HCYA HURRICANES PRE-SEASON TRAINING
WEEK 6 - REVIEW

Ten sessions down…Two to go!

Another great week of pre-season training! Next week will be the final 2 sessions before HCYA Hurricanes Team Training officially starts up on Tuesday October 18 at Meyer Park (**NOT FAIRFIELD**)! So, be ready for another challenging week to get ready for the new season!

Tuesday's Devo Challenge – Put God on display!

- It's all about Him! There are no great feats we can do to impress God, but we can use our gifts to glorify Him
- Your talent is God's gift to you. What you do with it is your gift to God (Leo Buscaglia)
- "We have different gifts, according to the grace given us" (Romans 12:6)

Thursday's Challenge – Live well!

- Be encouraged
- Be prepared
- Be positive
- Fight through obstacles
- Listen, learn, apply
- Be alert
- Be bold
- Be a difference-maker
- Be thankful
- Put God on display

Why?? Because…"We are therefore Christ's ambassadors, as though God were making his appeal through us" (2 Corinthians 5:20)

Looking forward to seeing everyone next week!

Regards,

Jim Spence
Head Coach - HCYA Hurricanes
Founder - Sports Quest Inc.

Homeschool Preseason Homework

Mobility

Exercise	Sets	Reps	Description	Picture
90/90 Stretch	3	6 each side	Working on thoracic mobility. Start with both hands together. Rotate thoracic region while bringing top hand over to the other side. Rotate as far as your thoracic region lets you without extending your shoulder.	
Elevated Pigeon Stretch	3	1 minute each side	Working on glute mobility. Place leg on table as shown. Slowly lean forward until you feel stretch in glute. Keep straight posture through whole stretch (do not slouch forward)	

Conditioning

Exercise	Sets	Reps	Rest	Description
10 yard Variation work	3	3	1 minute Juggle between sets	1st Rep: sprint 10 yards, back pedal backwards to start. Do this Xs 5 2nd Rep: Sprint 10 yards, side shuffle back to start. Do this Xs 5 3rd Rep: Sprint 10 yards, turn and sprint to start. Do this Xs 5. THIS IS 1 SET. DO THIS (1ST, 2ND, 3RD REP) TWICE!