

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Heart of an Athlete: Rachel Hockaday

---

## **Heart of an Athlete: Rachel Hockaday**

*“Finally, be strong in the Lord and in his mighty power.”* – Ephesians 6:10 (NIV)

This season hasn't exactly turned out the way Iowa State volleyball player Rachel Hockaday planned. As a junior outside hitter, Hockaday was set to be a key component in the Cyclones' success but suffered a season-ending knee injury just 12 points into the first match of the year. As STV's November "Heart of an Athlete," Hockaday had fielded our interview before the season, but, after the circumstances changed, she was kind enough to give us a few more minutes on the phone and tell us how the Lord has worked through this new challenge.

### **Bible Reference:**

Ephesians 6



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/article/heart-athlete-rachel-hockaday>