



SEASON TRAINING – WEEK 6

“THE GOAL OF HCYA HURRICANES IS TO PLAY REC SOCCER...” (QUOTE: COACH JIM)

Did that headline grab your attention, maybe even rock your world? Does it concern you that this is a fundamental goal for all teams and players within the program? Maybe it irks you to perceive that the coaching staff are content to simply “let the kids play”, have fun and maybe, throughout the course of a season, win a game or two. And if not, who really cares? After all, it’s just a game, right? Perhaps you’re frustrated with the **REC SOCCER** philosophy of the Hurricanes, preferring instead, a more challenging learning and game day experience for the players. **REC SOCCER** is not what you signed up for and I can hear it now, “I want a refund!” If this newsletter intro has touched a nerve, then its purpose has been fulfilled. You need to hear, loud and clear that **REC SOCCER** is exactly what the Hurricanes is all about!



However, stay with me...While it’s absolutely true that a **REC SOCCER** mindset is at the core of each training session and game, it’s important to understand the true meaning behind the (controversial?) statement. What I’m talking about is NOT a level of play or anticipated expectation of performance. The issue at hand is on a much grander scale because it represents the heartbeat of the program. So, what exactly do I mean by **REC SOCCER**? Here we go...

R = Relax! Many times players get anxious before a game or evening during practice. They are afraid to make a mistake, fearing the wrath of a coach, parent, even their own teammates. This **MUST NEVER** be the experience of a Hurricane! While nervousness is a natural response which in many instances, actually aids performance, the intent of the coaching staff is to put players at ease – releasing the pressure by putting the game in proper perspective. This is not their livelihood, and their identity is not found in the shape of a soccer ball! With this in mind, we seek encouragement from the Scriptures, and find it in Philippians 4:6-7, “*Do not be anxious about anything, but in everything, by prayer and petition, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.*”

E = Enjoy! Life as a Hurricane flies by at break-neck speed. The challenge is always to have fun along the way. Not aimless, reckless fun, but a determination to make the most of every opportunity. To “seize the day”, because a moment wasted can never return. Real enjoyment comes from individual and team improvement; memories made on and off the field; seeing others succeed and realizing that their success is your success because you belong to a **TEAM**.

Playing with a smile on your face, even in the midst of trials, obstacles or defeat is a pre-requisite for being a purposeful, fun-loving Hurricane. The Apostle Paul reminds us not once, but twice to live with joy. Listen to his words in Philippians 4:4, “*Rejoice in the Lord always. I will say it again, Rejoice!*”



C = Compete! We expect players to be “All In” – to stretch every sinew to win a game, be first to the ball, come out on top of every aerial duel. Soccer is a contact sport, and players must be prepared to put their body on the line for the benefit of their team. And while we understand that soccer is “just a game”, we don’t play only for the sake of it. We play to win! That’s what competitive sport is all about. Striving for victory, searching for success, yet driven by a passionate pursuit to glorify God in all our endeavors. May we never be accused of being “wimpy Christian pushovers”, but rather as sold out, committed athletes who recognize their responsibility to give everything they have in the competitive cauldron of soccer. The Hurricanes will never subscribe to a “win at all costs” mentality, but we will demand a winning mentality. After all, Scripture urges us to “*Run in such a way as to get the prize*” (1 Corinthians 9:24)

So there you have it. A three pronged outline of the Hurricanes coaching/playing philosophy. **Relax. Enjoy. Compete.** Whoever said **REC SOCCER** was a bad thing? Not the coaching staff, that’s for sure!

See you on Tuesday!

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“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)