

- **Release Date:** June 14, 2018
- **ISBN:** 9781632694676
- **Retail:** \$13.99
- **Pages:** 90
- **Category 1:** SPORTS & RECREATION / Coaching / General
- **Category 2:** RELIGION / Christian Life / Professional Growth
- **BISAC:** SPO061000
- **Format:** paperback

C3: CHRIST CENTERED COACHING

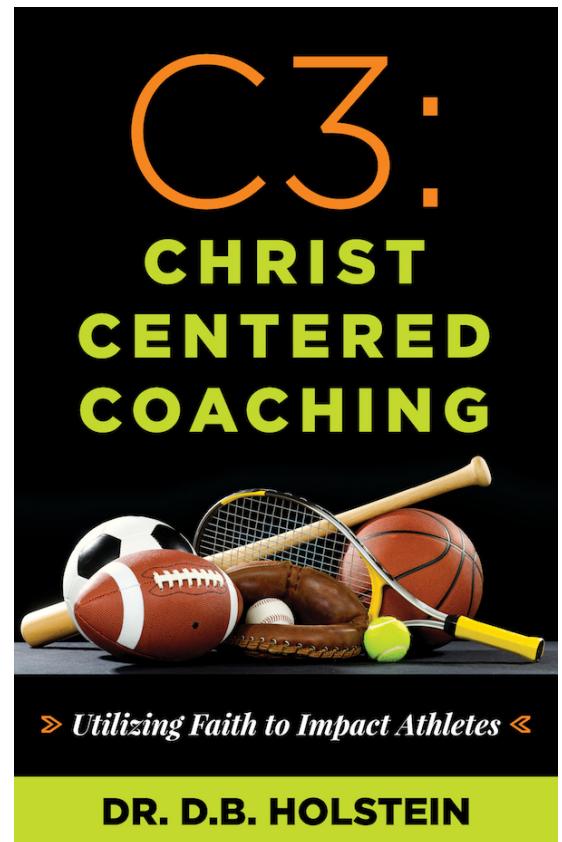
UTILIZING FAITH TO IMPACT ATHLETES

DR. D. B. HOLSTEIN

Imagine a more disciplined, balanced, stress-relieving way to impact your athletes for good. In an environment that is highly emotional and sometimes volatile, it's critical to have core principles that promote centering yourself for balance, leading through intrapersonal skill development, and recognizing what your athletes are looking for in a coach. *C3* presents just these principles, drawing from the Christian way of life and sport.

Most of us will never coach at an elite level, but that doesn't mean we don't bring the same passion, commitment, and ownership to our profession. The uniqueness of *C3* is that the author is one of those everyday, ordinary people that immersed himself for four decades into the two-year college athletic world. This book encourages and equips all coaches, whether they coach elite athletes or young beginners.

Author and coach Dr. David Holstein discusses his three decades of coaching and athletic administration—sharing stories that address self-leading skills and those skills passed on to his athletes. In addition, he aligns scriptural interpretation with his spiritual journey and experiences, analogizing their relationship to leadership.



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About the Author

D. B. HOLSTEIN

DR. DAVID B. HOLSTEIN has been immersed in two-year college athletics as an athlete, assistant coach, head coach, and athletic director for nearly four decades. He earned his EdD in Ethical

Leadership from Olivet Nazarene University. As a head coach for thirteen years, he led many teams to championship titles, mentored seven All-American athletes, and placed more than 70 of his players at NCAA Division I or Division II universities. In March of 2008, Dr. Holstein was voted into the National Junior College Athletic Association Region 4 Hall of Fame as an AD/Coach. He has been the Sports Chair of the Florida College System Activities Association Council for Athletic Affairs of the Southern Conference and a member of the Florida Council for Athletic Affairs Executive Board for two-year colleges. David Holstein and his wife, Cynthia, have their roots in the Midwest as they both grew up in Kankakee, Illinois, and now reside in Florida. They have 5 grown children: Wesley, David, Heidi, Carlye, and Madelyn.

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Suggested Interview Questions

For D. B. Holstein author of
C3: Christ Centered Coaching
Utilizing Faith to Impact Athletes

Q: You have been immersed in two-year college athletics for four decades as an athlete, assistant basketball coach, head basketball coach, and athletic director. What do you feel are the three most significant change that you have witnessed within the coach-player relationship?

A: First of all, I would like to point out the basic foundation of what athletes want has not changed over the years. There hasn't been one recruit in my office that doesn't want to be both successful in their chosen sport and successful as a human being. They all have the desire to be guided, directed, motivated, inspired, corrected, and celebrated as human beings. I believe upon reflection the three most significant changes I have seen are the Authority Orientation Dynamic, the need for constant stimulation, and the multitude of communication avenues available (good and bad) the athlete has access to get information. It should be noted that I am not making an evaluation that these areas are either good or bad, however, this is what the world of sport has evolved to.

Q: What are the driving beliefs behind C3—and, by extension, the most important points you want your readers to take away?

A: I am first a Christian man. I believe in the balance of this human life. This means to me that there needs to be a base foundation that we all need to follow to be successful. For me that is first believing that Jesus Christ is the Son of God and then trying to practice and apply daily the principles that are taught in the Bible. From there your growth resonates from the inside out. I believe that this part of our life is not discussed as much as it should be. We are constantly talking about the physical, cognitive, and emotional/social growth of us as human beings and not enough time is spent on the spiritual side.

Secondly, I believe in transparency in our relationships with athletes. You cannot “trick” them into believing something that is not necessarily true. It is important to

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be honest in your approach, coaching style, and philosophy so they know what to expect in the journey they will take with you in their sport. It is all about lifting them to a level they have never experienced before and displaying these transparent characteristics will not always get you liked but they will afford you the respect that you earn in your relationships.

Finally, I believe in authenticity. You are who you say you are. This characteristic goes a long way in developing consistency in your approach and will send a clear message to your athletes that they can depend upon you to behave in a certain way during their time together with you.

Q: What strikes you most about Jesus Christ as a leader?

A: As I continue to grow and mature in my perception of the Lord, I am continually amazed at his absolute perfection in his daily approach while he was on earth. From my athletic world, I would classify him as the elite among the stars. First his competitive nature was beyond human description. He was put on this earth to give those of us that did not believe a chance at an eternal life simply by believing he was the way, the truth, and the life. He was very absolute in His approach and tutored His team (disciples) to carry on the journey when he departed this life.

Secondly, He was highly passionate. Now we know that passion can be a bad or good thing. I believe that Jesus behaved as one of the definitions of “passion” in Webster’s would indicate: He had a boundless enthusiasm for his Father in Heaven and saving humanity. This boundless enthusiasm was infectious and influenced the people that were “on board” to incredible loyalty and devotion.

Finally, Christ possessed a great sense of humility, the ability to sacrifice himself for the good of the overall cause.

Q: You mention a couple of analogies in C3 about the alignment of the athletic journey and the spiritual walk. Would you give us some insight on that alignment?

A: I have developed this visual image of the Rocky Mountains and shared this with the athletes and coworkers I have worked with for the past several years. We all start at this ground zero and begin to work our way up to the summit. Along the way adversity hits, and we drop, not back to ground zero necessarily, but

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somewhere in between. We learn from our mistake and keep moving forward to the goal no matter what that may be. It is a combination of the goal and the journey that keeps us going. If for some reason the goal is not achieved immediately, we find that we are growing none the less and achieving other rewards along the way.

And so it is with our spiritual journey. The great thing about the journey with Jesus is that by believing we are already guaranteed the Summit. A place in Heaven next to our heavenly Father. We will have peaks and valleys in our lives, adversity that may just make us want to quit. However, with the tools that we are offered through the scriptures and the understanding that Summit is assured, we can forge through this life with a confidence and peace that we are part of a greater plan.

Q: What inspired you to write C3?

A: I have read many books on leadership. It has been interesting to me that in most cases the writers are people that we can identify with because of their name and global impact. And rightfully so we should read many of these books and tap from them what we can. These are the elite, recognizable people.

I however am what I call an “everyday man.” I rise and grind every day in my own small sphere of influence. I feel like there are a lot of coaches out there that have or are doing the same things I have for many years. This book is intended for all but specifically for those that feel their body of work is not as important as someone who is more globally recognized. I am here to tell you in the eyes of God you are just as important a “spoke in the wheel” as the globally famous. It is important that global figures tell of their Christian faith because they have a bigger following, but it is down in the trenches that thousands upon thousands are saved.

Q: What are your favorite chapters of C3?

A: The chapters on “Humility” and “The Will Skill.” I do feel that there are very few original thoughts left in the world because all the “great thinkers” have taken them up. However, the perspective that I bring to both chapters are as original as I can get and are extremely powerful to me as they changed my paradigm on how I view both of these areas in my life.

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