



From the Director:

Coaches and Athletic Directors,

God himself has prepared us for this, and as a guarantee he has given us his Holy Spirit. —2 Corinthians 5:5

I know it has been a busy fall for most, if not all of you! Good luck to your teams and schools if they are still playing. I want to remind you to ensure you take time for yourself in this busy season. Sometimes we run until exhaustion, and we have no more to give. To provide healthily, we need to be filled. 2 Corinthians 5 talks about God preparing us; however, we need to allow that space for Him to prepare our hearts.

COACHES DEVELOPMENT PROGRAM

We have had some great feedback from our coaches' cohorts in our Lead Coach program; we encourage you to get involved! Reach out to Joel Penner for more details about getting your coaches involved: joel.penner@cace.org or check our Lead Coach page on our website for more details. Our next cohort starts in December where we offer Faith Infusion, led by Beck Brydon, and Team/Culture Building, led by Joel Penner.

Here are just a few things people have said about the Lead Coach program cohorts they have participated in:

"Intentionality." I feel like that sums up so much because we must be intentional in connecting everything to scripture. It includes our conversations, struggles, devotions, coaching ... everything! We aren't trying to make morally astute kids, but we (coaches) should desire to make disciples that will always point the students to the Truth."

"There were so many good things that I gleaned from our meetings. Thank you again for being available, sharing passion & ideas, and taking the time to prepare for our meetings. I'm looking forward to growing and putting these things into practice! "

"I think it was a great setup and overall, a very good first round at these cohorts for CFT. I didn't really have many expectations coming into it. It put an additional spark to continue working on my CFT and how, through God's work, be a vessel in order to help student-athletes love the sport they are playing, but more importantly, have a deep love for God."

"I think this cohort allowed me to gain additional knowledge of the whole structure of CFT and to get great ideas from others who have been doing it longer than I have. In addition, I appreciate the continued biblical approach and emphasis we put on athletics and our student-athletes."

COACH SPOTLIGHT:

Lindsey Van Schepen (CFT Admin and Unity Christian Volleyball Coach)

This fall, we held our parent meeting a couple of weeks into practice but before our first game. I started by sharing my deep hope for the girls in my program and then asked the parents to do the same for their daughters for this volleyball season. This allowed me to hear the heart of each parent without scheduling one-on-one meetings with each of them, and I could compare the parents' deep hope with the conversations I had with athletes after tryouts to see if they were aligned. It also gave background and context to a lot of interactions and conversations that happened with parents and athletes throughout the season.

The second thing I asked my parents that night was to write down a verse they would like to share with the girls before a game and why they chose it. I only gave them a 4x6 card so they couldn't write anything too lengthy. Over the years, I've noticed that athletes have many different competing thoughts in the minutes leading up to a game. Because of this, we have moved our deeper team devotion time from right before game warm-ups to Monday before practice. However, I still want us to take some time to focus on what's most important before we step onto the court: that their value as a daughter of their parents and of Christ is their foundation, not the results of a match, their stats, or playing time. After reading the card, I also told the girls which parent it was from, and an unexpected blessing was the positive reaction the girls had when they heard it came from their parents.

Coaching high school athletes is a partnership with the family. As a non-teacher coach, this allowed me to hear the heart of each parent. But I also hope it made the parents feel like they had a valued voice in their child's athletic experience in an appropriate, positive way.

SCHOOL HIGHLIGHT: Bishop Heelan

Bishop Heelan has been seeing some of the fruit of CFT in their first couple of years. Led by Andrew Foster and Jay Wright, they have implemented new strategies that have allowed for better alignment in their programs. "We have used our game plan as an alignment tool for problem-solving with our families and coaches." These two have continued to implement this across their coaching staff, and now they have begun a new assessment tool that will be launched for their winter coaches. Keep up the great work guys!

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