



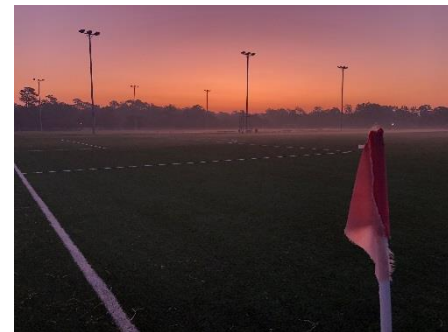
“Discipline yourself for the purpose of Godliness”- 1 Timothy 4:7 (NASB)

SEASON TRAINING – WEEK 1

Having wrapped up pre-season training at North Oaks Baptist Church on Tuesday (make-up session), we began our new “adventure” at the Almeyda Soccer Complex on Thursday with great excitement and anticipation. HCYA Hurricanes has certainly come a long way, and it has been a joy and privilege for Sports Quest to support the program for 8 of its 10 year existence. Almeyda is by far the best playing surface we’ve ever practiced on. No mud-bugs, ants, snakes or grass clippings to contend with. Gone are the early morning deer sightings and the trees for shade. But without doubt, we are blessed to have access to a world class facility for players to develop their skills and learn the game. Nonetheless, we must be conscious of maintaining our perspective that the practice facility does not give HCYA Hurricanes its identity. The DNA and culture of the program is “more than soccer” and it’s critical that we guard against a “soccer first” mindset. Instead, we must continue our quest to develop young athletes of character – next generation leaders whose spiritual growth is considered more important than the game played for FUN. With that in mind, it was fitting to announce our arrival at Almeyda with a short time of praise and worship, courtesy of “band leaders” Zoe Deering, Isaac Taylor and Riley Ogden.



Once into the session, it was down to business – evaluating players to determine their placement on teams this season – never an easy task and one which will always be subjective and imperfect. Still, it is our goal as coaches to consider what is best for the player, the team and the program, and we take the process very seriously. At the close of practice, we summarized our 8 week introductory study on spiritual discipline. During pre-season training we learned that:



- Discipline without direction is drudgery
- Discipline is NOT a means of salvation
- The purpose of discipline is to become Godly/holy
- Spiritual discipline is a command by God, not an option
- Spiritual discipline brings freedom
- Spiritual discipline requires hard work and effort
- The danger of neglecting spiritual discipline is unreached potential
- Spiritual discipline requires us not to conform to the world’s standards and expectations
- Discipline is the key to joy



As we continue to dive into God’s Word throughout the season, we’ll discuss 10 crucial spiritual disciplines of the Christian life. It’s gonna be great!

Looking forward to seeing you next week!

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Sports Quest:
“Sharing biblical truth to reach, teach & encourage
next generation leaders through soccer”

“I can do all things through Christ who strengthens me.” - Philippians 4:13