

## Injuries

Injuries are a part of virtually every competitor's career. But while they may sideline us physically they don't have to spiritually.

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Devotional

### **Speed Bumps**

As athletes, it's easy for us to find ourselves in situations that we never played out in our minds. Down by 10 in the...

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Devotional

### **Wrestling with Worship**

This past winter I was having the best wrestling season of my life. I was physically and mentally strong, and I was able to...



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Article

### **A Cyclone's Path**

Rachel Hockaday immediately knew her season was over. In Iowa State's opening match of the 2010 season, she jumped for a...



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Article

### **Staying True**

It might sound crazy, but tearing my ACL in January 2001 was a good thing. At the time, however, I wouldn't have agreed. The...





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Article

### **Seeing the Light**

It's a simple phrase, yet one that means everything to former two-sport Baylor University star Melissa Jones, who ends every...

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Video

### **FCA Interviews Brian Roberts**

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Collection

## **Perseverance**

Sometimes it's not easy to look past the injury or defeat. But Christ calls us to persevere in our Christian faith and we...

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Outreach Idea

## **On-Campus Clinics**

Host clinics for various sports on strength and conditioning, nutrition, sports psychology, how to avoid injury, treatment/...



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