

Heart of a Coach – March 2019

Name: Heath Weeks

Hometown: Des Moines, IA

Alma Mater: Wheaton College

Coaches: Soccer at Johnston High School



List your chosen attribute: Joy

What is your personal definition of this word?

An internal overflowing of happiness and contentment

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

I don't really have any that I can instantly reference, but after some google searching, these are the ones I came up with.

“Joy’s smile is much closer to tears than laughter” – Victor Hugo

“Joy is a net of love by which you can catch souls” – Mother Teresa

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

John 16: 20 - 24

Why did you choose that particular passage?

I think that passage captures the truth that finding true joy is never an easy or pain free experience, but that there is always suffering before the joy. I think the world craves true happiness and joy, but there always has to be sacrifice or giving up of oneself before that can be obtained. Ultimately it is the suffering of the Son that has given us access to the joy of the Father.

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

As mentioned in the John 16 passage, childbirth brings joy into the world. I do not know the anguish first hand, but I do know the joy of experiencing the birth of a child, and it is enough to just about break your heart. The birth of our first child redefined for me what true joy is this side of heaven. To think that God feels the same way about us as His children, and allows us to be in relationship with Him, is truly remarkable and points me back to giving all glory to Him.

How do you apply this word in your sport?

For me, I think joy is the ultimate motivator in sports. As participants, we want to reach our full potential and perform to the best of our abilities. If we are able to do that, then we are not guaranteed to win, but we are guaranteed to feel accomplishment, satisfaction, and joy. The only way, though, we can reach our full potential is through the training, instruction, and response to adversity we all go through in the course of a season, but the joy at the end is well worth the suffering.

How did you become involved in FCA? I first became involved in FCA through the Training Table program in Des Moines. My family helped sort the food products to be delivered to local high school and through that we got to know the Des Moines FCA staff. I was invited to help coach at the Pella FCA summer camp and have participated in that with my family for the last three years. My wife is also currently a huddle leader at Hoover High in Des Moines.

How active within FCA were/are you?

In HS I was not an active member of our local FCA chapter. I did attend a few times, but was not very invested in the program. With my involvement in the summer camp and my wife's leadership of a huddle, I have now become much more aware of how beneficial FCA is for the HS student-athlete and how crucial of a role FCA plays in this community and see myself staying involved with FCA for the long haul.

What is your athletic experience? (Where?) I grew up in Okinawa, Japan and played rec and club soccer year round starting from an early age. I spent my freshmen year of HS at Westminster Christian Academy in St. Louis and then the final three years of high school were spent in Hobbs, New Mexico (state champions in 1997!). I then played four years of Div. III soccer at Wheaton College (IL) and was a two year team captain.

What is your coaching experience? (Where?)

This spring (2019) will be my 15th year of being a HS soccer coach (4 years in New Mexico, 11 years in Iowa). I am also a club soccer coach with the West Des Moines Soccer Club.