

Heart of a Coach – September 2019



Name: Zach Pfantz

Hometown: Bondurant, IA

Alma Mater: Coe College

Degree(s): BA & Masters in Education

Coaches: Soccer at Johnston High School

List your chosen attribute: Reliance

What is your personal definition of this word? I believe there is a very real spiritual battle in this world and I have no shot at honoring God without relying on and seeking Him daily and being guided by the Holy Spirit and His Word. As Christians, how we are supposed to live is very counter to our culture.

What are some of your favorite quotes from other people about this word?
“Our faith is not based on speculation but upon God and His Word” – Billy Graham

What is your favorite Biblical passage that deals with this characteristic?
Romans 12:2 – Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind, so that you may prove what is the good, pleasing, and perfect will of God.

I also really like 2 Corinthians 12:9 and Ephesians 4:17-5:21

Why did you choose that particular passage? I can tell a big difference when I try to rely on myself or look to the things of this world to make me happy. In relation to my walk with Christ I have learned that I need to rely on God’s Word, prayer and seeking Him daily in order to function at my best.

Please give an application/example of this word in your life.
I have come to see probably the most popular sports verse (Phillipians 4:13 – I can do everything through Him who gives me strength.) ring very true in my life. But only when I am truly seeking, relying, and being led by Him. In doing all things I am not talking about wins or losses or the worldly definitions of success but instead being at peace and being fruitful and making a positive influence on others despite stresses, hardships or adversity swirling around me at the time.

How do you apply this word in your sport?
Relying on and being in right relationship with Christ calms me and takes the pressure away. It helps me keep the proper perspective so that I can more positively impact my players and team.

How did you become involved in FCA?

I have met with FCA directors and supporters and been loosely involved in FCA over the last 15 years. Most recently RJ Sumrall has had a big and very positive impact on my life and team offering a great deal of prayers, support and encouragement.

How active within FCA were/are you?

I have attended several FCA meetings at many of the schools I've coached at. I am currently working with RJ to see what more we can do at Bondurant-Farrar.

What is your athletic experience? (Where?)

I played four sports at West Marshall High School. In football, I played fullback and linebacker and was fortunate to be part of a State Championship team in 1999. I went on to have a great experience playing linebacker at Coe College for 4 years, graduating in 2004.

What is your coaching experience? (Where?)

Coe College - RB Coach - 2004

Coe College - DL Coach - 2005-2006

Akron-Westfield HS - Head Coach – 2007

Central College – LB Coach – 2008

Central College – Defensive Coordinator and Recruiting Coordinator – 2009-2011

Ottumwa HS – Head Football Coach – 2012-2014

Bondurant-Farrar HS – Head Football Coach – 2015 – present