



**FELLOWSHIP OF  
CHRISTIAN  
ATHLETES**

# Heart of an Athlete

## December 2016

**Name:** Austin Lamm  
**Hometown:** Urbandale, IA  
**School:** Urbandale High School  
**Sport(s):** Wrestling



**List your chosen attribute:** Humble/Humility

**What is your personal definition of this word?**  
To be gracious in success and insightful in defeat.

**What are some of your favorite quotes from other people about this word?**  
“Beauty in the madness, strength in humility, bravery in fear.”

**What is your favorite Biblical passage that deals with this characteristic?**  
“Humility is the fear of the LORD; its wages are riches and honor and life.” Proverbs 22:4

**Why did you choose that particular passage?**  
I interpret this as saying, there is no greater pursuit than finding personal success under the influence and protection of God.

**Please give an application/example of this word in your life.**  
Every encounter I have isn't taken for granted. With family it's the little things that make you proud. With family there shouldn't be a constant competition on who's #1. I can't describe how thankful I am to be able to go home where there's a mom who will always be there for me. For 18 years she has been there for me through the best and worst times. Even when my dad passed away back in March the feeling of love I still feel is unparalleled, besides the love of god. That has taught me humility towards what I have.

**How do you apply this word in your sport?**  
A personal example would be in wrestling. There is no perfect match, no perfect shot, no perfect practice, and definitely no perfect decision. But that's the beauty in it, the more I pursue towards the craft of becoming better I grow just as much mentally as I may physically. Being humble is understanding the fact I may never be good at certain things. Working on it makes me successful and what makes me the individual I am today is the very definition on being humble. To be modest and thankful on one's success and individuality

**How did you first become involved in FCA?**  
Before freshman year I was attending Wednesday night church classes since preschool at St. Pius X Catholic Church. When I saw the posters for the FCA annual food fight, I didn't necessarily think about it. I just wanted to go.

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

I have been very active with being involved since freshman year. Since the freshman year food fight I've been to 99% of group nights, been to every FCA lock-in and foodfight, and numerous schools hosting "Fields of Faith."

**What are your future goals?**

I hope to wrestle at a 4 year university and major in Biomedical Engineering and minor in communications. The dream I've had since freshman year is to work with wounded warriors through the VA (Veterans Affairs) and create prosthetics to help compensate for the price of freedom. I hope to have a happy home with a loving wife and kids I can be proud of. My mother has done so much for me I hope one day to be financially stable enough to spoil her and possibly buy her the dream home in Sarasota, Florida like we've always talked about. You never know, perhaps that may be the place I spend the rest of my life after college

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**Favorite Bible verse:** Proverbs 22:4 "Humility is the fear of the LORD, its wages are riches and honor and life."

**Favorite sport:** Wrestling

**Who is your athletic role model?** Dan Russell

**How has God impacted you through FCA?** He has molded me into the humbled athlete, son, student, friend, Catholic and peer that I've so gracefully become.

**Share one tip that helps you be a Christ-like competitor:**

Focus and you'll find a message or something to reflect in everyday life.

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

**Sport(s) and position played, if applicable:** Wrestling

**Sports Achievements:** High School All-State, off-season All-American

**Favorite Pig Out Food:** Having to drop an excess amount of weight in a short amount of time. ANYTHING is worthy to be pigged on. Even water tastes amazing haha. It sounds weird but you'll understand once you're in that scenario.

**Favorite Music Groups:** Anything country, R&B, Rap, varies on the current mood

**Favorite Books:** Dystopian, historical fiction

**Favorite Sports Teams:** Chicago Bears, Chicago Bulls, Chicago Blackhawks, Chicago Cubs.

**The biggest concerns facing youth today are:** Morals, principles, cause - effect

**The biggest concerns facing Christian youth today are:** Being forced into knowing God. Religion should be based on your own personal relationship with God.

**Favorite Pastimes:** Video games, shenanigans with friends, last minute activities, hunting/fishing/man stuff