



# Heart of an Athlete

## December 2014

**Name:** Whitney Fuller  
**Hometown:** West Des Moines, IA  
**School:** West Des Moines Valley High School  
**Sport(s):** Basketball



**List your chosen attribute:** Kindness

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

Kindness: the act of being nice to others out of pure willingness

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

“For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.” –Audrey Hepburn

“Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.” –Scott Adams

“Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion.” –Dalai Lama

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

Titus 3:1-8 – New International Version (NIV)

Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, 2 to slander no one, to be peaceable and considerate, and always to be gentle toward everyone. 3 At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. 4 But when the kindness and love of God our Savior appeared, 5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, 6 whom he poured out on us generously through Jesus Christ our Savior, 7 so that, having been justified by his grace, we might become heirs having the hope of eternal life. 8 This is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone.

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

I chose that passage because it really sticks out to me. A lot of times people do the things they do so that they receive a higher social ranking, more money, and/or bigger possessions. But that is not what we are supposed to live our life for. We aren't supposed to live for “this world”. We are supposed to live for what comes next. In order to receive eternal life God says to believe in Him. If you believe in Him you know he says to love your neighbors and to love even those who make it not so easy. In order to show love you need to be peaceful, considerate, and gentle toward everyone as the passage says above. All of those components fall under the definition of kindness. Being kind isn't going to be easy and you might not want to do it all the time but it will definitely get you a long ways. The relationships made off of kindness are the ones you will have for a lifetime. The passage

ends saying that those who have trusted in God may be careful to devote themselves to doing what is good. Being kind is doing good in this world.

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

This passage applies to me because I have gone through the struggles of fitting in and being what I thought was “popular”. I wanted to hang with the cool kids and do all of the things they were doing but I realized that I wasn’t like any of them. I became a big part of FCA and other various clubs and activities at Valley High School and I created friends through that and became occupied and stayed busy with those! I also hang out with my teammates who all have the same vision in mind as I do, win a state championship. I finally realize that being “cool” isn’t what God had in store for me. I was kind to everyone and stayed true to myself. I believe everyone sees me as myself because I don’t try to be someone that I’m not. That is why I believe I won homecoming queen. I believe that I am a kind person and I believe that is why I have had the most unbelievable high school experience possible.

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

I apply kindness in basketball by how I treat my coaches, parents, teammates and referees. My coaches and parents take so much time out of their lives to make sure I get the best experience possible and make sure I’m prepared for what is going to come. They show kindness by pushing me and my teammates in a positive way and they are always there if I need them. Honestly, I don’t even know where to begin with my teammates! I have been blessed to have the best teammates my whole life whether that is in high school or AAU ball. I show kindness to them by being nice, loving, and supporting them in whatever they pursue. My teammates do the same for me in return. As for the referees I hold myself accountable as team captain to make sure they are treated with kindness throughout the games. Of course there are calls that I, or my team, won’t agree with but you have to learn how to handle and respond to that. I make sure the referees are treated with the respect that they deserve.

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

I first became involved with FCA my freshman year. My AAU basketball coach, Jake Sullivan, was speaking at one of our Thanksgiving huddles and of course I had to go support him. After going to that huddle I have attended every one since! I don’t know if I would have continued to return if it weren’t for the friendships/relationships that I made with other peers while I was there. FCA always provided a fun, positive environment where I could be myself and praise the Lord with friends in a crazy manner. I have been a part of the FCA Leadership team for the past two years now and I am so glad I joined! I love being able to plan the fun, crazy activities that we do at every huddle and setting up talented speakers.

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

I was just a regular attendee my freshman and sophomore years, but my junior and senior years I have been a part of the FCA Leadership team. I would say I’m a very active member in Valley High School’s FCA. I run our twitter page and also help plan speakers, games, snacks, and other various activities that we do. I was also a guest speaker at FCA’s Fields of Faith.

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

I have grown up playing all different types of sports: softball, soccer, volleyball, gymnastics, track, and basketball. It was the summer going into my freshman year that I decided to just focus on playing basketball. I played AAU basketball from my 4<sup>th</sup> grade year all the way up to my senior year in high school. I traveled the country playing the highest level of competition every summer. Basketball has always been what I love to do. I played for Kingdom Hoops under the direction of Jake Sullivan all the way up till my sophomore year. He is one of the strongest followers of Christ that I know and I believe part of where I’m at with my faith today is a reflection of him.

**FCA Role (i.e. Huddle Coach, student-athlete, volunteer, staff):** Member of the FCA Leadership Team at Valley High School

**Favorite Bible verse:** Jeremiah 29:11

**Favorite sport:** Basketball

**Who is your athletic role model?** Tim Tebow

**How has God impacted you through FCA?** God has impacted me by giving me more self-confidence. I have become more comfortable with my faith and I am not afraid of hiding it. I am more comfortable praying out loud, speaking in front of a large group, and sharing my faith. I have created friendships that I am so lucky to have through FCA.

**Share one tip that helps you be a Christ-like competitor:** I would say a tip that I could give would be to remember who you're playing for. Sometimes athletes get so caught up in winning or losing that they forget who they are really playing for and what the true prize is at the end of the day.

**Have you signed the Team FCA Competitor's Creed?** No

**Sport(s) and position played, if applicable:** Basketball: point guard

**Sports Achievements:** Freshman Year: Honorable Mention All-Conference and All Academic All-Conference. Sophomore Year: 2<sup>nd</sup> Team All-Conference and All-Academic All Conference. Junior Year: Honorable Mention All-Conference and All Academic All-Conference as well as Team Captain. Senior Year: Team Captain

**Favorite Pig Out Food:** Buffalo Wild Wings: Honey BBQ Boneless Wings

**Favorite Music Groups:** For King and Country, Building 429, Casting Crowns, Francesca Battistelli

**Favorite Books:** Anything by Nicholas Sparks, Wenny Has Wings

**Favorite Sports Teams:** Phoenix Suns and New England Patriots

**Future goals:** I plan on getting a major in Business Management, minoring in Sports Management, and getting a certificate in Non-Profit Organizations!

**The biggest concerns facing youth today are:** All the temptations out there and also technology with social media.

**The biggest concerns facing Christian youth today are:** Doing the right things and not trying to fit in with the other peers.

**Favorite Pastimes:** Watching Grey's Anatomy, Sudoku and Word Searches, Listening to Music and Volunteering at my Church.

