



Heart of an Athlete September 2015

Name: Isabelle Gruis
Hometown: Des Moines, IA
School: Lincoln High School
Sport(s): Cross Country and Track & Field

List your chosen attribute: perseverance

What is your personal definition of this word? To push through any struggle or hard times you face, whether big or small.

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

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do" -Helen Keller

"God knows our situation; he will not judge us as if we had no difficulties to overcome. What matters is the sincerity and perseverance of our will to overcome them." C.S Lewis

"believe when you are most unhappy, that there will be something for you in this world. So long as you can sweeten another's pain, life is not in vain." -Helen Keller

What is your favorite Biblical passage that deals with this characteristic? Romans 5: 3-4
"(3)Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; (4) perseverance, character; and character, hope."

Why did you choose that particular passage? This passage refers to perseverance and the positive outcomes. Even though we may be struggling, it's important to push through it. Every time someone defeats a task or a struggle in their life, it builds character and hope. It builds confidence that will be used for every new struggle that will be faced later on.

Please give an application/example of this word in your life. I most often connect perseverance to my life through sports, but also I use it for school. Finals week especially since there is always so much work and so much pressure to get good grades.

How do you apply this word in your sport? Every athlete knows the struggle of those extremely hard days. There are days I just want to quit because I'm tired, stressed, or exhausted. It also seems runners are constantly in pain, whether it's shin problems, hip problems, ankle problems, you name it. But as all athletes do, I try my hardest to push through the pain and put in my best effort. Some days I am able to put forth more effort than others, but as long as I finish whatever the workout or run may be, and I know I tried, I feel satisfied. Every time I finish something hard, it builds confidence, and I remind myself that no matter what, I can do it.

How did you first become involved in FCA? I first came involved in the middle of last December(2014) when my Coach Dowling sent me a text letting me know that there would be an FCA meeting at a girls house. I did a little research on FCA and thought it was cool, so I went to the meeting. At the meeting talked about starting an FCA program at Lincoln High school, and we were all in.

How active within FCA were/are you? I'm currently an FCA leader. Since we only started late last winter, we've only been able to have about 4 or 5 huddles, and one big kickoff. Last year I was blessed to be a leader among 8 other student athletes, Anna, Lynzie, Andre, Sophia, Lauren, Brian, Moriah, Frannie and Dan, who helps guide us make FCA at our school possible.

What is your athletic experience? (Where?) I've run both Cross country and track since 7th grade. When I was in Junior High, Junior high students ran Cross country through the high schools, so I've always run Cross Country for Lincoln. (that has since been changed and Junior high kids now run through their own schools). In middle school I ran Track & Field at Brody Middle School, but would still sometimes go over to the high school and practice with them. Along with Cross country, I have run Track since 9th grade and will be have run for 4 years this spring.

FCA Role (i.e. Huddle Coach, student-athlete, volunteer, staff): Student-Athlete/
Member of FCA leadership at my school.

Favorite Bible verse: Ephesians 2:3-5 “(3) All of us lived among them at one time, gratifying the cravings of our flesh and following it's desires and thoughts. Like the rest, we were by nature deserving of wrath. (4)But because of his great love for us, God, who is rich in mercy, (5) made us alive with Christ even when we were dead in transgressions- it is by grace you have been saved.”

Favorite sport: It's hard to pick between cross country and Track, But Cross Country has always had a more family-like feel to it, where Track is more competitive for me. I'd have to say Cross Country.

Who is your athletic role model? I don't really have any famous athletic role models, but People I look up to everyday are by Coach Dowling, he was really the first one who introduced me to FCA and has been my coach for going on 6 years. My Dad, because he was the one in my family who originally began running and was the influence of me and my sister. My cousin Paige and my coach Ira, because when either of them are telling you that you're doing good and working hard, you know you are. They're all encouraging and I'm blessed to have them in my life.

How has God impacted you through FCA? By putting people in my life, and allowing me to grow close to people who help encourage me. FCA has given me incredible opportunities such as Camp (where I met some really great friends), and the possibility of making a difference in my school along with my fellow FCA leaders, whether it's one person, or many.

Share one tip that helps you be a Christ-like competitor: I always cheer on my team and try to encourage them anyway I can. I also try to show good sportsmanship at meets towards other teams and encourage them, and tell the other girls I was competing against good job at the end of a race. I also constantly try to remind myself that my running and competing ability comes from God, and to be thankful to him that I am able to do these things.

Have you signed the Team FCA Competitor's Creed? Yes

Sport(s) and position played, if applicable: I run Cross Country and Track. In Track I run distance (4x800 and 1500m) and I also Throw (shot put and discus).

Sports Achievements: Three years letter in Track and Cross country, hoping for 4th year letters this fall and spring.

Favorite Pig Out Food: Chocolate, Definitely chocolate. And little Debbies. And Cheesy things. And of Course Buffalo wild wings.

Favorite Music Groups: I listen to a lot of of Family force 5, Thousand foot Krutch, LeCrae and Manafest. But I also love Country music, classic rock and southern rock. It's safe to say I have a very wide verity of music.

Favorite Books: The ones I enjoyed that stick out most would be the Percy Jackson series, The Hunger Games series, Lord of the Flies, Boy in the striped pajamas, one of the first chapter books I'd ever read called A Dogs life, and almost anything John Green.

Favorite Sports Teams: Professional is Green Bay Packers, and College is definitely Iowa State University.

Future goals: After high school I would like the graduate college with a four year degree, and get a job where I can work in the DNR or fisheries and wildlife, or something that allows me to help others. I'm still pretty undecided.

The biggest concerns facing youth today are: Media. Media promotes way to much for young people, and kids love the media. Kid's struggle with making the right decisions and are constantly sucked into things such as drinking, smoking, sex and drugs. Unfortunately society has made most of these things "acceptable" and say they're okay.

The biggest concerns facing Christian youth today are: Christians seem to often be out numbered these days by either others not speaking our, or kids that don't share that religion. There has been a massive increase in the amount of people (both young and old) criticizing Christians and constantly knocking them down. Even a lot of Christian youth are influenced by media, and they see these things people post about Christians and can be discouraging when they think "everyone" hates them. And unfortunately, when people see they're being targeted so much and having awful things said about them, sometimes people start to believe it.

Favorite Pastimes: I enjoys riding dirt bikes (when I can), fishing, hunting, biking, long boarding, hanging out with friends and listening to music.

Other comments: FCA is new to Lincoln high school and was just established right around the beginning of 2nd semester of the 2014-15 year.