

Heart of a Coach – June 2018

Name: Chris Fenelon

Hometown: Queens, NY

Alma Mater: Stony Brook University

BS – Health Science

East Stroudsburg University

MS – Exercise Science

Coaches: Strength and Conditioning at ISU



List your chosen attribute: Altruism

What is your personal definition of this word?

Putting other people's wellbeing before your own without expecting anything in return.

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

Jeremiah 29:11 "For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future."

Why did you choose this particular passage?

I truly believe in putting people before you out of the kindness of your heart rather than expecting something in return in the future. This bible verse reminds me that God is in control and that we too should have plans to prosper others as well as do no harm and give others hope. We should aim to be like his son, Jesus Christ. He made the ultimate act of altruism by dying for our sins on the cross.

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

My relationship and my job both require me to be altruistic. I cannot be a good companion if I cannot put her before myself. I definitely cannot be a good coach if I cannot put our players before myself. In both aspects teamwork is required to have success. This cannot be accomplished if there are selfish parties involved.

How do you apply this word in your sport?

In strength and conditioning, often there are times we have to step outside of our comfort zone for a greater cause. We may not be in the mood to come in and train hard every day but we must realize that the picture is so much bigger than ourselves. You MUST put the team before yourself in training. It cannot just be about you because not everyone can do it alone. Some people need support to get through workouts or to be able to step outside of their comfort zone. Selfishness is never a better option than being altruistic in team sports.

How did you become involved in the FCA?

Once I joined the football team at Stony Brook, a man named Steve Patterson offered the opportunity to join FCA.

How active within FCA were/are you?

I would attend weekly meetings in college. I have not been as involved since my playing days.

What is your athletic experience?

I played football, basketball, and briefly ran track in high school. I played football at Stony Brook University.

What is your coaching experience?

I was the strength coach for volleyball, women's golf, women's tennis, and men's basketball at East Stroudsburg University. I was the strength coach at East Stroudsburg South High School and oversaw all sports. I worked for the strength staff at the New York Jets on two occasions. I also coached at the University of Toledo as a strength and conditioning graduate assistant and now I am at Iowa State University as an assistant strength and conditioning coach.