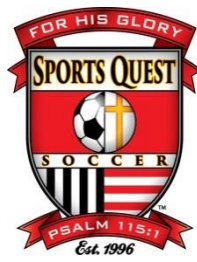




## HCYA HURRICANES PRE-SEASON TRAINING WEEK 2 - REVIEW



### Four sessions completed!

A shout-out to everyone who completed the first 2 weeks of pre-season training! As we've mentioned before, your fitness levels will improve as you stick with the program, especially if you COMMIT to complete the homework assigned to you last week. Starting next Tuesday, the plan is to separate groups into MS boys and girls and HS boys and girls. It's important for coaches to "get to know" their players as the season starts to get closer.

As always, we delved into God's Word at the end of each session and issued a personal challenge to every player:

### Tuesday's Challenge – Be Prepared!

- Faithfully and diligently study the Scriptures to be ready to share Christ at all times
- Fail to Prepare – Prepare to Fail!
- "Preach the Word; be prepared in season and out of season; correct, rebuke and encourage – with great patience and careful instruction." (2 Timothy 4:2)

### Thursday's Challenge – Be Positive!

- Realize that a negative attitude is just as contagious as a positive one
- "Whatever you do, work at it with all your heart, as working for the Lord, not for men." (Col. 3:23)

See you on Tuesday, and be sure to do your homework!

Regards,

Jim Spence

Head Coach - HCYA Hurricanes

Founder - Sports Quest Inc.

