

# Heart of an Athlete – September 2013

**Name:** Elizabeth Swanson  
**Hometown:** Cedar Falls, Iowa  
**School:** Cedar Falls High School  
**Sport(s):** Track/ Cross Country



**List your chosen attribute:** FAITHFULNESS

**What is your personal definition of this word?**

This word is actually two-fold, having faith to trust that God has everything in His hands. I think of “faithfulness” as also my role in totally giving myself to God. The second side of this definition is knowing, and allowing God’s grace to always be there... that He is always faithful and true.

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

Martin Luther King, Jr. : “Faith is taking the first step even when you don’t see the whole staircase.”

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

For the 1<sup>st</sup> definition: For we walk by faith, not by sight (2 Corinthians 5)

With the 2<sup>nd</sup> meaning: Great is Your faithfulness (Lamentations 3:23b NASB)

**Why did you choose that particular passage?**

The 2 Cor. Verse hangs in my room as a constant reminder that even though sometimes we feel lonely or confused, and cannot see what the future holds, we must have faith in God, to lead us down the right path.

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

Well, my school unexpectedly closed last spring, and at the end of my 8<sup>th</sup> grade year I was faced with having to choose a different school district. I had been in the same school since kindergarten... needless to say, this ‘closed door’ seemed rather insurmountable at times. My parents and I agreed on the local 4A public school system, and I signed up for Cross Country. This new XC adventure was really a whim, after a shot at the volleyball team fell through. My hopes were low that XC would work out. The first practice was with 50 other runners, none of whom I knew! I was scared and lacking in any self perseverance. After meeting the coach, and a successful first practice, I very quickly realized that God had put me exactly where I should be - in a new school district, with all new friends, and on a new sports team (I had NEVER run XC before!). My new coach (Don Williams) every year organizes the team with “big sisters” so I got an upper-classmen mentor. I also attended the team socials and team meals. Two weeks later, on my first day of school, I walked into a brand new overwhelming building, knowing my new XC friends would be there. Even though I had never run over a mile ever before, I ended up earning a varsity letter last year as a freshman. My academic school year was also a success. God knew exactly what he was doing... even though I’m still sad about my old school, I’m excited about how faithful God has been throughout this transitional time and I continue to have faith in God - even when it seems like all doors are “closed”.

**How do you apply this word in your sport?**

Faithfulness applies to my running as I know that God only gives me what I can handle. I continue to have faith that my endurance will be there - God's got me, even when I'm running.

**How did you become first become involved in FCA?**

At my old school, I began attending when a new chapter was formed there.

**How active within FCA where/are you?**

I currently have a conflict with the FCA meeting time at my new school, but I'm looking forward to attending FCA camp this summer and attending FCA in the fall as my schedule won't conflict! I do attend FCA events that occur throughout the year - like "Fields of Faith".

**What is your athletic experience? (Where?)**

I currently run XC and track at Cedar Falls High School - will be a sophomore in the fall (2013).

In junior high, I played volleyball, basketball, and ran track at Northern University Middle School / Price Lab School.

I've also played club volleyball and currently run in the local summer running club. I love to swim, water ski, and snow ski as well.

**FCA Role (i.e. Huddle Coach, student-athlete, volunteer, staff):** student athlete

**Favorite Bible verse:** I can do all things thru Christ who strengthens me

**Favorite sport:** running myself, watching most others

**Who is your athletic role model?** Jeremy Lin

**How has God impacted you through FCA?** Connecting me to other faithful friends and helping me through rough transitions

**Share one tip that helps you be a Christ-like competitor:** humbly trying my best to reach goals - always cheering on others, encouraging

**Have you signed the Team FCA Competitor's Creed?** NO, haven't heard of this.

**Sport(s) and position played, if applicable:** XC and track (200, 400)

**Sports Achievements:** varsity letter as a freshman last year

**Favorite Pig Out Food:** ice cream / frozen yogurt (when training)

**Favorite Music Groups:** Fun

**Favorite Books:** Hunger Games

**Favorite Sports Teams:** Iowa Hawkeyes!!!

**Future goals:** I would like to go into ministry, most likely directing the elementary program at a large church

**The biggest concerns facing youth today are:** bad decision making / influences

**The biggest concerns facing Christian youth today are:** too many distractions

**Favorite Pastimes:** reading, watching movies, hanging with friends