

Health, Beauty & Fitness

IN BRIEF

The Farm Line: A distress help service for Ontario farmers and rural families, The Farm Line provides counseling and referral service for financial or emotional stress, addictions, family concerns or in cases of accidents or traumatic events. Ontario Farm Women's Network operates the service, which runs Monday to Friday, 8:30 a.m. to 8 p.m. Call 1-888-451-2903 to reach a counselor or through the Internet, www.thefarm-line.ca or e-mail: thefarm-line@thefarmline.ca for the confidential and anonymous service.

Foot care clinic: VON foot care clinic is held at St. John's United Church on Guelph St., every Tuesday, 1-4 p.m. By appointment only. Call 1-800-387-7127, ext. 2210.

Cut and shave: Robert Millard's annual Cut and Shave for the Heart and Stroke Foundation will be held on Saturday, May 31 at the George & Dragon, 4 p.m. Tanya's Hair Cutting has volunteered to do the cutting. To pledge, leave message at 905-873-3368 or 905-873-4459.

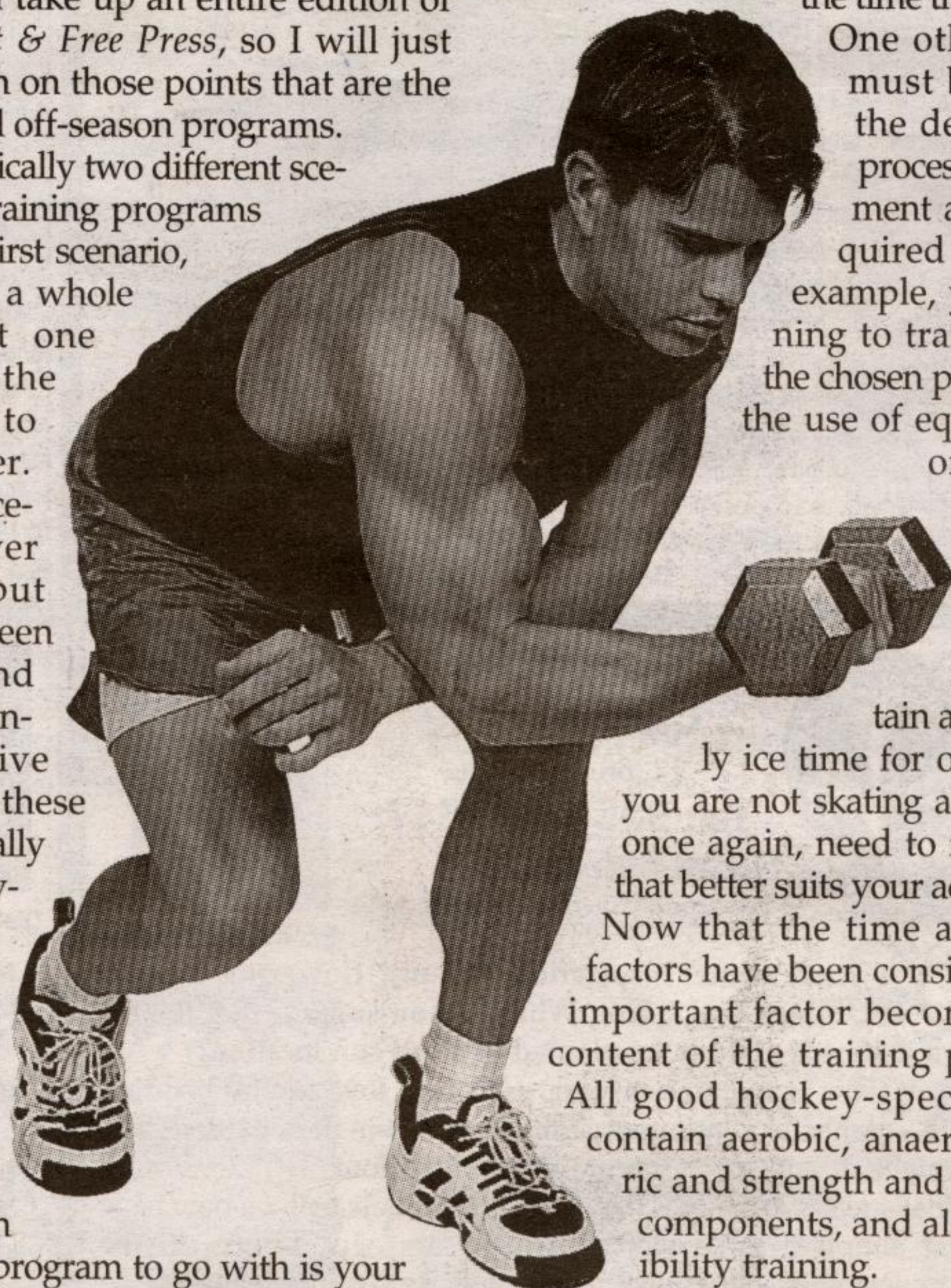
Preparing for next season: *Training for hockey players*

It seems that every year at this time, as the hockey season winds down, I am asked by both players and their parents to discuss hockey off-season training programs. Unfortunately, a complete, detailed discussion of the various programs available would take up an entire edition of *The Independent & Free Press*, so I will just attempt to touch on those points that are the key factors in all off-season programs.

There are basically two different scenarios that all training programs fall into. In the first scenario, the player does a whole body workout one day, and uses the following day to rest and recover. In the second scenario, the player trains daily, but alternates between upper body and lower body training on successive days. Either of these plans work equally as well in achieving the end result of being a well conditioned hockey player, so the most important factor to consider in deciding which program to go with is your ability to actually stick with that program. If, for example, you are planning to attend sum-

mer school while also working part-time, there are certain programs that you will be unable to commit enough time for. Little benefit will result from working hard on a program for one or two weeks, only to abandon it because it is just impossible to find all of the time that is necessary.

One other factor that must be included in the decision making processes is the equipment and facilities required to train. If, for example, you were planning to train at home but the chosen program requires the use of equipment found



only in a gym, find another program. Likewise, if a program includes a certain amount of weekly ice time for on-ice drills, but you are not skating all summer, you, once again, need to find a program that better suits your actual situation.

Now that the time and equipment factors have been considered, the next important factor becomes the actual content of the training program itself. All good hockey-specific programs contain aerobic, anaerobic, plyometric and strength and power training components, and also include flexibility training.

The aerobic portion— which means “with oxygen” — has been found by

research to set the foundation for all other fitness components, including strength and power training. This is why aerobic training is usually the main focus of the early portion of well balanced training programs. Going for a run is one example of aerobic training.

Anaerobic training — “without oxygen” — trains the energy systems required for the quick bursts of speed needed during games. Running sprints is one type of anaerobic training.

Plyometric or “jump training” was pioneered by the Soviets to train their hockey players. This type of training provides for quick bursts of explosive speed and power, such as when accelerating from a stop.

Strength is said to be the ability to move a heavy object, while power is defined as strength combined with speed. Weight lifting will train these energy systems.

Finally, whenever training in the hot summer, it is important to keep in mind that your bodies thirst response actually lags behind your body's requirement for water. Therefore, you have already lost a significant amount of water through sweating and heavy respiration before you ever begin to feel very thirsty. Since this is the case, it is a good idea to drink prior to beginning training, and to take frequent water breaks over the course of the workout.

Work hard and have a healthy summer!

—By Dr. Robert M. Jones, A.S., D.C.

Dr. Jones, a chiropractor, has over 10 years of experience serving as team doctor for numerous hockey teams, including several that have won provincial, national and world championships. He is in practice at The Chiropractic & Sports Injuries Centre of Georgetown.

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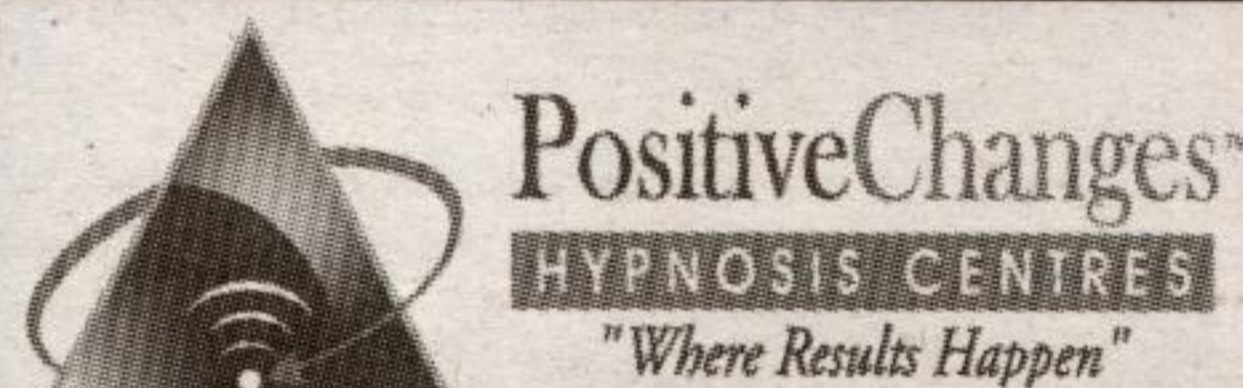
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