

## 2019 Summer Hockey Program Program Outline

Hockey is a physically demanding sport, requiring a variety of physical skills, such as strength, power, speed, agility, balance, coordination and endurance. Mind to Muscle's off-ice Summer Hockey Program blends our extensive hockey knowledge with the latest strength and conditioning techniques. By training at Mind to Muscle, players will arrive at camp stronger, more prepared than ever and ready to excel this season.

Our program is based on five main goals, which we believe are the basic necessities for improvement as a hockey player:

**1 Improved Movement Efficiency** – Hockey is a 3-dimensional sport and players must have the ability to accelerate, decelerate, change direction and stop rapidly and effectively. Our program places great emphasis on body mechanics through these phases of movement that will translate to improved performance on the ice.

**2 Improved Power and Strength** – The ability to generate maximal force in a short amount of time translates into winning races, eluding defenders, harder shots and more effective checking. Our program focuses on developing functional strength in this muscle over sheer body mass, regardless of age.

**3 Improved Agility and Quickness** – Agility training maintains both reactive and proactive responses, translating to increased quickness and foot speed on the ice. Regardless of a player's age or ability, these fundamentals will aid all athletes in refining their technique and enhancing their skill development.

**4 Improved Work Capacity** – The ability to do more work in less time, which is often referred to as conditioning or cardio. Our program emphasizes high intensity training tempo to not only mimic the demands of a game but to also improve work capacity throughout the entire session.

**5 Injury Prevention** – It is our primary goal to reduce the incidence of both minor and major injuries related to participation in hockey. Our program is based on developing functional, mobile and stable joints, addressing the weaknesses and deficiencies associated with the biomechanics of hockey, to ensure imbalance or overuse injuries are avoided.

## **Additional Services**

### **Sport Nutrition**

Proper nutrition is an essential component to maximize adaptations associated with off-season training. At Mind to Muscle, athletes can book individual nutrition sessions to develop a nutritional plan that will enhance the effectiveness of their workouts and help achieve their goals.

### **Mental Preparation**

Mind to Muscle is pleased to provide Mental Performance Training. Athletes train hard to improve their strength and conditioning but in many cases the key to success lies within the athlete's mental approach to their sport. M2M Mental Performance Training will help you reach your performance potential in sport.

### **Recovery Treatment**

The use and stress placed on an athlete's muscles during training can lead to muscle tension and tightness. Mind to Muscle and Sports Medicine offer services such as active release and massage therapy to help athletes recover quicker between training sessions, while also remaining mobile and injury-free.

## **How To Get Started**

Our Summer Hockey Program runs from July 3<sup>rd</sup> to August 31<sup>st</sup>. However, to maximize a player's gains over the off-season, training should commence shortly after the conclusion of tryouts. Here is how to get started.

### **1. Book a Functional Movement Screen (FMS)**

Our program may be covered under extended health benefits (some restrictions apply). A Functional Movement Screen should be booked with a Mind to Muscle's physiotherapist or chiropractor to assess an athlete's movement patterns and any potential deficiencies he or she may have. From there, personalized goals will be set to help an athlete improve their movement patterns and prevent injury.

### **2. Book a Fitness Assessment**

This first session in the gym will assess a player's fitness level. This assessment is aligned with OHL/NHL combine testing to gather sport-specific results for each player, allowing our coaches to track a player's progress throughout the off-season.

### **3. Scheduling**

Each program is specifically tailored to each athlete and will have individual attention from our experienced Mind to Muscle coaches. Don't miss out! Book early to secure preferred days and times.

### **4. Book Additional Services**

To maximize an athlete's training results, proper nutrition, mental training and recovery are crucial. Book a consultation with one of our professionals today to take a 360° approach to prepare for the season.