

Heart of a Coach – March 2018

Name: Rich Mayson

Hometown: Mexico, MO

Alma Mater: Truman State University – BA
Northwest Missouri State University - MSED

Coaches: Ottumwa High School Football,
Assistant Girls Basketball and Assistant Track
& Field



List your chosen attribute: Dependability

What is your personal definition of this word?

Able to be counted on.

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

Not necessarily a direct passage for this word, but one of my favorite verses to use in team sports is Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

Why did you choose that particular passage? I believe dependability can be represented because in order to sharpen one another, we have to be there for one another. We have to be able to be counted on to play our own role, and then and only then can we demand more from others.

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

In my marriage, my wife NEEDS me to be dependable, and I NEED the same from her. It is a give and take, trusting relationship that we have built over time. This is, in many ways, the same thing we need from our teammates and they from us.

How do you apply this word in your sport? If at any juncture of a game or practice a person is not dependable, it makes it hard for his/her teammates to stick to their own job because of a lack of trust. Therefore, each person becomes average or even bad at several jobs, instead of being excellent at one. This goes for players and coaches, just like it goes for spouses. If we trust that our teammate or partner or spouse will get their own job done it allows us to focus on our own, and we all can be great at that and as such we become a great team. Everyone has a role to play!

How did you become involved in FCA? I initially got involved in FCA as a high school student in Mexico, MO. As a graduate student coach at NWMSU, FCA was important to our coach, Mel Tjeerdsma, and he would bring the team to the FCA headquarters when we would play in Kansas City. I can't say I am truly involved in it now, as our school does not have an FCA group, but when I came to Ottumwa I was able to reconnect with Gary Gravert, South Central Iowa Area FCA Rep and an old friend from nearby Albia that I already knew through my wife, and he has since been able to spend time with us here and there, visiting us at practices and even speaking to our guys once, and visiting me at school.

How active within FCA were/are you? Probably not as much as I would like. In high school we had meetings every Wednesday night that I would attend most weeks. Not as much since then.

What is your athletic experience? (Where?) Football, Basketball, and Track & Field at Mexico HS (MO), Football (4.5 years) and Track & Field (2 years) at Truman State

What is your coaching experience? (Where?) Northwest MO St (Maryville, MO), Montana Tech (Butte, MT), MacMurray College (Jacksonville, IL), Hastings College (Hastings, NE), Iowa Western CC (Council Bluffs, IA), Ottumwa High School (IA) (Current - Head Football, Assistant Girls Basketball, Assistant Track & Field