

Heart of a Coach – December 2018

Name: Heather Every

Hometown: Manchester, IA

Alma Mater: Central College – BA, Secondary History
Iowa State University – MA, US History

Coaches: Cross Country at Dallas Center-Grimes



List your chosen attribute:

JOY

What is your personal definition of this word?

My personal definition of JOY is understanding how much Jesus loves me. JOY is a welling up of gratitude, humility, and awe that comes from knowing Jesus more fully. Jesus is my source of joy and He never changes - regardless of any situation I am in!

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

“The key to the Christian’s joy is its source, which is the Lord.”

“If Christ is in me and I am in Him, that relationship is not a sometimes experience. I’m always in the Lord and the Lord is always in me, and that is always the reason for joy.”

“Even if the Christian cannot rejoice in her circumstances, if she finds herself passing through pain, sorrow, or grief, she still can rejoice in Christ. We rejoice in the Lord, and since He never leaves us or forsakes us, we can rejoice always.”

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

“The joy of the Lord is your strength.” Nehemiah 8:10

Why did you choose that particular passage?

I have always gained strength in any situation from remembering the JOY I have in the Lord. I truly feel like the JOY of the Lord is absolutely the foundation of my life. He has provided a well-spring of JOY no matter where I am, where I go, whom I am around.

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

There are so many examples! One example recently was when I was feeling stressed during our busy fall and it felt overwhelming. I found that in those moments, I would praise Jesus instead of worry - I would spend time in His Word and turn to Him as my source of JOY. This gave me the strength each day.

How do you apply this word in your sport?

I am the assistant girls Cross Country coach, along with head coach, Justin Droppert, at Dallas Center-Grimes High School and finding JOY and sharing JOY makes a tremendous difference in our sport. Shining his light on tough workout days, or sharing his love after a tough race, allows JOY to flourish. JOY creates an environment where everyone can feel encouraged and uplifted, which in turn leads to the easing of worry and stress.

How did you become involved in FCA?

I've been involved in FCA since high school. I had an excellent Christian mentor who helped me grow in my personal faith as I began to understand what having a personal relationship with Jesus meant.

What is your athletic experience?

I ran cross country and track and played basketball all four years at West Delaware High School in Manchester. I also ran Cross Country and track at Central College all four years.

What is your coaching experience?

I was an assistant coach in Cross Country and track at Hampton-Dumont High School for one year. I was the head girls Cross Country coach at Waukee High School for 15 years. I am currently coaching Cross Country and teaching History at Dallas Center-Grimes High School. My husband and I along with two other couples created a track club in Grimes where we also have the mission to spread JOY and help kids find the JOY in running. There is so much JOY to be found in running - especially by relying on Jesus as the source of all JOY!