

Top 12 Nutrition Tips For Young Ice Hockey Players

1. Eat at home
2. Six small meals a day
3. Stop eating 2-3 hours before bed
4. Learn to read a food label
5. Avoid / minimize deep frying
6. Avoid / minimize processed food
7. Avoid / minimize fast food
8. Only 4 supplements: multi vitamin, green supplement, fish oil, protein powder
9. Carbohydrates: More greens than grains
10. Eat real protein
11. Drink 2.5 litres of water per day
12. Keep high salt foods to a minimum.

Awesome Omelettes

Add a tablespoon of olive oil to your pan and lightly fry up some red, green, yellow and orange peppers. You could also add any veggie that you like (onions, mushrooms etc). A little Black Forest Ham could also be added for taste.

When the veggies are done, pour in the eggs whites to cover the veggies. When cooked, flip and lightly sprinkle with real cheddar. Cover and wait until the other side is cooked and the cheese is melted and you have a delicious breakfast option ready to serve.

Eat a piece the size of your hand, save some for tomorrow or freeze some for later in the week.

Your 10:30am snack includes a ½ cup of nuts or a piece of fruit and a yogurt.

The key is to reduce / eliminate as much refined sugar and you start your day on the right path. These breakfast ideas are high in protein and will help keep you feeling full throughout the day without the blood sugar spikes of regular toast. The vegetables and the fruit also provide terrific antioxidants.

Protein Smoothies

Add 2 cups of 1% milk, 1 scoops whey powder, add ½ cup of frozen berries. You can also add some Greek yogurt. Blend for 1 minute.

Breakfast Cereals

Select a cereal with more grains than sugar; Kashi, Musliex, Fibre 1, Raisin Bran, Oatmeal etc.

Fruit

All fruit is good especially bananas, apples, oranges, grapes, kiwis, and grapefruits. The fruit list is long but variety is the key. If you choose fruit salad, ensure it is in water not syrup.

Bread

There are so many options out there for bread: Here is the list from worst # 6 being the worst to number 1 being the best:

6. White Bread
5. 70% Whole Wheat
4. Whole Wheat
3. 7 Grain
2. 12 Grain
1. Sprouted Grain Ezekiel Bread found in organic section in freezer, keep it frozen. Cinnamon raisin has the best taste. Ezekiel wraps also rock.

Meats

All meats should be lean cuts, the size of your hand. Turkey, steak, pork, fish, chicken.

Limit processed meat, nuggets, salami, pepperoni, bologna, hot dogs etc

Vegetables

All vegetables rock and frozen or canned are fine. However, if you have a salad, use a light dressing with little to no sugar added. You will find fantastic salad dressings in the organic section.

Water

Drink 2.5 litres just to replenish what your body loses daily. Look at the color of your pee. If it's clear you are well hydrated. If your pee is dark or smelly, drink up because your kidneys are screaming at you.

Tips For Young Ice Hockey Players To Get Deep, Uninterrupted, High Quality Sleep

As a young ice hockey player, getting ample, high quality, deep uninterrupted sleep is a very important aspect of developing your ice hockey skills. During your sleep, your body and brain rest and repair and get prepared for the work load for tomorrow.

One thing is for certain, most young ice hockey players are sleep deprived and this negatively affects their performance on the ice.

Why More Sleep May Improve Sports Performance

Deep sleep helps improve athletic performance because this is the time when growth hormone is released. Growth hormone stimulates muscle growth and repair, bone building and fat burning, and helps athletes recover. Studies show that sleep deprivation slows the release of growth hormone. Sleep is also necessary for learning a new skill, so this phase of sleep may be critical for some athletes.

How much sleep do young ice hockey players need?

Sleep experts recommend nine to ten hours of sleep for young developing ice hockey players.

Here is a simple test that will determine if you get enough sleep. Do you wake up with the use of an alarm clock? If you need an alarm clock to awake you, you are most likely sleep deprived. The most important hour of sleep is your last hour and when your body has received enough sleep your brain releases a chemical to awake you. Hence, if you are using an alarm clock to wake up, the alarm clock is interrupting the most important part of your sleep. You need to go to be earlier. Here are some additional tips that will ensure that you as a young, developing ice hockey player get ample sleep.

- Make your bedroom as dark as possible, keep out the early morning light as this will prematurely awake you and disturb your sleep.
- Keep the room as quiet as possible by closing the bedroom doors and windows. Don't let the noise of passing cars or a family member using the bathroom disturb your sleep.
- Maintain a regular sleep schedule. That means go to bed at the same time and awake at the same time. Going to bed and waking up at the same time each day is ideal for athletes. A regular schedule makes your training routine more consistent and regular. If you sleep and wake at the same time, your body can adapt to a regular training and nutrition plan as well. Additionally, research shows that a regular sleep habit that includes a 10 p.m. bedtime and 6 a.m. wake up time seems to be the optimal schedule for both physical and psychological recovery, as well as wakefulness during the day.

- Remove the bedroom phone or turn off the ringer during sleep time.
- Don't have electronic devices (cell phones / blackberry / lap tops, etc.) in the bedroom. They are big sleep disturbers. It's a good idea to turn off all electronics about an hour (or more) before bed. Getting rid of stimulation--including the television, loud music, commercials, computer screens and other distractions--helps your mind relax. Additionally, those electronics emit artificial light that tricks your body into thinking it's daylight, and stops the production of the sleep hormone melatonin. Give your body at least an hour to get primed for sleep without all the bright blue screens and electronic distractions.
- Evaluate the quality of your mattress and pillows. 5-7 years is the lifespan of a mattress and one year for a pillow.
- Remove the TV from the bedroom. The best place for a TV is in the TV room not your bedroom.
- Ensure no caffeine or food intake 2-3 hours before bedtime. These will either delay getting to sleep or staying asleep. Food intake just before bed has been linked to nightmares.
- Pets should not be in your bedroom. Your pets need to have their own bed away from your bedroom. Keep pets as far from the bedroom as possible. Your beloved pet will get great quality sleep no matter where you put them, but sure enough when the cat and dog are moving around on your bed, your quality sleep is disturbed.
- Keep It Cool. Lowering the thermostat in your bedroom to 65 to 68 degrees can help you fall asleep faster and sleep more soundly. You may have to experiment with the temperature, or amount of covers you use, but keeping it on the cool side is better for sleeping than being too hot.

Ten Effective Strength Exercises for Ice Hockey Players

Do a ten minute warm up; don't start strength training until you have a little sweat on your forehead.

1. Squats (Down slow, hold one second, up slow)

Why They Rock: Most trainers agree that squats are one of the best exercises you can do for your legs. Squats work your glutes, quads, hamstrings and calves all at once.

How to do it: Stand with feet hip-width apart, toes angled slightly outward. Slowly bend the knees and lower hips towards the floor, keeping your torso straight and abs pulled in tight. Keep your knees behind your toes; make sure everything's pointing in the same direction. Do not let your legs go lower than 90 degrees or knees and bum are at the same level. Do this exercise to fatigue. You may want to add some dumbbells for added resistance.



2. Lunges (Down slow up, hold one second, up slow)

Why They Rock: Like squats, lunges work most of the muscles in your legs including your quads, hamstrings, glutes and calves.

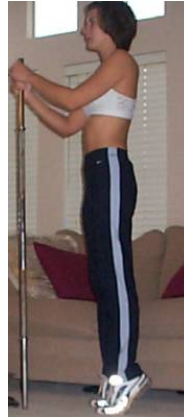
How to do it: Stand in a split-stance (one leg forward, one leg back). Bend knees and lower body into a lunge position, keeping the front knee and back knee at 90 degree angles. Keeping the weight in your heels, push up slowly to the starting position. Never lock your knees at the top and don't let your front knee go forward past your toes.



3. Calf Raises (Up slow, hold one second, down slow, heels never touch the floor)

Why They Rock: Most trainers agree that when done correctly calf training incorporates more than just calves. The mistakes most clients make are they go up fast and then let their heels fall to the floor. Calf raises work when done slowly. You may want to add some weight for added resistance.

How to do it: Stand with feet hip-width apart, toes facing straight ahead or angled slightly outward. Slowly raise your heels as high as possible, keeping your torso straight and abs pulled in tight. At top hold for one second and lower slowly. Repeat this movement and don't let your heels touch.



4. Push Ups (Down slow, hold one second at bottom, up slow)

Why They Rock: Push ups, like squats, are compound movements using almost all the muscles of your upper body. You'll work your chest, shoulders, triceps, back and core.

How to do It: Position yourself face down on the floor, balancing on your toes/knees and hands. Your hands should be wider than shoulders, body in a straight line from head to toe. Don't sag in the middle and don't stick your butt up in the air. Slowly bend your arms and lower your body to the floor, stopping when your elbows are at 90 degrees. Exhale and push back up.



5. Plank: Goal: Hold a plank for one minute.

Why It Rocks: The plank (or hover) is an isolation move used in Pilates and Yoga and works the core, back, arms and legs. The plank also targets your deep internal abdominal muscles.

How to do it: Lie face down on mat with elbows resting on the floor next to chest. Push your body off the floor in a push up position with body resting on elbows or hands. Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds and repeat as many times as you can. For beginners, do this move on your knees and gradually work your way up to balancing on your toes. If you can hold a plank for one minute, lift one leg 4 inches off the floor.



6. Deep Squat / Wrist Curls

Why It Rocks: This move trains the lower body isometrically while the forearms are being developed.

How to Do It: Perform a squat so that your bum and knees are level. Place your elbows, forearms and wrists along your thighs and only allow your wrist to hang over your knees. Using light dumbbells perform wrist curls with palms up, palms down and palms facing one another.



7. Half Squat / Bent Over Rows

Why It Rocks: This move trains the lower body isometrically while the back is being developed.

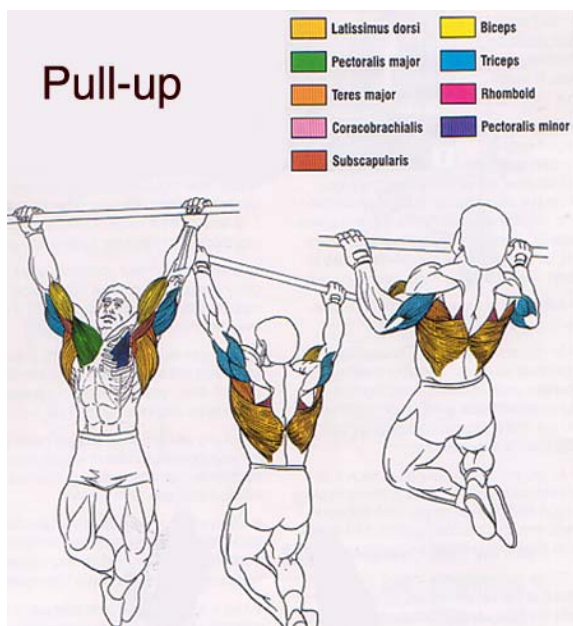
How to Do It: Perform a half squat and hold this position. Using light dumbbells and pull the dumbbell to up to side until it makes contact with ribs or until upper arm is just beyond horizontal. Pull up slow, hold for one second, lower slowly.



8. Chin Ups

Why Chin Ups Rocks: This move is the corner stone of upper body development. Forget how many you can do, just do as many as you can correctly.

How to Do It: Place your hands comfortably apart but not too wide. Palms in or out is OK but change it up. Pull your body as far up as you can slowly, hold for one second at the top, lower your body slowly. On the way down never let your elbows lock. Pull yourself back up just before your elbows lock.



9. Chest Flyes With Bicycle Legs

Why It Rocks: This move hits many muscles at once, especially the core.

How to Do It: Lie on your back on a mat or bench. Using dumbbells, lift knees up to flatten lower back to the mat. Start with weights directly over chest, palms facing each other, elbows bent. Slowly lower weights out to sides, stopping at shoulder level and keeping elbows bent, then bring weights back up over chest. Move one leg at a time in a bicycle motion. Use enough weight/resistance that you can complete the exercise using correct form. Repeat until muscle fatigue.

Tip: *This exercise puts stress on the shoulders, so be sure to stop when your arms are at shoulder level.



10. Bicycle Crunch

Why It Rocks: This move hits many muscles at once, especially the core.

How to Do It: Lie on the floor face up with hands behind the head. Don't clasp the fingers behind the head. The hands should not propel the head forward in this exercise. Legs are bent at approximately right angles at the knee with feet in the air. Lift head and shoulders 2 inches to the starting position. Slowly bicycle legs one at a time and cross elbow over to touch knee. When your elbows touch your knee, stop and hold for one second. For best results, performed this exercise slowly until you fatigue.