



## What is FCA?

Since 1954, the Fellowship of Christian Athletes has challenged athletes and coaches to make a positive impact on their communities. FCA is cultivating positive principles in local communities nationwide by encouraging, equipping and empowering others. Reaching over 1.3 million people annually on the professional, college, high school, junior high and youth levels, FCA has grown into the largest interdenominational sports ministry in the world. Through this shared passion for athletics and faith, lives are changed for the current and future generations.

Nationally, FCA's Staff has grown to more than 700 in over 325 local offices. Our message is gaining momentum as more and more dedicated coaches and volunteers share their time, talents and beliefs to the teams they serve. FCA's efforts are focused on our "4 C's" of Ministry: Coaches, Campus, Camps and Community.



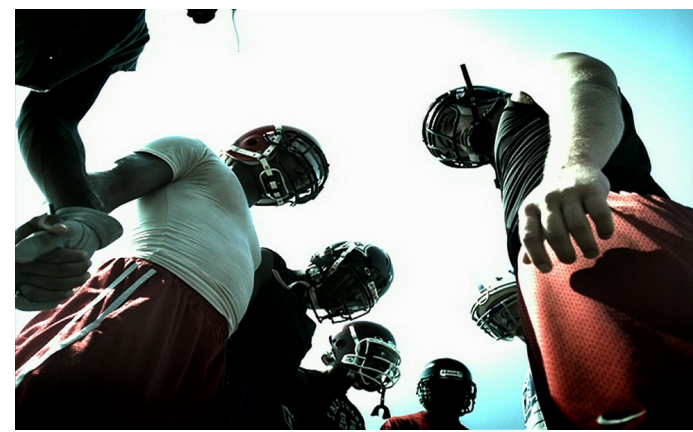
*The heart and soul in sports\**



## Coaching the HEART behind the Jersey



## *Coaching the 21st Century Athlete*





## Impact as a Coach

*Coaches help others find their opportunities and show unwavering faith so every athlete they touch has the ability to be their best.*

### “3-Dimensional Program”

Coaching the 21st Century Athlete will help you move beyond just the “success” of your team and move towards the true “significance” as a coach. It will equip you to win both on the field and in the lives of your athlete by transforming them in the following areas:

- More attentive and learn quicker
- Achieve higher fitness compliance
- Experience shorter rehabilitation
- Become more abatable to new conditions
- Posses the freedom to be more creative
- A deeper relationship exists between you and your athlete.

## Capturing Hearts through:

- **MOTIVATION**- The driving force which causes us to achieve goals.
- **CONFIDENCE**-Creating a sense of certainty and responsibility for the factors that are under their control.
- **INTENSITY**- An athlete in the zone is able to ignore all the pressures and let his or her body deliver the performance that has been learned so well.
- **FOCUS**- “The key to success is to focus our conscious mind on things we desire not things we fear.” - FCA Staff
- **EMOTIONS**-A coaches goal should be to help athletes gain mastery over their emotions so they can help rather than hurt competitive performances.
- **MENTAL IMAGERY**- Help your athletes develop a clear picture of what success looks like on the athletic field.
- **GOAL SETTING**– Create a vision for you and your team.
- **TEAM COHESION**- Group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others.

## Coaches Speak Out

*“Coaching is a privilege that makes even the strongest of men humble. Coaching is about each players 'life journey' and what small impact you may have on his becoming a man. Your players will remember you, not so much as to what you coached, but how you coached. Never stop coaching them - that is the best that you can do.” Coach Smith*

*“The Legacy Builders study has been a life-altering experience for me. It is an experience that will change you from the inside out and is the best investment of your time that you can make. Leave a Legacy! Coach Mike*

## How to Contact Local Staff