

## Knights Athletes – In Their Own Words



**Jessica Horn**

*Birdville HS / Christ Alone-Keller TX*  
Softball



**Parker Winghart**

*LPS / Our Savior-Brookings SD*  
Baseball



**RJ Perry**

*GPLHS / Our Savior-Brookings SD*  
Football, indoor & outdoor track & field

**We're a team!** This year's theme is "Gratitude in every opportunity, strength in every challenge." At MLC, we share our faith on and off the field, which builds deep, lifelong relationships.

**Playing D3:** Because seasons don't last all year at the D3 level, we get to participate in other activities and sports. The time during the season, though, is demanding—but so rewarding.

**Great coaches:** Coach Kvam and the assistant coaches are extremely dedicated. They promote hard work—all for the glory of God.

**Christian resilience:** The struggles and successes of athletics are like the challenges and joys of ministry. We learn to face challenges head on and embrace Christ's work in our lives, which directly translates into ministry.

**Definitely a step up:** It's easy to think, "It's just D3," but everyone on every college team was the best player on their high school team. They take it very seriously, so we need to keep up!

**Great MLC facilities:** We dedicate a lot more time to our sport than just the team practices. That's why our facilities are so great. In the offseason, the Betty Kohn Fieldhouse gets put to work, as well as our Fitness Center and the Summit Training Hall.

**Coach Cox cares:** Coach Cox will do anything on behalf of his players. If you want to play for a baseball coach who genuinely cares for you and wants you to succeed, it's Coach Cox.

**Represent!** People at my home congregation love that I represent them at MLC, and being able to do so on the baseball field brings me a lot of joy.

**So much to love:** I love the connections I make with teammates, coaches, parents, and other athletes. I also love how I can let my Christian light shine in how I conduct myself in the throwing ring and on the football field.

**Learning to coach & encourage:** What I'm learning the most about is how to coach. And I'm growing in how to be a Christian brother—maintaining a positive outlook to bring up my teammates around me.

**Taking it into ministry:** In track we form tight bonds. Making connections is a big key in ministry too.

**Excellent coaching:** Coach Ortmann has helped me perform better not only as an athlete but as a person. He's helped me through some tough situations and is always there to help and listen, no matter what. He's truly an amazing coach, and I am so happy to be one of his athletes.