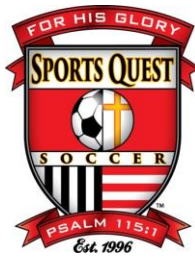




HCYA HURRICANES PRE-SEASON TRAINING



What a terrific first morning of pre-season training! We hope you enjoyed the session format and benefitted from each of the 3 stations: Fitness with a ball • Speed and agility • Game conditioning

Things to remember:

1. Not everyone will be at the same fitness or experience levels. **THAT'S OKAY!** The goal over the next 6 weeks is to build each player up to be the **BEST THEY CAN PERSONALLY BE**
2. Your coaches are there to help in any way possible. If you're struggling with a skill or concept, or if you feel the need to take extra breaks, please feel free to approach a coach. And of course, we're always available to pray specifically with/for you
3. There are many new faces...which is **AWESOME!** However, it can be intimidating at first for newcomers, so for those who are already involved in the program, please be sure to go out of your way to introduce yourself to others and make them feel welcome. Over the past few years, the program has been built on strong relationships, camaraderie and fellowship. This is a key ingredient of the program, and it's an atmosphere we've worked hard to create and sustain. **TEAM SPIRIT is HUGE!**
4. Our Scripture memory verse for pre-season training is 1 Timothy 4:8: "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."



Looking forward to seeing y'all on Thursday...for a 7.30 am prompt start!

Jim Spence – Founder Sports Quest Inc.

