



## Heart of an Athlete December 2015



**Name:** Noah Clayberg  
**Hometown:** Pella, IA  
**School:** Pella High School  
**Sport(s):** Football, Basketball, Soccer & Track

**List your chosen attribute:** Discipline

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

Practicing self-control and consistently denying things that are not beneficial and consistently choosing things that are beneficial in my life

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

Famous quotes include: The pain of discipline will never outweigh the pain of regret.

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

Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace."

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

I am a goal oriented person and this verse makes sense to me. In the first couple of verses in Hebrews chapter 12 it says let us throw off anything that hinders and the sin that so easily entangles, and to run with perseverance the race marked out for us. For some, discipline can be viewed in a negative context, where the focus is on sacrifice and loss. I see it as a way of living positively. To me Hebrews 12:11 says later on that discipline produces a harvest of righteousness and peace for those who have been trained by it. I want righteousness and peace in my life.

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

An extension of discipline is how I handle my identity in sports. Success in sports can give you a false identity. God has blessed me and my hope is to honor Him in my humility and through humility I won't have to find my identity through sports but instead focus on what is actually important and use sports as affirmation and practice of discipline.

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

I love playing football and I want my body to be strong and healthy. I have used discipline in my training nutritionally, in the weight room and on the field. I have thrown off anything that I know to be unhealthy.

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

I have grown up being a part of the all sports camp FCA camp in Pella. It is an event that my family and friends have been involved in for quite some time. My mom has worked as the FCA volleyball coach in Pella and because of this it was very easy for me to get involved with the camp activities.

**How active within FCA are you?**

I was around FCA for a long time and then when I was of age, I did the actual sports camp for two years. I am mostly involved in activities at my church that includes CORE, which is a church session on Wednesday nights for high school kids out of Pella and Pella Christian High School.

We do worship and somebody talks and gives a message for the night. Also, I am involved in a small group called a "Life Group" and we go over books of the bible and study and learn more deeply about God together. My life group involves many of my closest friends which is beneficial because I am with them so much, it is easy to hold each other accountable and make good decisions.

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

I have been a multiple sport athlete at Pella High School in Pella, Iowa, competing in football, soccer, track and basketball. My football team has had the greatest success, winning the 3A State Championship the past two years.