

Athletic Republic

AR Germain Arena Newsletter

November

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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.

Tips from the Coaches

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Importance of Knee Bend and Seat Position:

As a former athlete and current teacher of the game, I feel that my biggest task is to educate hockey players of all ages. All players, at every level must constantly work and concentrate on repeating the proper techniques in order to improve their skating. Education is the key to success in anything whether it is school or athletics. If a student/athlete doesn't understand what he/she is doing wrong, how can we (teachers, parents, coaches) expect any change?

It is crucial for hockey players of all ages to understand both the positives and negatives in their skating technique.

As quoted by Jack Blatherwick in his book Overspeed, "Practice does not make perfect, it only makes permanent".

Helpful Hints:

In any situation, whether you are skating forwards, backwards or turning...the lower your seat position (knee bend) the better your balance, power, stride length and agility will be. In educating hockey players in their stride, knee bend/seat position goes without saying. Knowing that you should bend your knees is one thing, **DOING IT** is the other. So when teaching proper seat position...it is very important to exaggerate in the bending of ones knees both on the ice and Hockey Treadmill. Going outside your comfort zone is often the key to success.

- Jake Laime

Upcoming Events

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Christmas Camp

December 21 and 22

Christmas Invitational

Nearly 100 youth teams will be traveling south to Germain Arena during the holiday season to compete in the annual Christmas Invitational

Florida College Hockey Classic

Cornell, Maine, Clarkson, and U Mass-Amherst will compete December 29 and 30 to claim the annual Florida College Hockey Classic title.

Coaches Quote

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"As the Director for the Jr. Everblades Program the relationship with Athletic Republic and their staff has been very rewarding for our players. The off-ice training that our players get is top notch and it is very noticeable in the 3rd period of games as our teams begin to pull away while the opponents look tired."

Karl Masnjak

Jr. Everblades Travel Hockey
Director

Nutrition



Nutrition is often times the most neglected component of an athlete's commitment to optimum performance. An athlete can be committed to doing all of the right things both on and off the field, court, or ice, yet if they have poor nutrition habits they will never reach their full potential. Many experts in the industry agree that nutrition is the most essential component to improving and maximizing performance.

There are many elements that comprise a complete nutrition program for an athlete, just as there are many essential components that are necessary to create a complete strength and conditioning program. Today I will touch briefly on the necessity of proper recovery nutrition, and what athletes can do to facilitate maximum recovery and gains from their training through appropriate recovery nutrition.

It is recommended for athletes to consume a supplement or beverage that provides a carbohydrate to protein ratio between 2:1 and 4:1 immediately following a training session. This beverage or supplement must be taken within 30 minutes of the completion of your training session. This facilitates replenishment of the athlete's depleted glycogen levels and promotes regeneration of muscle tissue. A 16 oz. bottle of chocolate milk provides the appropriate ratio of 4:1 carbs to protein and serves as a great recovery drink. Older athletes can achieve the same benefit by mixing approximately 24g of a natural whey protein powder with 16 oz. of low fat milk and some frozen berries. This will provide older athletes with some extra protein to promote protein synthesis and the recovery of muscle fibers damaged throughout the duration of a training session. The same recovery effect can be facilitated with whole food products; however, the convenience of a beverage that contains the optimal ratio of macronutrients allows the athlete to get the necessary nutrients in their body within the desired time period.

Nick Westcott CSCS

Strength



Core Strength and Stability

Core strength and stability is one of the most important attributes a hockey player needs. It ranges from the armpits down to the mid-thigh. The core is the body's center of gravity and is the area in which all movements begin. Altogether, it works to stabilize the spine during movement. Hockey players are constantly engaging their core during play since the game is primarily played on one leg and body rotation is continuous. A strong and stable core is needed for effective movement. In some off-ice conditioning core is neglected. A weak core causes inefficient movements which then increases the risk of injury.

Core strength is the ability to generate movement through the torso and core stability is the ability to maintain a stationary position with the torso. Having a ripped six-pack is one major misconception of core strength and stability. Bridge exercises are important to include in training. These exercises involve holding an isometric position while keeping the core muscles contracted. Another example would be medicine ball rotational throws against a wall to improve rotary power. Incorporating core exercises into every off-ice conditioning plan is crucial to helping develop and maintain adequate core strength and stability.

Conditioning



Why is Off-Ice Conditioning important?

Hockey is becoming increasingly more competitive and physically demanding. Off-ice training allows hockey players of all ages the ability to compete at a higher level, but more importantly it will help protect the body from injury. Studies have shown that a majority of hockey injuries occur without physical contact, most common injuries stem from muscle pulls due to poorly trained or warmed up individuals. The same studies went on to show that off-ice conditioning programs can significantly minimize the frequency and severity of these hockey injuries.

How young is "too young" to start off-ice training?

Athletic Republic - Germain athletes will usually start as young as 8 years old. Through various bodyweight exercises we begin to teach pre-pubescent hockey players strength in motion as opposed to strength as a muscle. It is very important that pre-pubescent hockey players begin to get a very strong sense of body positioning and awareness. During the onset of puberty, these hockey players will already have a strong foundation for strength and development. When an athlete is at the proper age, we will begin to introduce a variety of weighted strength training and skating exercises. As a whole, our efforts are focused to teach all of our athletes: athletes body awareness, balance, quickness and multi-directional movements.



Player Spotlight



Mites: Seamus Casey

As a first year player Seamus is developing into one of the top Defensemen in our league. He has shown tremendous improvement over the past year. Not only are his physical skills developing quickly. Seamus is excelling in all the areas that this great game is truly intended to develop. Teamwork, Commitment, Unselfishness, Work Ethic, Determination, Leadership, Respect, and his Positive Attitude are the reasons why Seamus Casey is our Spot Light Player. –Coach Ryan

Squirt A: Corey Knowler

The Squirt A spotlight player is Corey Knowler (Defense). Here is a statement directly from Corey's father, Peter Knowler:

"Since starting at AR the advancement in my son's game has been exceptional. What has been so evident is Corey's strength, both in the corners and body on body. He has transformed his abilities and strengths since July, which can be solely attributed to his training at Athletic Republic. Corey's stride has improved dramatically, showing increased power and speed. The guys at AR are very focused and goal orientated. Corey states 'the guys upstairs really work me and encourage me'. It's obvious in the way he talks that he looks up to the staff and considers them role models." –Coach Mike

Squirt AA: Carson Djamoos

Carson had 5 goals and 2 assists in last weekend league games vs. Space Coast and Palm Beach. SQAA remains undefeated in SFHL league play. –Coach Karl

Bantam A: Justin Suter

Justin shows great leadership on and off the ice. He has a great work ethic that he projects on to his teammates. His dedication to the team makes him a great young athlete to coach. –Coach Alex

Bantam AA: Evan Maxey

"Evan has proven to be a great leader in practices, games and during all off-ice functions. On the ice, he is a tough competitor with a great physical presence and a good scoring touch. Off the ice, he continually demonstrates the leadership qualities every team needs. Evan was a unanimous selection by our coaching staff to represent the Bantam AA team as our Captain". –Coach Travis

U-18 AA: Trever Tenner

Trevor is a hardworking and dedicated player who takes pride in what he does. He practices the way he plays and if he ever loses a battle or a foot race, he comes back harder than ever in an effort to win it back. While he doesn't have a letter on his jersey (yet), he carries himself as a leader and demonstrates great work ethic with positive attitudes both on and off the ice. He hasn't missed a practice or an off ice session and is committed to making both himself and the team better. –Coach Marco

Team Spotlight: Alliance AAA 98's



We are happy to report that the '98 Florida Alliance has captured the Bauer Invitational Championship this past weekend in Chicago, IL. Their overall record for the tournament was 6-0-1 including a double overtime win over the Soo (Ontario) Greyhounds. The Bauer tournament is notoriously known for being the most prestigious tournament in the United States which included over 495 teams from all over the world.

'98 Florida Alliance Zach Solow, a native of Naples, FL, was also a JEB Alumni.

Athletic Republic Alumni News



Athletic republic Germain Arena athlete Charles Linglet, a forward for Dynamo Minsk of the Kontinental Hockey League (KHL) has accumulated 7 goals and 7 assists for a total of 14 points in 23 games helping his team to 4th in the KHL. Linglet along with his friend and former teammate, Ryan Vesce were the pillars of our Apex Elite hockey training program this summer, serving as role models and mentors to the younger elite players enrolled in our comprehensive hockey specific training program. Vesce a former member of the NHL's San Jose Sharks is currently participating in his second KHL season. Thus far he has accumulated 4 goals and 5 assists in 15 games for his team Torpedo Nizhny Novgorod, who currently sit in 8th place in the KHL. We wish both of them continued success, and we are looking forward to seeing them in AR Germain when they return for their off-season training.

Junior Blades



After winning 10 of their first 11 contests of the season, the Florida Jr. Blades are off to a fast start with much of the team's success credited to a stellar penalty kill unit. The Jr. Blades have the #1 penalty kill unit in the Empire Junior Hockey league with a 97.78 kill percentage. The Jr. Blades employ a team philosophy focused on seizing opportunities with fast paced, aggressive play. "Our players operate with speed at all time," said head coach Tad O'Had. "They're defensive-minded to make the right decisions." Those decisions often lead to offensive opportunity and odd-man rushes. Forward Josh Koerner has used his speed to tally three of the Jr. Blades' league-leading five short-handed goals. The penalty kill unit is anchored by forwards Josh Koerner, Josh Stanclift and Troy Degler, and defensemen Michael DiVico, Bobby Ruddle, James Hyatt, Blake O'Neill, Ty Lasker and Ross Kovacs. "We built this team to be competitors," said O'Had. "Every player has the desire to compete and battle for the puck." The Jr. Blades use a simple method when it comes to killing penalties. "Every time we're on the ice to kill a penalty our goal is to clear the puck and make the other team uncomfortable," said Stanclift.

Junior Blades on the Road

- Friday November 18th through Sunday Nov. 20th the Jr. Blades will be at a showcase in Rochester NY
- Saturday December 3rd @ 5pm, the Jr. Blades will be facing the Palm Beach Hawks at Palm Beach Ice
- The weekend of Friday December 14th the Jr. Blades will be in a showcase at Palm Beach Ice Arena

Come Support the Junior Blades at home.

- Sunday December 4th 12:00pm @ Germain Arena versus the Palm Beach Hawks
- Thursday January 12th 7:30pm @ Germain Arena versus the Tampa Bay Juniors

AR Athlete of the Month



Athletic Republic is proud to announce that Sam Harris is the recipient of athlete of the month. Sam, a '99 born player from Fort Myers, FL who plays for the Florida Alliance AAA, has shown a tremendous work ethic both on and off the ice. He is continually showing his willingness to improve by any means necessary. Sam gives 110% effort in every exercise, activity and challenge that is put ahead of him. The Athletic Republic Staff would like to wish him the best of luck the remainder of the season and in future endeavors.

JEB Alumni News



Austin Cangelosi of Estero is among the 22 players named to the 2011 U.S. Junior Select Team that was announced by USA Hockey on Friday. Team USA will compete at the World Junior A Challenge from Nov. 7-13 in Langley, British Columbia. In addition to the U.S., teams in the tournament come from Canada, Czech Republic, Russia and Sweden. Cangelosi is the only player from a southern state on the U.S. roster, which includes players from Alaska, Illinois, Minnesota, New Jersey, New York, Ohio and Wisconsin. Cangelosi, 17, plays for the United States Hockey League's Youngstown Phantoms in Ohio. Through five games this season, the 5-foot-7, 168 pound forward leads the USHL in goals (7), shorthanded goals (3) and is tied for the most points (9). Austin is also committed to Boston College for the fall of 13-14.



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