

Hockey players should start a conditioning program now

by Neil Cotton

Since 1922, when Canada first recognized European hockey as a threat to our hockey supremacy, much emphasis has been placed on conditioning in our hockey development programs. Dry-land training has become an increasingly more important part of these programs. Ideally, this training should be done several weeks before the hockey season starts.

What is the value of pre-season conditioning? For the minor hockey player, it increases his chances of making the hockey team of his choice. Secondly, it will enhance his performance throughout the season. Thirdly, and maybe most important, it allows the coach to use his on-ice time teaching and developing hockey skills, not spending valuable ice time on conditioning.

It is my hope that the youngsters in Georgetown and Halton Hills will pursue the following program in preparing for the 1978-79 season. This program is designed more for youngsters 14 years of age and older. Most younger children get their exercise from play and a more advanced program may be uninteresting for them.

This conditioning program extends over six weeks. Each daily session is divided into three parts:

(1) "Warm-Up" - (includes stretching and strength exercises.)

(2) "Power and Endurance Conditioning"

(3) "Cool-Down"

This should be done five days a week for best results. Before taking part, it would be advisable to check with the family doctor, especially if you have not had a "physical" in the last few months or, if you are under a doctor's care or recovering from the flu, a cold etc.

I have gathered much of this information from various coaching publications, especially "Off Ice Training For Hockey" written by Ron

Smith and Lorne White, both of whom are actively involved in the National Coaches' Certification Program.

The Program (1) "The Warm-Up": This includes several exercises that most young athletes are familiar with.

(a) "Toe Touching" from the standing position starting with arms overhead (10-15 times)

(b) "Hurdler's Exercise" is done sitting on the floor. One leg is straight in front, the other is bent behind your "seat". Reach for the toes of your front leg with opposite hand. Repeat 10 times. Switch leg positions. Repeat 10 times.

(c) Lying on your stomach with arms above you, raise your arms, head and legs off the floor and then lower them (Repeat 10 times)

(d) "Push Ups" as many as possible

(e) "Bent-Leg Sit Ups" as many as possible

(f) "Squat-Jumps" (10 times)

These are only suggested exercises. For variety, you may wish to add or substitute others.

(2) "Power and Endurance Conditioning"

Steady distance running is good for your heart-circulation system, but this alone is not the best way to train for a stop and start game like hockey (football or basketball).

Hence, the following chart involves three activities. This chart was developed by Dr. Howard Green, a fitness expert from the University of Waterloo.

"Activity A - Power". This is designed to increase the speed at which your muscles work. It is possible to be very strong and still lack power if this strength cannot be exerted quickly.

Strength plus Speed equals Power.

"Activity B - Anaerobic". This is designed so your body can work "full-out" for short bursts when there is not enough oxygen being taken to your muscles (at the end of a shift.)

"Activity C - Aerobic". This is designed to improve the heart-circulation system. It is the responsibility of this system to carry oxygen and food to your muscles where they are used for energy. Also, this system must remove wastes from the muscles so that they do not tire quickly. This increases your body's endurance and efficiency over an extended period of time. (for an entire game.)

At no time during these activities should your heart rate drop below 120 beats per minute.

(3) "Cool-Down" This is a new aspect to conditioning. Research has shown that doing a light activity after strenuous exercise allows the body to relax and will even eliminate some of the stiffness that is associated with muscle fatigue.

A short walk or light jog plus some stretching exercises will serve this purpose.

This entire program should not take any more than 30 minutes. So skip one of those summer re-runs on TV and start the program today. (Substitute Day 1 for Monday, Day 2 for Tuesday etc.)

All you need is a watch, a place to work out, (park, school yard) and a partner or two, three...

By working with a partner you can set up your own competitions and have some fun. With every pace taken you are another step closer to a better conditioned hockey player and a more valuable addition to your team.

Thompson-Moore win championship

The Halton Hills tennis championship singles came to an end Saturday night on the Acton courts. Number two seed John Moore defeated number one seed Doug Cairncross for the men's title

while Doreen Thompson downed Marilyn Serjeantson for the ladies' crown.

To win the titles each of the champions downed their opponents in straight sets. Moore defeated Cairncross 6-3, 6-4. Thompson defeated Serjeantson 6-3, 7-6.

The matches which were to be played Saturday morning had to be rescheduled for the evening due to the poor weather.

To reach the finals Mrs. Thompson dropped Audrey Houston and Mrs. Serjeantson downed Linda Rice, both in straight sets.

In the mens' semi-finals Moore beat Gerry Peace 6-3, 7-5. The other semi-final matched Cairncross against Bernie Kovacs. Cairncross took the sets 6-1, 6-1.

All participants in the semi-finals were from Georgetown with the exception of Kovacs who is from Acton.

The mens' quarter-finals which were played last Wednesday had Cairncross beating Bob Houston 6-3, 7-5. Bernice Kovacs downed Denis Gibbons 6-3, 6-3. Peace routing Ed Serjeantson 6-1, 6-1 and Moore dropping Al Adams also 6-1, 6-1.

In the only second round match not completed at press time last week Gibbons downed John Boyce in a total games match, 10-9. The match was cut short due to the lack of light. Both players knew the lights go out automatically at 11 p.m. and they agreed that whoever had the lead when the lights went would be declared the winner.

Tigers start early look for Acton squad

The Acton Tigers of the Wellington-Dufferin-Halton non-contact hockey league are preparing for another season of play with teams from Milton, Georgetown, Halton Hills, Meadowvale, Erin, Orangeville, and Hillsburgh.

The Tigers finished second in their division last season, but were eliminated from the play-offs in the early rounds. The league champions were Georgetown's Patterson Insulation.

Acton started out last season with 19 players from the area who were interested in playing in a low key competition league and wanted a good time. The

novelty wore off and some of the players failed to show up. As a result five players from Milton were added to the roster.

This season the Tigers are looking for more players from Acton. Coach Mike Lalonde says he will stress a positional style of play. He said that although the team was the fourth highest scoring team in the league last year, some of the teams played so well positionally they just couldn't beat them.

The league rules state that a team can sign 25 players for the season, of those 25 only two players can be under the

age of 20, four players can be under 25, and they are only allowed eight players under the age of 29. All the rest of the players must be 30 years of age or older.

Each player on the Tiger squad this season will be required to pay a \$90 registration fee to cover the price of ice time, for 24 games, referees and sweaters and socks. Last season the team spent close to \$3,500.

Acton begins practices on Sunday, August 13 at 1 p.m. at the Thompson Road arena in Milton. The team is hopeful many Acton players are interested in playing this season. At present the team is urgently in need of goalenders.

Anyone interested in playing for the Tigers may call Mike Lalonde at 853-2733.

Coyotes, wolves

By Henry J. Stanley

The pasture season is here and with it, the associated benefits and dangers. Coyotes or wolves are an ever-present hazard in many areas, especially for young animals in a sheep flock or even a cow herd.

Most livestock owners know there is compensation available when losses due to wolves or coyotes occur. Did you also know that the Ontario Ministry of Natural Resources operates a predator control program? When a

complaint is made to an Ontario Ministry of Natural Resources regional or district office, an independent trapper is hired to catch problem animals.

If you discover livestock losses on your farm, notify your township evaluator either directly, or through the clerk. If the evaluator determines that the damage is caused by wolves or coyotes, personally contact the local office of the Ontario Ministry of Natural Resources, Cambridge (2E5th 25900) and notify them of the problem.

RESPIRATORY-CIRCULATORY ENDURANCE CONDITIONING PROGRAM					
MEAS ONE AND TWO					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1. Power 1st second 1st 100 yards 15 times					
2. Aerobic 20-30 second run at 3/4 speed describing 2-4 speeds 10 times per set for a 100 yard race 7 or 8 times					
3. Aerobic 15 to 20 miles in 12 to 15 minutes					

MEAS THREE AND FOUR					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1. Power 1st second 1st 100 yards 15 times					
2. Aerobic 20-30 second run at 3/4 speed 7 or 8 times					
3. Aerobic 15 to 20 miles in 12 to 15 minutes					

MEAS FIVE AND SIX					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1. Power 1st second 1st 100 yards 15 times					
2. Aerobic 20-30 second run at 3/4 speed 7 or 8 times					
3. Aerobic 15 to 20 miles in 12 to 15 minutes					

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NEIL COTTON

Cotton on conditioning

Pre-season conditioning can give hockey players a big edge in winning a position on the team of their choice at training camp, says veteran Georgetown Chrysler Balder defenceman Neil Cotton.

This week, Cotton has written an article outlining a simple summer conditioning program for players 14 years of age and up. He emphasizes that NOW is the time to start.

Cotton, who also coaches Georgetown's Sunny Acres Farm midlets, played college hockey at the University of Waterloo before joining the Raiders in 1970.

He's borrowed much of the information in the article from Dr. Howie Green, a University of Waterloo professor who set up a conditioning program for Roger Neilson's Toronto Maple Leafs last year, and OHA technical director Ron Smith, a former teammate at U of W.

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