



# Parker makes Team Canada

This summer I was fortunate to add a bunch of great girls to the mix. Mackenna Parker being one of them. I had heard Mackenna was a good hockey player and been told she was already verbally given an offer to play college hockey so I was eager to get to meet her and see how she was in the gym.

Now usually when you get a new player you can quickly determine where they are in terms of strength and conditioning quickly. After the first session I came home and told my wife, I had a new Sproule. Now, I have not had a Sproule in over 10 years. What is a Sproule you are thinking? Logan Sproule was the former Captain of the Saskatoon Blazers and went on to play Junior A hockey and College hockey. Logan was not the greatest hockey player I have ever trained but may have been the biggest freak in the gym I have trained.

I don't compare many people to Logan because back when Logan trained even the steroid guys would stop their workouts and watch this kid jump onto a box with one leg with what most kids could barely get up with two. His testing if been allowed to go to the NHL combine would have set new records that have stood for years.

Mackenna had a great summer and was given a spot with team Canada's under 18 team that travelled to the United States and won a silver medal. She also set a new provincial record at the Sask First fitness testing. Mackenna will be playing for the Saskatoon Stars this year and will be moving to the United States next year to play hockey. Congratulations Mackenna on all of your success.



## 7 Players make Sask First

To say we had a talented group of young athletes would be an understatement. Many of our athletes made top 40 and were very close to making the actual team. However, in the end there were only 40 spots between the entire province for both the guys and girls team and our players took close to 20% of those spots, which I am really proud of. The list of players were:

1. Anna Leschyshyn, Mackenna Parker, Jordyn Holmes, Jordan Edwards, Josh Pillar, Boston Maxwell, James Form

Congratulations to all those players who tried out.

## In season hockey training. Look at your hands.

Unlike the NHL most players do not have the luxury of having a state of the art weight room attached to their dressing room. Many times the off-season is looked at as the time when you train and during the season some players take it for granted and just don't get to the gym. A few years ago, I was watching Hockey Night in Canada and after the playoff game they had a video of one of the Sedin twins doing cleans right after the game. I wish I had the video of this but it really shed the difference in ideology to me from young players to professional. As a strength and conditioning person, it is the best time to work out. You have not recovered from your game, do not want to lose strength or muscle during the season and the player is already warmed up. This would be the optimum time to work out. Teams are slowly getting this way in the WHL and its starting to trickle down. The Florida Panthers strength coach Tommy Powers stated about Jaromir Jagr that he will do 10 minutes of sprint work after every game and even on the road will grab Tommy in the hotel room to do sprint work down the hallways of the hotel. In a research study titled **SEASONAL CHANGES IN WHOLE BODY AND REGIONAL BODY COMPOSITION PROFILES OF ELITE COLLEGIATE ICE-HOCKEY PLAYERS** done at McGill University the study stated, "players may be at risk for losing upper-body mass and strength during the competitive season suggesting a need for a greater emphasis on upper-body resistance training". To me I see this a lot with players. They work so hard to put on strength and muscle and then they lose it during the season. I guess the take home message is even though your schedules are busy try to get into the gym at least 2-3 times per week. Your workouts do not need to be long and should focus on maintaining at the minimum what you accomplished in the summer. A good rule of thumb to me is to look at your hands. If they have lost the calluses from the summer, it is time to be back at it a little bit more than you have been and start to retain that strength.

- **First player to send me a video of them working out after a game gets a \$25 gift card to Al Andersons. The catch is you need to have scored a goal or had an assist that game or let 1 goal or less in that game. (Has to be an actual workout).**