there have been times when I have been VERY active.

**What is your athletic experience?** (Where?) High School Basketball, Cross Country and Track & Field (Northwestern HS, Flint, MI); College Cross Country and Track & Field (Jackson State University, Jackson MS)

**What is your coaching experience? (Where?)** Boys & Girls Basketball (Eastside HS, Gainesville, FL) Boys & Girls Cross Country (Eastside HS & Buchholz HS, Gainesville, FL; Hoover HS, Des Moines, IA) Track & Field (Eastside HS & Buchholz HS, Gainesville, FL; Hoover HS, Des Moines, IA)