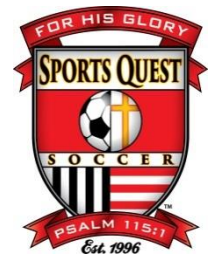




HCYA HURRICANES TRAINING NOTES – DECEMBER 11



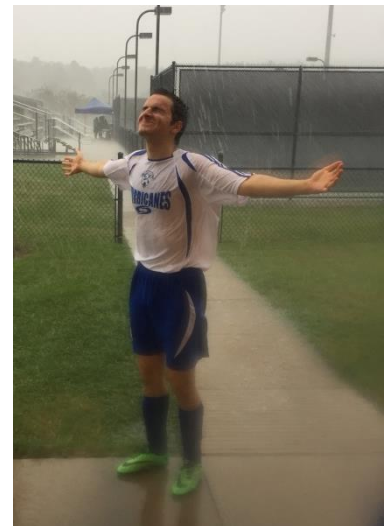
“Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ...” Philippians 1:27

Never stop learning, growing and analyzing!

Last Sunday, high flying Liverpool of the English Premier League, suffered their biggest collapse of the season against Bournemouth. Yet manager Jürgen Klopp refused to make a sweeping judgement of the team based on the 4-3 defeat (at one point they were leading 2-0 and another 3-1 with only 15 minutes left!). Speaking after the game, Klopp insisted, "things like this happen" and "it's not the biggest or most serious thing in life." Instead, he emphasized the importance of taking lessons from the outcome, acknowledging that although it didn't feel good, his team must learn from the loss. Said Klopp, "It's an experience no one wants but sometimes you need it. Possibly we needed it. Now we have got it, now we can use it."



And so it is with us. We have to take defeat on the chin, learn from it and be better because of it. We don't pretend to enjoy defeat – victory always tastes sweeter – but, as Zig Ziglar wisely said, "If you learn from defeat, you haven't really lost." As a coach, I consider myself an optimist, a realist and especially an analyst. And after a game, analysis starts with me. Was the team well prepared? Did I get the starting line up right? Was the formation and game plan best suited for the players at hand? Were my substitutions impactful? On and on it goes. Always asking questions – in victory – but most especially, in defeat. My challenge to all Hurricanes players is to not only become students of the game, but also to look inwardly when things go wrong. What was **MY** contribution? How could I have done better? Was I prepared etc.? Then, and only then, can we take ownership of a defeat. No finger pointing. No blaming. No second guessing. Just genuine, transparent accountability to no one other than yourself. Imagine if we all had that mindset (on and off the field!)



Klopp's post-game conclusion says it best, "No way is without rocks or stones. You have to jump over hurdles and things like this all the time. I actually didn't need this today but now we have and now we have to use it, and we will strike back."

Defeat is an inevitable experience for all athletes. It's a guarantee in life too. Will we respond with humility and grace, or will our words and actions reveal a prideful heart? Let's remove the following statements from our vocabulary:

- "It wasn't my fault" "Why me?" "Why now?" "I don't deserve this", and replace them instead with...
- "Life is not about me." "Lord, what are you trying to teach me?" I will praise you in this storm." "Thank you"

This week's challenges from Philippians 2:19-30

- ✓ The life of Timothy: Youthfulness should not be an excuse for ineffectiveness!
- ✓ The life of Epaphroditus: The world honors those who are intelligent, beautiful, rich and powerful. Paul tells us to honor those who give their lives for the sake of Christ, going where we cannot go ourselves

See you next week!

Jim Spence: Head Coach - HCYA Hurricanes.

Founder - Sports Quest

