



HCYA HURRICANES TRAINING NOTES – OCTOBER 27



Review after 2 weeks of training

A great start to the Hurricanes season! As everyone works hard to prepare for the first games, let's continue to keep our perspective on what "success" looks like over the next few months.

Success is...

- ✓ Maintaining a strong work ethic. No short cuts. You get out what you put in!
- ✓ Pushing each other to be the very best they can be. Hold teammates accountable. Encourage one another
- ✓ Staying true and committed to the Player Pledges
- ✓ Being hungry for the Word. As we go through the book of Philippians verse by verse, determine to apply the end of session devo lessons to your life on and off the soccer field. In addition, read Philippians for yourselves. It's just 4 short chapters, and.... it might change your life!
- ✓ Remembering Philippians 1:27, "Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ..."
- ✓ "Buying in" to the message, "It's not about me!" Soccer is a team sport. We win together (players, coaches, parents) and we lose together. There may be individual disappointments and setbacks throughout the season, but the TEAM will ALWAYS be BIGGER than any one person. So, whether you're on the field or on the sidelines, remember: TEAM FIRST!



And finally...

- Please be sure to wear shin-guards to all practice sessions!
- If you cannot make practice, be sure to let your teammates and coaches know by posting a note on "Chat" in the HCYA app
- Lost and found items:
 - A couple of soccer balls from Thursday's practice
 - One blue sock from Tuesday's practice!

Have a great weekend!

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

