



PHILADELPHIA JACKALS

JUNIOR HOCKEY CLUB

OFF-ICE TRAINING PROGRAM



INDEX:

Nutrition and Injury Treatment/Prevention

Muscle Strength & Endurance (Proper Training Techniques)

Chapter I.....*Off-Season Workouts*

Chapter II.....*Preseason Workouts*

Chapter III.....*In-Season Workouts*

Chapter IV.....*Postseason Workouts*

Chapter V.....*Flexibility & Stretching (before practice & games)*

HEALTHY SNACKS

An extremely important part of training well is learning to follow a healthy diet. For athletes trying to practice and compete often, developing good habits with the snacks you choose can be critical to having the right kind of energy to draw upon.

Some healthy snacks to build into your routine...

For drinks:

We suggest water, sport drinks, or unsweetened fruit juice.

For sandwiches:

Use whole grain bread, pita bread, or bagels with the following ingredients (get creative):

plain tuna; turkey; boiled ham; lean roast beef; lean meats(95-98% fat free); lowfat cheese. Top off with lettuce, tomatoes, mustard, catsup or very small amounts of lowfat mayonnaise. Regular mayo is very high in fat.

Getting into the habit of eating cut-up raw vegetables is also very healthy. Learn to eat them plain or with yogurt or other lowfat dips (avoid high fat dips).

Things to avoid:

Chips, snack cakes, candy, and soft drinks. If you have to eat cookies, try graham crackers, fig newtons, or ginger snaps.

NUTRITION QUICK TIPS #2

Carbohydrates are the fuel for your activity. That means a moderate amount of fruit, breads, pasta, and vegetables should be included at every meal. Choose cereals and toast for breakfast, sandwiches and pizza for lunch, and baked potatoes with dinner. Carbohydrate fluids are very important during and after workouts and games.

Athletes lose a great deal of water through sweat during training and competition. It is very important to replace that water as soon as possible during events. That's right, don't wait till after the final buzzer because dehydration can cause a decrease in strength and speed. Train to drink fluids during games and practices. It is very important to get a little bit of water every 15 minutes, especially in the heat.

REPLENISH AFTER TRAINING

Consuming a sound diet does not have to be complicated and complex. But it is very important for you to eat well in order to have the fuel you need to play and compete at your best. This week's tip will cover the basics of nutrition.

Make sure you eat 3 balanced meals each day and an additional 2-3 nutritional snacks. Eat a variety of foods and try to limit any fast-food intake, especially on game days. The two most important times to make sure you get the energy you need are at breakfast and after training.

The importance of eating properly after training or competing is often overlooked. The emphasis has always been placed on pre-game or pre-training meals, which are important. However, replenishing and replacing the energy and fluids used during practice or games is very important to prevent muscle breakdown. This means eating a meal with carbohydrates, protein, and a little fat, plus re-hydrating with water or a sports drink. While a good healthy meal is important on game day, don't forget how important a healthy breakfast is every day and to eat well after practice or a game to aid recovery.

INJURY TREATMENT & PREVENTION QUICK TIPS, JAN 2001

INJURY TREATMENT & PREVENTION

Injuries – The best advice for sport injuries is to see a physician. Unless your coach or personal trainer is also a doctor, they will just not understand the full extent of your injury. So if things hurt more or longer than usual, see a Dr. to get the proper help and prescription for rehabilitation.

Injuries – A strength coach's best ally in stopping injury is prevention. Athletes must strengthen the area around the possible injury spots. For example, most athletes will be at risk of knee injuries, so the muscles of the legs must be strengthened. Examine your sport, where do injuries occur most? After you have concluded what joints and muscles are at risk, have a personal trainer or strength coach show you the proper exercises to strengthen that area.

Injuries – Should an injury occur, treat it with respect. Rest the area. Immediately apply ice to an injury but do not put heat on it until the swelling has subsided. Wrap the injury and elevate it, if that is possible. Again, if you are not sure how bad the injury is, see a doctor.

WHY R.I.C.E.?

What is R.I.C.E. and why do you need it? One of the most recommended icing techniques for reducing inflammation and treating minor injuries is R.I.C.E., an acronym for rest, ice, compression and elevation. It is best used for pulled muscles, sprained ligaments, soft tissue injury, and joint aches. Applying R.I.C.E. treatments will decrease pain, inflammation, muscle spasms, swelling and tissue damage. It achieves this by reducing blood flow from local vessels near the injury and decreasing fluid hemorrhaging as a result of cell damage.

To administer R.I.C.E. use the following guidelines suggested by the American Academy of Orthopaedic Surgeons:

Rest: Stop using the injured body part immediately. If you feel pain when you move, this is your body sending a signal to decrease mobility of the injured area.

Ice: Apply an ice pack to the injured area, using a towel or cover to protect your skin from frostbite. The more conforming the ice pack the better, in order for the injury to receive maximum exposure to the treatment.

Compression: Use a pressure bandage or wrap over the ice pack to help reduce swelling. Never tighten the bandage or wrap to the point of cutting off blood flow. You should not feel pain or a tingling sensation while using compression.

Elevation: Raise or prop up the injured area so that it rests above the level of your heart.

How long should ice be applied while practicing R.I.C.E. for it to be effective? There are four levels of cold felt by the skin: coldness; a prickly or burning sensation; a feeling of aching pain; and finally a lack of sensation or numbness. When the area feels numb, icing should be discontinued. The skin should return to normal body temperature before icing again. Usually numbness can be achieved in 10 to 20 minutes. Never apply ice for more than 30 minutes at a time or tissue damage may occur.

It is generally recommended to practice R.I.C.E. at intervals of 4 to 6 hours for up to 48 hours after an injury. Heat treatments are appropriate for some injuries, but should only be considered after inflammation has receded, approximately 72 hours after an injury. If the body part does not respond to R.I.C.E. therapy within 48 hours, it would be wise to consult your health care provider in the event a serious injury has occurred such as internal bleeding or a broken bone.

STRETCHING GUIDELINES

1. Always warm-up to increase the tissue temperature and blood flow. A warm-up for the lower body could be as simple as a 10-minute walk.
2. Isolate the muscle to be stretched in a relaxed, non-weight bearing position.
3. Make the stretch slow and smooth to avoid a reflex contraction.
4. Do not overstretch. A slight tension should be developed and this tension should subside during the stretch.
5. Hold each stretch (10 to 30 seconds).
6. Increase the length of the stretch when the tension resides.
7. Breathe regularly during the stretch to ensure relaxation.
8. When the stretch is over, come out of the position with a slow and smooth movement.
9. Stretch consistently, especially if it is part of a rehabilitation program.

