

Three MLC Fall Athletes – In Their Own Words



Lauren Paulsen (LPS / St. Matthew-Oconomowoc WI) is a senior who plays volleyball and basketball at MLC.

What she loves about DIII sports: I love the girls on the team and the bond that we all have, being at MLC preparing to be teachers and wanting to go out and share our faith with others.

Skills for sports, life, and ministry: I'm learning time management, hard work, and leadership—how to be a leader and how to push through tough times and never give up.

More intensity in college: College sports take a lot more time and dedication, but there's a lot more bonding and relationship building too.

Matthew Hillmer (LPS / St. Matthew-Oconomowoc WI) is a senior preseminary student who plays football and runs indoor and outdoor track.

College sports can seem daunting: It's true that you face better athletes and competition, but it's still the same sport you loved playing in high school. And the coaches here prepare first-year students well to make the transition to play the game at a higher level.

The coaches are amazing: Both my coaches in football, Coach [Paul] Huebner, and in track, Coach [Benjamin] Olson, push me to be the best athlete I can be, but also take the time to connect with me outside of sports.

Balancing academics and athletics: It does cause a few challenges, but both the professors and coaches are more than understanding and willing to help you succeed in the classroom and on the game field.

Teammates forever: It's awesome to compete alongside my teammates who will someday become my teammates in the mission field, working together to serve God's people.



Naomi Foley (HVL / St. John-Westland MI) is a junior early childhood education major who plays soccer and participates in indoor and outdoor track at MLC.

Team = family: My favorite part of the day is practice or games when I can forget about stressful classes or other things going on in my life and play the sports I love with the teammates I love.

Coaches really care: The coaches care for so much more than just your athletic performance. I meet with my soccer coaches every other week to check in on how everything's going. And whenever I see my track coach, I talk to her about anything that's going on.

United in Christ: This year the soccer team chose the motto "United in Christ." We start each week with a Bible passage as well. This reminds us of who we're truly playing for.