

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)