



SESSION DESCRIPTIONS

Mindy Hopman

FCA Staff - Florida

General Session One: "Proven: Connect & Cultivate"

In this session, we'll explore what it means to cultivate a personal relationship with Jesus and stay connected to Him in every season of life. Through discussion and reflection, participants will share meaningful moments of encountering Christ, daily practices that help them abide in Him, and times when God has pruned, pressed, or shaken them, revealing growth and purpose in the process. This session encourages intentional connection with Jesus and offers practical ways to cultivate an active, resilient, and transformative faith.

Sarah Roberts

FCA Staff - Georgia

General Session Two: "Proven: Choose & Commit"

In this session, we'll focus on intentionally choosing Jesus every day and learning to remain connected to Him, even in the midst of life's pressures and challenges. Participants will reflect on how Jesus has made His relationship personal, explore practical ways to keep Him at the center of daily routines, especially in sports, and discuss strategies for staying close to God when feeling disconnected. This interactive time encourages athletes and coaches to strengthen their faith and remain grounded in Christ, no matter the season.

Sara Crews

FCA Staff - Carolinas

Athlete Message: "Proven: For the Athlete"

What's the difference between a proven athlete and a proven Christian athlete? The answer lies in what is eternal. In this session, we will reflect on what it means to live in Christ through our sport rather than competing apart from Him. We will walk through each fruit of the Spirit, applying it to the life of a Christian athlete who is not just proving performance, but proving discipleship. When Christ is evident in the way we train, compete, and respond, everyone around us is impacted and blessed by God. We will close by wrestling with a question inspired by Mark 8:36: What does it profit an athlete to prove their abilities, yet fail to prove they are a disciple of Jesus Christ?

Alyssa Brito

Professional Athlete

Athlete Testimony: "Beauty in Broken Pieces"

Alyssa shares a personal testimony of how God wants to give us salvation through a relationship with Him but also wants to transform us to make us more like Him. If you find yourself focused on everything that is wrong instead of what is right, be encouraged that God wants to bring glory out of your broken pieces.

SESSION DESCRIPTIONS

Kate Britton

FCA Staff - Carolinas

Athlete Testimony: "Connected to the Vine"

God calls us to be living proof of him on our teams, with our friends, and in the world. The only way we do this is if we connect ourselves to the vine which is Jesus Christ himself. You will be challenged and encouraged by Kate as she helps us abide in Jesus.

Flecia Comeaux

FCA Staff - Texas

Athlete Testimony: "Proof in the Comeback"

As an athlete, the hardest time to abide in Christ is when we suffer an injury. We ask God questions, experience doubt, and even wrestle with God. Fleceia shares a powerful and insightful testimony of lessons learned from God when she found herself on the sidelines.

Bubba Nickles

Professional Athlete

Athlete Testimony: "Proven in the Pandemic"

Sports can be our identity and even an idol, but what happens when you are kept from playing your sport? You will hear the powerful testimony of USA softball player, Bubba Nichols and how the Lord proved himself to her when everything was shut down in the pandemic.

Hailey Resetar

College Athlete

Athlete Testimony: "Proven Sacrifice"

In Hailey's testimony, you will hear common lies we believe when we find ourselves trying to prove ourselves to the world. Instead of proving ourselves to an ever changing world, what if we lived our lives as a living sacrifice to a never changing God. Be encouraged by God's word and Hailey's testimony.

Chloe Roberts

College Athlete

Athlete Testimony: "Practice Makes Proof"

In Chloe's testimony she found herself as a freshman in college trying to prove herself. As a decorated high school athlete, it was difficult to start from the bottom once again. She had to ask herself, "What do I do when I am not where I want to be in sport?" Can you relate? Watch and listen to Chloe's personal story can encourage you in yours.

Tankea Rubin

High School Coach

Athlete Testimony: "Strength Beyond the Game"

Athletes are often defined by their drive to achieve. In this message, Taneka Rubin shares how she learned to depend on God in every area of her life, including her basketball journey. Recognizing that we cannot accomplish anything truly meaningful on our own is humbling, but it is precisely in that place of dependence that God invites us to trust Him and experience His strength.

SESSION DESCRIPTIONS

Noelle Schnacky

FCA Huddle Leader

Athlete Testimony: “Fired Up”

Isn't trying to prove yourself in this world, have you found yourself with a lukewarm faith in the Lord? You will be challenged and encouraged as you listen to this powerful testimony of Noelle based on God's word. She will help you get to the root of lukewarm faith and practical ways to fire it up.

Aubree Munro Watson

Olympic Medalist

Athlete Testimony: “Living Proof”

Our walk with God isn't about proving anything to the world. It's about being living proof of His goodness and faithfulness. The “work” — the trying — is found in abiding in Christ in such a way that your life naturally stirs curiosity in others. When that curiosity opens doors to conversation, we have real opportunities to be honest and authentic about our story with Jesus.

Kelly Schmidt

FCA Staff - Arizona

Coaches Message: “Proven: For the Coach”

How do we give God glory? We know as coaches we can say what we want accomplished, but not all coaches do a great job of breaking down how to get there. Thankfully the Word of God is the perfect game plan and this year's theme tells us what giving Him glory looks like. We give him glory when we bear fruit and this proves we are his disciples. Coaches, we are proven in him.

Jo Koons

College Coach

Coaches Testimony: “Abide in Tough Seasons”

Have you ever found yourself striving to earn others' approval? Have you walked through difficult seasons as a coach because that approval was missing? Be encouraged by college and professional softball coach Jo Koons as she shares her personal journey of trying to prove herself, seeking the approval of others, and learning what it truly means to abide in Christ in the midst of it all. Her story is a reminder that our identity is not found in others' affirmation, but in staying connected to Jesus through every season.

Emily Kirby Nagle

College Coach

Coaches Testimony: “All the Proof We Need”

As a young coach, it's easy to compare yourself to others or wonder if you're truly good enough to be here. Many of us live under constant pressure to prove ourselves to supervisors, parents, athletes, family, and friends. But as Christians, our calling is not to chase approval; it is to trust the gifts God has already given us and to reflect Christ in the way we lead. Jesus died on the cross and paid the full price for our sins. His finished work is enough. Because of that, we no longer have to prove our worth to anyone. Jesus Himself is the proof of our value, our identity, and our purpose.

SESSION DESCRIPTIONS

Deb Larson

Retired Coach

Coaches Testimony: "Christ Centered Coach"

As a retired coach and former National FCA director, Deb has encountered many coaches that identify as Christians but have impacted their athletes negatively and failed to model a true Christ-centered approach in their coaching. You will be both encouraged and challenged as a coach to truly understand what it means to find your identity in Christ not a win/loss record.

Darlene Johnson

NFL Coach's Wife

Coach's Wives Message: "Proven: For the Coach's Wife"

Do you struggle to prove your worth or do you trust you are proven by God to live a fruitful life as a by-product of abiding in Jesus Christ? As a coach's wife, you will be challenged and encouraged to live a life connected to the vine of Christ when we feel overwhelmed by the world.

Suzanne Renfrow

FCA Staff - Carolinas

Coach's Wives Testimony: "Creating a Christ-Centered Home"

Suzanne gives a powerful testimony and personal experience of how to create a Christlike atmosphere in your home as a coach's wife. We know this can feel overwhelming, hard and sometimes impossible, but when we abide in Christ all things are possible.

Jocelyn Ashton

NBA Wife

Coach's Wives Testimony: "Managing Expectations"

When we get married, we have our own expectations of what life will be like. But what happens when you are a wife in sports and expectations do not match reality? You will be encouraged by Jocelyn's testimony when God wanted to repurpose her quiet moments when she just felt alone.

Jeanette Morris

FCA Staff - Georgia

Coach's Wives Testimony: "Weathering the Storm"

As a coach's family, we will more than likely go through some very difficult seasons, including losing seasons and maybe even getting fired. Jeannette shares her personal story of being pruned during a difficult season and how staying connected to Jesus helped them through it.

Sarah Roberts

FCA Staff - Georgia

Coach's Wives Testimony: "How Are You, Really?"

As coaches spouses, we often put on the brave face to our family and to the world that everything is ok, but if that is the perception but not the reality? As Sarah teaches the biblical story of the Shunnamite woman, be encouraged that you are not alone. We can find help and healing by connecting with God and others.

SESSION DESCRIPTIONS

Alexis Stuckey

FCA Staff - Florida

FCA Moms Message: “Proven: For Moms”

This session invites moms into an honest, grace-filled conversation about identity, pressure, and surrender. Together, we'll reflect on the ways we strive to prove we are “good moms” and explore how those efforts actually make us feel accomplished, burdened, or overwhelmed. We'll name the messages the world is speaking over us as mothers and gently contrast them with the truth of what Jesus says about us when we abide in Him. Through discussion and encouragement, we'll consider how we can support one another in stepping away from people-pleasing and performance, and instead walk in freedom, rest, and faithfulness. Finally, we'll create space to ask where the Lord may be inviting us to surrender control, expectations, or fear, trusting Him to meet us with grace in every season of motherhood.

Mindy Lee Hopman

FCA Staff - Florida

FCA Moms Testimony: “Hanging on By a Thread”

Life can pull us in every direction, leaving us exhausted and overwhelmed. If you feel like you are hanging on by a thread, it's okay as long as it is the thread of His garment. In this session, you'll be encouraged to identify what entangles you, refocus on Him, and create space for God to refill and strengthen you in the midst of life's pressures.

Shalonda Smith

FCA Staff - Florida

FCA Moms Testimony: “Helping our Children Connect to Jesus”

As mothers who follow Christ it is important for us to understand that our first ministry begins in our homes. In Deuteronomy 6:4-7, Moses tells Israel, to listen, to love the Lord their God with all their heart, soul, and strength, to put the word in their hearts, to repeat the word to their children, and to talk about the word with intentionality to their children. Jesus says in John 15:1-7 that He is the true vine, we are the branches, God is the gardener, and it is important for us, His followers, to stay connected to Him. We can help our children to connect and stay connected to Jesus when we are intentional about reminding them what God says concerning them, their daily lives and their sport.

Loren Metts

FCA Staff - Florida

FCA Moms Testimony: “Proven Priorities”

As women, it seems our work is never done. And as mothers, we can often struggle to know what is most important when raising and supporting our children. In this session, we will unpack how teaching God's Word to our kids in practical and memorable ways - regardless of their age, interests or circumstances - is the most critical task we have as a parent.

SESSION DESCRIPTIONS

Amy Richards

FCA Staff - Support Center

Everyone Message: "PROVEN"

We are all trying to prove something; our spot on the team, being captain material; being accepted by our peers; earning success and accolades; even love. We put time and energy into doing all we can to fit into these spaces, but it leaves us exhausted and unfulfilled. But we don't have to keep striving to prove our worth: God has proven everything for us through his Son Jesus Christ. We simply receive what has already been done for us. We are proven in him. Learn from Amy Richards, what it looks like to go from living for approval to living from the love of God.

