



## ENCOURAGING AND CHALLENGING COACHES FAMILIES – April 2009

An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. ~Proverbs 31:10-12

### Welcome to Behind the Bench

We are excited about this opportunity to unify the coaches wives of northwest Georgia and to be an encouragement to each other before, during and after our husbands seasons.

### Prayer Reminder

~This school year is coming to a close. Let us pray for the safety of the students this summer.

~As the school year comes to a close we as coaches wives know that the seasons never end. Remember to pray for all of the teams who will be traveling to camps and doing workouts this summer.

~Pray for the FCA's continued success!

### Events

June 8, 2009

AOSM & FCA Coaches Golf and Family Gathering  
Dalton Golf and Country Club

The guys play golf while the wives and kids swim and play!!! (for free) Dinner will be served... more details will be posted soon so please check the web site for times

<http://www.ngafca.org/WOMENSMINISTRY/NorthGeorgiaBehindtheBench.lsp>

FCA Annual Golf Tournament and Ladies Silent Auction & Luncheon

Where: The Farm

When: June 22<sup>nd</sup>, 11am – 2pm

FCA Camps

<http://www.fcacamps.org/>

*For the entire family:*

Black Mountain 6/22 – 2/26

St. Simons 6/29 – 7/03

*For couples only:*

Callaway Couples Retreat 7/11 – 7/13

### Small Group Bible Study

**The Frazzled Female** – Cindi Woods

*\*Finding God's peace in your daily chaos\**

Our small group Bible Study is coming to a close. It has been a wonderful time of studying God's word and fellowshiping with other coaches wives. We will do another small group study in the future and we would love for you to join us!

### FCA Ladies Luncheon



THE FARM

Lindsey Goff will be the guest speaker.

If you would like to host a table please let Jana Cansler [JCansler@fca.org](mailto:JCansler@fca.org) know and she will mail you a host packet. As a host you are asked to fill a table with 10 women, including yourself. Tickets for the event are \$20. Tickets will be sold the day of the event but it is best for you to purchase your ticket ahead of time to ensure that you have a seat. You may contact Jana at the FCA office for tickets.

Please remember to save the date for the Fellowship of Christian Athletes Ladies Silent Auction and Luncheon on Monday, June 22<sup>nd</sup>, at The Farm Country Club. The Auction starts at 11:00am. The Luncheon is from 12:00 to 1:30pm.

### FCA Girls Tea

All girls who are upcoming 3<sup>rd</sup> through 5<sup>th</sup> graders are invited to the FCA Girls Tea. The Tea will be held during the Ladies Luncheon at The Farm. This event is still being planned so please check the website for more information.

<http://www.ngafca.org/WOMENSMINISTRY/NorthGeorgiaBehindtheBench.lsp>

### We Are on the Web

The North Georgia FCA has graciously allowed us to have our own section on the web site. Please check the site for upcoming events, helpful links, inspiring articles and pictures from events. Also, we will be able to post a link to our newsletter. We are excited about posting our newsletters online. This will allow you to access the letter as soon as it is finished and it will save the FCA money because they will not have to print and mail as many copies. If you would be willing to receive the newsletter online please send your email address to [lisabdickey@gmail.com](mailto:lisabdickey@gmail.com) and she will email you when the new newsletter is posted. <http://www.ngafca.org/WOMENSMINISTRY/NorthGeorgiaBehindtheBench.lsp>

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand"...Isaiah 41:10*

## Getting to Know – Lisa Dickey



Husband: Jake Dickey  
 Position: Head Volleyball Coach  
 Southeast Whitfield  
 Kids: Caleb (6), Taylor (4), and  
 Taryn (2)

We have been with Southeast for 4 years. Over the last 4 years Jake has been an assistant for basketball, volleyball and soccer. He has been the head volleyball coach for 3 years and we are very excited about his 5<sup>th</sup> season with the Lady Raiders. In addition to his high school coaching he has also coached volleyball for Choo Choo City Volleyball Club in Chattanooga.

What do I do to help out with the team? I am pretty much Jake's secretary. If he needs practice sheets, t-shirt designs or brackets made up I am here. I help by updating the volleyball website with team photos, stats, and schedules. A few years ago I helped the team by putting my lack of coaching skills to good use by coaching the SHS volleyball team during club season. Even though I was not a great coach the girls were able to spend hours bonding with each other. At the time it was exactly what they needed. Along with this I hosted a team slumber party the night before our first tournament... mistake!! The slumber party was a ton of fun but filling girls full of junk food and letting them stay up late is not advised if you have to leave the house at 6am. If I was given the chance I would do it all over again. Whatever my coach needs I try to do!

I feel that as a Christian coaches wife it is important for me to do my best at being a role model for the girls. Not all of the kids our husbands coach come from good homes. It is important that we show Christ's love to these kids and pray that we are the examples that God has put us here to be.

### Featured Coaches Wife

Would you like to be our next featured coaches wife? If so please contact

Ashley - winegarden15@charter.net or

Lisa - lisabdickey@gmail.com

With your name, your husbands name, his school, if you have kids, and how you help with the team or a short story about your life as a coaches wife.

### AOSM & FCA Coaches Golf and Family Gathering

Please mark your calendars and plan to attend June 8, 2009 at Dalton Golf and Country Club.

The guys play golf while the wives and kids swim and play!!! (for free) Dinner will be served... more details will be posted soon so please check the web site.

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## FCA Camps 2009

Last year my family had the opportunity to attend the FCA Coaches Camp at St.Simons Island. If you have never been to one of these amazing camps I would like for you to consider going. They call it a Coaches camp but I would call it a Family camp. My husband and I came away from the camp with a stronger bond. We developed a deeper appreciation and understanding of each other and for God's plan in our lives. It was truly a life changing experience!

What about the kids? While you are learning more about God and your husband your kids are having fun in age appropriate huddle groups. The children are broken down by age group. Ages birth to 4 years are split up in a building with loving caretakers, activities, toys, and a play ground. Kids 5 and up are broken down into huddles by age. They have devotionals, play games, and learn songs. Our children who were 5, 3 and 1 all had a great time with their groups.

You will not spend the entire day away from your children. You will be able to eat every meal (prepared in the cafeteria for you) with your family. There is a 4.5 hour free time every afternoon that can be used for playing in the pool, going to the beach, or walking the beautiful grounds of Epworth by the Sea.

I could go on and on about how great our experience was. I encourage you to share this information with you husband and consider attending a camp. There are two Coaches Camps in our region and one Couples Retreat.

For Families there is:

Black Mountain, NC 6/22 – 2/26

St. Simons, GA 6/29 – 7/03

Couples Getaway:

The Cove Billy Graham Training Center

Asheville, NC 6/26-6/28



If you would like more information you can visit the FCA Camps website or contact our local FCA office.

<http://www.fcacamps.org/coachescamps.php>

- Lisa Dickey

A Day at St.Simons			
7-7:35	Breakfast	1:00	Free Time
8:15	Childcare	5:30	Dinner
8:25	Huddles	6:45	Middle/HS
9:20	Competition/ Women's		Meet Huddle Leaders
	Walk,	6:50	Childcare
	Aerobics	7:00	Team Chapel
	Competition	8:15	Huddle
10:10	Break		Sessions
10:45	Morning Chapel	9:15	Adult
11:50	Pick Up Kids		Fellowship
Noon	Lunch	10:15	Pick Up Kids