

Heart of a Coach – September 2018

Name: Jack Flaherty

Hometown: Burlington, IA

Alma Mater: Central College

Coaches: Strength and Conditioning at ISU



List your chosen attribute: Patience

What is your personal definition of this word? The ability to endure through a situation without frustration due to a bigger perspective and love for God and others.

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

-“Patience is not indifference; patience conveys the idea of an immensely strong rock withstanding all onslaughts.” Oswald Chambers

-“Each life is made up of mistakes and learning, waiting and growing, practicing patience and being persistent.” Billy Graham

-“We could never learn to be brave and patient if there were only joy in the world.” Helen Keller

-“Patience is the companion of wisdom.” Saint Augustine

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

-Romans 12:12 “Rejoice in hope, be patient in tribulation, be constant in prayer”

Why did you choose that particular passage?

I choose this passage because it highlights that patience is an active thing not just something that happens through chance. First, we should praise God for the hope we have in Christ. This gives us a bigger perspective of life than what we may be dealing with in any given moment. Second, it speaks of a response in trial. Specifically, that response is patience. We can either actively trust that a situation is for our good and God's glory (Romans 8:28); or we can be stressed out and lose sight of promised hope. Third, it reminds us to constantly seek the Lord in prayer. I believe firmly in the power of prayer and have seen my life transformed through prayer. Even if the Lord's will is to not to change my circumstances, he does give my spirit the change I need to grow and continue living life. Patience does take work, but the results is steadfastness, rejoicing, and growing communication with God.

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

I have an almost two-year-old daughter, whom I love dearly! However, God has shown me a lot recently how much room I have to grow in the fruit of patience. When she disobeys I can be quick to be frustrated with her and focus in on that specific instance rather than the bigger picture loving her in a way that points her to the grace of God. So God has constantly be reminding me of how I too disobey and am unfaithful, but how he has been faithful and patient with me as His child. So, I have been aiming to be a better steward of God's grace by working to “be constant in prayer” in discipline situations with her. I am not perfect at it, but I am thankful God is growing me in this area!

How do you apply this word in your sport?

When I think about the game of football, there are two ways I apply patience. First, is the in the heat of the moment situations in a game. We get caught up emotionally and physically in competition that we forget that there are people on the field around us. When a sudden change happens, a penalty flag is thrown, or a teammate makes a mistake we need to respond in a way the benefits our time and honors Christ. Our ability to have a bigger view of the game (its one play or incident in a 4 quarter game) as well as a bigger view of life (football is just a game) helps me to respond appropriately. Secondly, is the patience of preparation. Football only gives you one opportunity a week to play an opponent. Football also takes a lot of work in the offseason without having the opportunity to see results on the field. Patience is needed to take the time day-in and day-out to get better in practice and in film sessions before the next game. Patience is needed to get through the offseason of hard weight sessions, conditioning sets, and coaches' clinics. You must take time to prepare and have realistic expectations of how long preparation will take. It's good to want to get after it, but we must enjoy the time of putting in the work of preparation as well as encouraging those around us to do the same.

How did you become involved in FCA?

My dad came to know Jesus through his football coach who led their high school FCA huddle. I joined FCA when I got to Central College and loved the opportunity to grow in my relationship with Christ while connecting with other athletes.

How active within FCA were/are you?

In college, I attended nearly all of our weekly meetings during my four years in Pella. I also went to a couple of the weekend retreats in Marshalltown where I helped lead and high school huddle. Now, I try to make it as much as possible to the DCG high school huddle on Friday mornings. I have also had the opportunity to speak at the DCG, Hoover, and Urbandale huddles as well as do some pre-game chapels.

What is your athletic experience? (Where?)

Growing up, you could always find a game of some sort to play in our neighborhood. However, my organized sporting career began with playing soccer at the YMCA when I was 4 yrs old. I then started participating in little league, flag football, and basketball at 9 yrs old and continued to compete through elementary and middle school. In high school I participated in football, basketball, track, and baseball for all four years. Then I played football at Central college for four years.

What is your coaching experience? (Where?)

Out of college, I was hired as the Athletic Trainer at Ankeny High school, where I worked for three years. While there, I worked with every sport in providing athletic training services such as injury prevention, sport specific rehabilitation, therapeutic modalities, and of course taping and icing. So not exactly coaching, but still working with athletes to be able to improve performance and return to competition. When I then took my current role as Director of Family Ministry at Harvest Bible Chapel, I knew I wanted to stay around athletics through coaching. I was blessed with the opportunity to come on staff as a volunteer with the DCG 9th grade football team and currently am in my third year helping with the QB's and DB's.