

Athletic Republic

AR Germain Arena Newsletter

Edition 1, Volume 2

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Press Box and Appreciation

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On behalf of the Staff at Athletic Republic we would like to thank everyone involved in our program. We will continue to provide the most effective training techniques for all of our athletes in order to provide the best benefits and opportunities that are available.

Why is it Beneficial to play More Than One Sport?

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In recent years, athlete development models in nearly all sports have made an unfortunate shift to a structure that favors early specialization for young athletes. Due to popular media and success stories such as Tiger Woods, who's first TV appearance was of him golfing at the age of two; many parents have been misinformed that this is the best way to foster athletic development and long term success. So many young athletes are being pushed by their parents to compete year round in one single sport, with the idea that doing so will foster long term success in their chosen sport. In fact, early specialization provides your child with exactly the opposite.

Simply put, encouraging your children and young athletes to participate in various sports throughout the year will benefit them in many ways. Physically, it will promote the development of different movement patterns and promote development of motor pathways that would not necessarily develop if they were to only to participate in one sport. Similarly, it will help to reduce the risk of overuse injuries that have become so prevalent in youth athletics due to this obsession with early specialization. In hockey for example, the hip adductors, flexors, and internal rotators are extremely active during a skating stride. If a young hockey athlete is encouraged to participate competitively in high level hockey year round those muscles will undoubtedly become overused and this will predispose this athlete for an injury. Conversely, if this same athlete participates in lacrosse or soccer in the off season, they will give these hockey specific muscles a rest, while simultaneously developing new skills and athleticism that will carry over and help them at the end of August when hockey starts up again.

Upcoming Events

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Jr. Blades Tryouts
April 27-29 / May 18-20
June 29-July 1

AR Summer Camp
July 16-19

JEB Summer Training Specials
These programs will be offered this summer starting in June through August.

“In the Crease”
Goalie Specific

“Power Pack”
20 Session Training Program

“Speed Pass”
Hockey Treadmill training

Coaches Quote

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"Athletic Republic has been such a benefit for the development of our players, both within our travel program and also our in-house program. Whether it's our youth players using the skating treadmill or our adult players working on their overall fitness and agility, there's something for every kind of player. The training is first class and has helped a lot of our players take their game to the next level."

Pete Flores

Youth Hockey Coordinator- Germain Arena Head Coach Junior Everblades Peewee A

Nutrition



Within the field of physical fitness, health and nutrition you will often hear personal trainers preaching the following to their clients, “You can’t out train a bad diet”. Within the realm of sports performance and strength and conditioning I think this quote can be altered to, “You will never outperform your diet”. Nutrition is the most commonly neglected component of health and optimum performance among athletes and the general population. Diet has a significant impact on everything that you do. Specifically for athletes, what you put in your body, and when you do it can have a noteworthy effect on performance on and off the playing field. That is precisely why an athlete “will never outperform their diet”. If you want to train and compete at your best, you better ensure that you are putting the appropriate fuel into your body.

Although there are many facets of sports nutrition, this article will highlight some general guidelines to follow when planning a pre-workout or pre-competition meal. Firstly, a pre-competition or training meal should be consumed roughly 1 to 2 hours prior to competition or training. Despite this general guideline, every athlete is different and it is important that you experiment with meal times on training days. Find a time period that works best for you, one that leaves you feeling energized and free of gastrointestinal issues. This will ensure that when it comes game time you will know what works for you, and leaves you feeling your best. Never experiment with new foods or meal times on game days!

Now that we have touched on when you should eat, let’s move to something more important, WHAT you should eat. The good news is that the formula is simple and can be adapted to the personal preference of each individual athlete. Simply put a pre-training or competition meal should be a complete meal consisting of 5-10g of lean protein, a/or some vegetables and a complex carbohydrate. This simple formula can provide a plethora of options to fit each athletes needs. Please refer to the table below for some great examples of foods from each of the three aforementioned sources. Use this table for some ideas to formulate your pre-game meal, and drive you towards optimal performance.

Lean Protein	Vegetable	Complex Carbohydrate
Chicken	Broccoli	Quinoa
Lean Red Meat	Asparagus	Brown/Wild Rice
Tuna	Green Beans	Couscous
Salmon	Brussel Sprouts	Yams
Turkey	Peppers	Whole Grain Pasta
Cottage Cheese	Cucumbers	Whole Grain Bread
Whole Eggs	Carrots	Steel Cut Oatmeal
Buffalo/Bison	Spinach	Beans/Lentils
Low Fat Greek Yogurt	Peas	

Strength



The Importance of Single-Leg Training

Hockey is a sport that is predominantly played on one leg as are many other sports. This means that power, stabilization, and balance are all important. Therefore it is essential to incorporate single-leg exercises into your strength program. Split-squats, lunges, single-leg squats, and step-ups are some examples of good single leg lifts. Many other single-leg exercises should be incorporated as well.

With single-leg training, the base of support becomes narrower than when on two legs. The narrower the stance, the more stabilizers are recruited. When performed correctly and in a safe environment, these exercises can be very beneficial and will transfer to the ice.

This does not mean that double-leg lifts/training is a bad thing at all. Double-leg lifts and exercises should definitely be implemented in the training program because they also have a great benefit for players. Some training programs may overlook the single-leg aspect.

Conditioning



Every sport has unique metabolic demands and places distinctive demands on each of the body’s energy systems. When it comes to conditioning for sport, athletes must understand the metabolic demands of their chosen sport or sports to ensure that they are placing the appropriate metabolic stresses on their body. This ensures that the conditioning that athletes are doing off the playing field will translate directly to their on-field performance.

Simply put, if your sport requires quick bursts of high intensity exertion mixed with bouts of intermittent activity and rest periods, such as hockey or lacrosse, your conditioning should involve highly intense bouts of exercise, followed by rest periods similar to what you would experience in a game. For triathletes, marathon runners etc., the demands placed on the body during these activities are primarily aerobic, therefore conditioning for these events should focus on long distance more aerobic based exercises.

Ensure that your dryland conditioning work mimics the metabolic demands of your sport, and you will undoubtedly experience performance increases.



JEB Training Spotlight



Team

U16

The U16 team was a pleasure to work with this year. Every night they came to train they worked hard. We never had to ask them to pick up the pace or to work harder. They allowed us to push them with no complaints and continued to improve throughout the season.

Players

Adam “Brick” Svobodae entirety

Throughout the hockey season Adam proved himself to be one of the hardest workers not only on his team, but in the entire Junior Everblades organization. He is extremely coachable and always willing to learn. We could always count on Adam to be working hard and leading his team by example. His hard work paid off as he made great performance gains throughout the season. He has a bright future ahead of him , and we wish him the best of luck.

Gray Allen

Gray was a spectacular worker at Athletic Republic this year. When asked to do something he would do it and we wouldn't have to ask twice. Because of Gray's work ethic, he continued to improve in all aspects of training. Gray has a great future.

Mathew Salera, Marlin Schmidt, and Michael Haskins

These three players were great to work with this season. They attended 99% of the sessions and gave everything they had for the full 90 minutes. They were clearly the hardest workers. Not only did they drastically improve as individuals, but their work ethic pushed their teammates to improve as well. There were two separate occasions when the team had the night off of training. Not realizing this, these three still showed up. When given the option to go home or stay for a work out, they chose to stay.

Team Spotlight: Junior Everblades U18



Athletic Republic – Germain Arena would like to congratulate the Nationally ranked Florida Junior Everblades U-18 team on their recent State Championship and berth to the USA Hockey U18-AA National Tournament. The Jr. Everblades U18-AA team won the State Championship at the SAHOF tournament hosted at Germain Arena. The team went 4-0 en route to winning the Finals game versus the Jr. Panthers, the regular season champion. Congratulations and good luck!!

Athletic Republic Alumni News



Phantoms center Austin Cangelosi was named the USHL's co-CCM Offensive Player of the Week after scoring three goals and adding two assists last week.

YOUNGSTOWN, Ohio –Youngstown Phantoms center **Austin Cangelosi** has been named the USHL's co-CCM Offensive Player of the Week, the league announced Monday. Cangelosi, 17, scored three goals and added two assists last week as the Phantoms (23-13-3, T-third East) went 2-1-0, including a pair of road wins over the Dubuque Fighting Saints and the Cedar Rapids RoughRiders.

Cangelosi currently ranks second on the Phantoms, and eighth in the entire USHL, in scoring with 19 goals, 22 assists and 41 points through 31 games this season. He also is currently in the midst of a nine-game point-scoring streak and has scored a goal in five straight contests.

Junior Blades



Florida Jr. Blades Announce Dates of Free Agent Camps

The Florida Jr. Blades are proud to announce the dates for their third annual free agent camps. Prospective players have three opportunities to try out for the Jr. Blades. The three-day camps will be held on April 27-29, May 18-20, and June 29-July 1.

The cost of the first camp is \$150 and any additional camps \$100.

To register for a free agent camp please download and fill out the registration form. The form may be submitted by email to Jlaime@floridajrblades.com or mailed to:

*Florida Jr. Blades
11000 Everblades Pkwy
Estero, FL 33928*

Please submit registration forms and payment prior to camp.

[Print Form](#)

[Digital Form](#) (When emailing the form be sure to specify preferred position, shoots and which camp date attending in the body of the email)

AR Athlete of the Month



Athletic Republic – Germain Arena is proud to announce Ali Wiley as February's Female Athlete of the month. Ali has been a member at Athletic Republic for nearly six months. Despite playing elite level soccer for three teams she still manages to find time each week to train with us. Ali is consistently one of the hardest working athletes in our facility which makes training her a very rewarding experience. Recently Ali's hard work off the field has paid off immensely on the field. Her defensive play on the field helped to lead her Estero High School varsity soccer team to the district semi finals, during which she scored the overtime game winning goal to send her team to the district finals. Despite losing 2-1 in the district finals, Ali had a goal in the game and earned player of the month honors for January. The staff at Athletic Republic – Germain knows that Ali's work ethic will bring her continued success in both soccer and in life.

JEB Alumni News



Troy Degler

Troy, a '95 birth year, is a native of Estero, FL. He is a forward currently playing for the Florida Jr. Blades here at Germain Arena. Troy's skill and creativity is amongst the best and is a fun player to watch. He has the ability to make all players around him better. In 33 games this season he has racked up 18 goals and 17 assists for a total of 35 points. This young man has a great future in the hockey world. Troy and the rest of the Jr. Blades made it to Nationals for the second year in a row in hopes of bringing home the title. Good luck to him and the rest of the team!



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