Due to the darkness, I could only see the lights of the aircraft as it turned onto Runway 3. As the aircraft began departure roll, I noticed that the lights on the wings were alternating up and down as if the pilot was rocking his wings. As the aircraft came past the tower, the wings appeared to be stable, however, the aircraft did not sound as if it had enough power. It was at this time, I asked if they were experiencing any difficulty. The pilot responded, "we're good, we're just in training mode". I observed the aircraft continue straight out, but it did not appear to be climbing. At approximately the departure end of the runway, the aircraft made a left turn. It continued in a left turn and then went into a nose down configuration.