

CfT: Player's Perspective

Levi Jungling, senior football player at Dordt University, was willing to answer a few questions to give us a glimpse of how transforming intentional principles and practices can be.



Is there a transformative principle that has benefited you or your team the most?

DU Football team praying over their new team captains.

The transformative principle that had the most profound impact on me both as an athlete and personally is Honor God. Learning what it meant to truly honor God through a sport I loved helped me encounter the Gospel in a unique way that I hadn't experienced through any other avenue in my life. Dordt football placed a heavy emphasis on competing from a place of freedom because our identity as Christians is secure in the blood of Jesus. Understanding this key aspect of Christianity through the lens of football opened doors for growth in my faith outside of the game as well.

<https://twitter.com/dordtfb>

Will any of the practices implemented in Dordt football carry with you in life past college?

One aspect of Dordt football that I hope to continue into the rest of my life is publicly speaking life to others. After practices, workouts, and games our team would often take time to give "attaways" to teammates. This would often turn into deep and meaningful proclamations about something that a teammate appreciated about another person. These were impactful times for me, seeing men pour life into others through their words. I realized the power of publicly lifting others up for both small acts and big acts. I hope to continue similar practices in other areas of life after football.

One of the more public Essential Practices of Dordt football is the 5th quarter. From a player's perspective, what benefits come from this practice?

I think the 5th quarter is a public display of the power in pouring life into others. Seeing young men uplift each other in such a sincere, and meaningful way is impactful for a lot of people watching. One of the biggest benefits of doing the 5th quarter is that it teaches players that our actions should not change because of our circumstances. No matter the result of the game, we pour life into each other. We have to put aside our disappointments from a tough loss and invest in lifting others up. It is a really hard thing to do at times. It is human nature to wallow in self-pity during times of defeat. But what an extremely powerful idea that when we are feeling down, we pour ourselves into other people. Putting aside personal feelings of defeat to raise others up is an example of the sacrificial love we are called to as Christians. I think the Gospel is on full display in those hard moments of the 5th quarter. It is important for both players and fans to experience. It is a driving force in keeping the program culture strong.

From the Gameplan: Build Ups

Does your team need to cultivate the joy? Check out this [Essential Practice](#) from JD Boer, boys' basketball coach at Pella Christian High School. This small addition to the end of your practices or games is just one way to bring intentional encouragement and create a transformative experience for your athletes.

Playbook Resource: Coach's Image Questionnaire

Winter seasons will come to an end before we know it. Plan ahead for your season wrap up by utilizing the Assessment Resources on our website! More specifically, check out the [Coach's Image Questionnaire](#) which gives athletes the opportunity to provide feedback on their coach's physical, mental, social, and spiritual approach to the game, which can be valuable information as you reflect and assess.


Check out our [website](#) for more videos and resources!



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CfT Schools 2021-2022

Utilizing the Power of the Team starts with knowing your teammates. We encourage you to reach out to each other to make connections and share your CfT journey successes and struggles.

YEAR 1 SCHOOLS					
 Avail Academy	 Chattanooga Christian	 Eden Christian	 Intermountain Christian	 Lansing Christian	 Mount Vernon Christian
 Ripon Christian	 Sioux Falls Christian	 St. Cloud Christian	 Southwest Minnesota Christian	 Wheaton Academy	 COACHING for TRANSFORMATION
YEAR 2 SCHOOLS					
 Central Minnesota Christian	 Central Wisconsin Christian	 Grace Community	 Pella Christian	 Sheboygan Christian	 Southwest Christian
 Trinity Christian	 Western Christian				

Note to Athletic Directors

We would love to feature one of your coaches or programs to share your CfT successes in an upcoming newsletter! Please email lindsey.vanschepen@cace.org with a coach's name and email address.

If you have not provided email addresses for your coaching staff, please forward this newsletter to them. If you would like your coaching staff added to our contact list, please send those email addresses to lindsey.vanschepen@cace.org.

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