

Heart of a Coach – December 2017



Name: Bo Larson

Alma Mater: Simpson College

Coaches: AAU Basketball

List your chosen attribute: Integrity

What is your personal definition of this word? Always doing the right thing and being who you are according to your beliefs formed through your experiences. Values, morals, character, principals and candor all of which help to shape your life and who we are.

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

"Loyalty is the foundational quality that gets us through hard times. Will we compromise our integrity when temptation is great? Or will we remain loyal to our beliefs and core values?"
John Wooden

"Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness." -Martin Luther King Jr.

"I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have." -Abraham Lincoln

"Integrity is doing the right thing when nobody's watching, and doing as you say you do."
Andre Gide

"In the end you should always do the right thing even if it's hard." -Nicholas Sparks

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

"Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil" Proverbs 4:25-27

Why did you choose that particular passage? I chose this passage because it defines integrity; keeping your eyes focused and straight ahead on Jesus rather than deviating from your values and character which can cause integrity to waiver.

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

In being a health coach, I practice what I preach to others. It's character and integrity of following through with the correct choices and making sure those same habits represent my life style. Simply asking myself is what I am putting in my mouth going to promote me and my health or expose and over time ruin my health? Am I setting the example I impose for others?

How do you apply this word in your sport? My position as a teacher and coach is to demonstrate integrity to my players. Work ethic through effort, discipline and toughness build and develop integrity through practice. By example, I show how important it is to treat competitors and officials with respect, regardless of the circumstances. There are many aspects and components to coaching. Winning is great, but there are many other pieces to the puzzle. Integrity through adversity, controlling emotions and disappointment, players need to understand and realize the process and trust in that process.

How did you become involved in FCA? I was invited to the FCA Banquet about six years ago...

It left such a positive impact with me after which I began getting these nudges that I should involve our AAU basketball teams in FCA Huddles. After telling our coaches, we set up a meeting with Dave and R.J. to find out how to become a huddle leaders

How active within FCA are you? Each year we meet as coaches and decide on a passage for our team focus during the season. This year it is **Matthew 5:16**, we do weekly devotionals on that passage and pray at practices and tournament games. Also, we invite opposing players to join us in prayer if there open to it. We've also delivered food for the Training Table to area schools, each year we decide on a volunteer mission for our teams like Operation Christmas Child, Donations of home goods and gifts to local elementary schools for needy families, and this year athletic equipment donations for Nicaragua.

What is your athletic experience? (Where?) My athletic experience has been playing high school basketball and baseball at Waukee and Boone High Schools. Basketball in college at Grand View and finishing my degree at Simpson.

After college I played for a traveling AAU team for Pester Derby with other college graduates...

What is your coaching experience? (Where?)

Roosevelt High School (20 years)

Head Freshman Football Coach
Sophomore Assistant Football Coach
Varsity Assistant Offensive line Coach

Sophomore Basketball Coach
Head Basketball Coach
Head Baseball Coach

Lincoln High School (6 years)

Head Sophomore Football Coach

Hoover High School (10 years)

Head Freshman Basketball
Head Varsity Assistant Basketball
Head Girls Golf Coach

Waukee High School (3 years)

Head Varsity Assistant Basketball

West Des Moines Spurs AAU Coach - Present

Also provide private, semi-private and team lessons and conduct summer camps in shooting and fundamentals at Valley Community Center in WDM.
Website is www.gohoopn.com