

## Meet Three MLC Winter Athletes



### **Emma Nelson** (MVL / St. John-Redwood Falls MN) **Basketball & Track**

**What she loves:** It's not just competitive and fun, but everyone has such a servant mindset, and they'll all be my future colleagues in ministry.

**The coaches here at MLC . . .** are so supportive, loving, and understanding. They accommodated me so I was able to play basketball while student teaching, which is something really unique to MLC.

**It's not high school:** The collegiate level is definitely more competitive than high school—in the level of intensity and the pace of the game.

**What she's taking with her:** One of the coolest things that sports at MLC has taught me is how to create long-lasting relationships and how to be a good communicator in a sometimes-stressful environment!

### **Seth Veers** (Lakeside / St. Andrew-Middleton WI) **Basketball & Track**

**What he loves:** I love competing and building strong relationships that will last a lifetime. We go on trips and always have a blast. We take it seriously, but always have a ton of fun.

**The challenges:** Prioritizing sleep and trying to keep myself feeling good on the hardwood or the track. Also learning to juggle a lot of things going on. Schedules get tight, and many times the energy is drained, but that just adds to the adventures going on in my life.

**He's here for ministry prep, but sports are a highlight:** Sports have played a role in my decisions to keep coming back to MLC—not just the opportunity to play, but the people, teammates and coaches. Once you're in, it's hard to leave.



### **Kenzie Holzbauer** (WLA / Faith-Fond du Lac WI) **Indoor & Outdoor Track**

**What she loves:** We have amazing athletes at MLC that compete well both with each other in practice and against our rivals. I also love the family atmosphere—everyone cares about each other, and success is celebrated as a team.

**Priorities:** We are student athletes, not athlete students. Our course work comes first, and managing my time is the key to success in both academics and athletics.

**Thanks, Coach!** I absolutely love our head coach, Breanna Olson. She's an amazing role model. She's also a three-time Coach of the Year in the last two years! She makes research-based decisions on our training, and she makes practice fun. I hope to be as respected as she is when I coach someday.

**Speaking of coaching:** I'm hoping to take the skills I've learned to other students in my ministry. I think coaching is a great ministry tool and can open a lot of doors to reach others with the gospel.