



The Competitive Edge

Get The Edge!

January/February 2005

Volume 1, Number 1

Upcoming Events:

**C.E. Skating is still collecting old equipment for the Big Brothers Big Sisters organization. The special event that was to take place over Christmas break has been postponed until further notice due to busy holiday schedules for the Big Brother Big Sisters organization. Please continue to donate old equipment to C.E. Skating. All equipment will be used by children enrolled in our miniature hockey skills clinic. Again, thank you for all your support.

**Our second Sports Nutrition seminar will be offered Wednesday, January 26th from 5:30-6:30pm. The seminar will be held at the Top Shelf restaurant, which is located on the upper level of KVIH. Contact us at 810-231-0694 for more information.

Contact Us:



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<http://www.ceskating.com>

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Competitive Edge Skating
191 New Castle Lane
Whitmore Lake, MI 48189

President Jennifer Matras:
248-752- 4470

Welcome to the Competitive Edge

Brought to you by Competitive Edge Skating, Inc. (C.E. Skating.)

In its 8th year of providing hockey development to players, C.E. Skating is also providing education to southeast Michigan through our newsletter and featured events. Through many years of hard work and determination, C.E. Skating has become a collaboration of professionals whom all share a common goal: help each player reach their peak performance. With over 20 years of skating and hockey related experience, C.E. Skating Instructors have helped players understand the importance and the rewards that ongoing skill development brings.

C.E. Skating aims to educate, train and develop each player as they excel in every level of hockey. C.E. Skating provides unique skating drills, and exercises with emphasis on balance, speed, coordination, agility and edge control. In addition, we also have developed and designed drills to enhance stick handling abilities for puck control, puck protection, maximum shooting power and shooting accuracy.

Over the past few months we have been able to offer seminars in areas of sports psychology, sports nutrition and guest appearances from professional hockey players such as Jason Williams of the Detroit Red Wings. These services and skills enable players to perform at peak levels, contribute and participate at higher levels throughout the game, and become more valuable to their team.

It is the goal of C.E. Skating to continue to provide new services to help develop hockey players at their highest levels of success. We feel our ability to provide many services related to hockey by one company will enable us to develop the finest players in the State while still providing outstanding enjoyment by all. And now, with **The Competitive Edge newsletter**, you can stay on top with our educational articles, upcoming events and highlights of how C.E. Skating has helped skaters reach their goals and accomplishments.

Please contact us if you'd like more information about our skill development lessons or if you'd like to submit a question to one of our writers.

Honors and Accomplishments



*Congratulations to C.E. Skating student Cameron Schultz, who is now one of our fastest skaters with a forward lap time of 15.43.

*Congratulations to Ricky Stack and Adam Kleven who are both having a successful year as first time travel players.

*Congratulations to Alec Mizer who is having a successful hockey season as a defenseman for the Kensington Valley Rebels Bantam team.

*Thank you to all the women who made C.E. Skating's first Woman's Clinic such a success and a lot of fun. We hope to continue to help you with your progression and success in women's hockey.



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Meet Our Instructors:

Jennifer Matras

Professional Skating Instructor



Over 20 years of skating experience

President of Competitive Edge Skating, Inc.

Intern for the USA National Hockey Team Development Program

Previous guest instructor for "Red" Berenson hockey camps and USA National Hockey Development Program

Exercise Physiologist

Sean Ritchlin

Professional Stick Handling and Shooting Instructor



Sean is a former University of Michigan Division 1 hockey player.

Two time National Champion.

1999 CCHA All-Tournament Team.

Signed with Atlanta Thrashers in 1999.

Professional hockey player for IHL,

Fuel Up Before the Game

By Lisa Lutchka, RD

What should I eat before the big game? While many athletes ask this question, there is no generic answer. Each athlete has individual needs. However, a few guidelines might help.

First, remember that carbohydrates are your body's fuel of choice during intense exercise, and it will also be used when exercise lasts for a long time. When we run out of carbohydrates, we can't exercise as hard or as long.

Eating a carbohydrate-rich diet (including such foods as whole grain breads, cereals, pasta and rice, fruits, milk, potatoes and other 'starchy' vegetables) ensures good carbohydrate stores. To 'top off' these stores, the pre-game meal should include these types of foods.

Second, think about when to eat and how much. Eating at least three hours before the game allows for complete digestion, which is a good thing. When eating three hours before the game, consider about 1 ½ grams of carbohydrates per pound of body weight (check the 'Nutrition Facts' panel on food labels). If the only chance to eat is within an hour of the game, it is better to eat a much lighter meal or snack, or to just drink a sports beverage.

Lastly, remember that it is great to experiment with different types of foods and meals, but only on practice days. This way, you won't risk an upset stomach on game day, and you'll already know what works best for you on a day when it really counts.

The importance of proper hydration is not up for debate. Water is *the most* important nutrient for an athlete. Athletic performance begins to suffer with only mild dehydration... the level at which we start to feel thirsty. It is easy to get to this level within 30-40 minutes of exercise. Some athletes may even begin their game already at this level.

It is important to keep up with normal fluid needs throughout the day (about 1 cup per 15 pounds of body weight for most children). In addition, an athlete should drink 2 cups of cool water two hours before exercise, and another 1 to 2 cups 15 minutes before the game. Using anything 'heavier' than water or sports beverage (such as juice or soda) right before the game can backfire, since it often causes cramping and nausea. Remember that getting behind on fluids can be a downward spiral. The more dehydrated an athlete is, the harder it becomes to tolerate fluids, and the problem just gets worse. Stay on top of fluids on a daily basis, and drink before, during, and after the game.

Lisa M. Lutchka R.D., Sports Nutritionist - B.S. in Dietetics, Registered Dietician 12 years

Skill Development

Private/Semi-Private lessons for stick-handling, shooting and skating at KVIH and Hazel Park offered throughout the year.

Monday 3:30-4:20 PM Tuesday 6:00-9:00AM & 3:50-5:50 PM Wednesday 3:20-5:50PM
Friday 3:20-5:50PM

**Full equipment is mandatory for all players on these sessions. Players can sign up for private or semi-private lessons for stick handling, shooting, and/or skating lessons. Lessons are scheduled based on availability in 30-minute increments. The remainder of the ice time can be used by the players for extra practice time or another lesson with an instructor. Ice time must be paid in full at the start of your lessons.



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Events:

Holiday Hockey Game:

On December 17th, 2004, Competitive Edge Skating, Inc. offered a holiday hockey game for all the players participating in skill development lessons at KVIH. It was great for our instructors to finally see all the players in a game situation, especially when they had so much fun! All of the players received a logo T-shirt for their fine effort. Keep up the hard work, C.E. Skating students. We are very proud of all of you and how much you've improved.

Congratulations to Tyler Miller who got a hat-trick in the peewee/bantam game. Also, congratulations to Yale Benedict and Luke Morgan who dominated the mite/squirt game.

We will keep you posted on future C.E. Skating hockey games.

Guest Instructor:

From everybody at C.E. Skating, we would like to thank Red Wing Jason Williams, who plays center for the Detroit Red Wings. Williams came out and visited C.E. Skating at KVIH in September, 2004. Skaters were inspired by Williams' pointers regarding stick handling and positional plays, along with tips on how hard you have to work in order to reach goals, such as playing in the NHL.



Motivation as a Source for Optimal Physical Performance

By Jeffrey Colon

Quite often we hear elite athletes say they were really motivated to perform well and such motivation was a source for them to pursue their goals and the steps to achieve their positive end result in a physical performance. In essence, those comments focus on what drives the person to achieve and pursue their dreams in a competitive arena regardless of the sacrifices, hard effort, and the perseverance it takes to achieve the desired positive end results. In this article, I'll explain how to apply the foundations of motivation for youth level competition.

Motivation is defined as the direction and intensity of one's effort. Direction refers to where the individual chooses to place his/her efforts to achieve a task or goal. Intensity refers to the amount of effort put forth by an individual in a particular situation. As we combine the direction and intensity of effort with youth athletics, parents, coaches, as well as the athletes must ask themselves what is/are the true reason(s) (motivation) for their involvement in the sport. Once the motivational climate is established and defined, pursuing goals that match the motivational perspective of the athlete becomes a natural process and the drive to succeed tends to be higher because there is clarity on what the individual wants to achieve within the sport.

Defining the different levels of motivation may be a good way to find out why youth level athletes are participating in their particular sport. We begin by seeing if the motivation to participate is extrinsic. Extrinsic Motivation is viewed as the direction and effort to participate by the individual being dependent on rewards which are usually social or material. On the other hand, intrinsic motivation takes the direction and effort to participate by the individual focused on the inherent pleasure of doing the activity for personal reasons. As a coach or parent, getting a clear perspective on the reasons why youth level athletes engage in the rigors of practice and competition for their particular sport can go a long way for establishing a proper support system and network to meet the goals of each individual athlete. A further aspect to consider is the interactional view of motivation.

The interactional view of motivation is a combination of behaviors being motivated by the situation and the personality (traits), goals, and needs of the individual. This motivational perspective really brings into focus the different levels of interaction that guide most individuals in everyday life, including youth level athletes. It is this level of interaction that really accentuate individual differences within athletes in a particular sport, why some may "want it more" than others, why some may persevere and are more resilient at a task even in the presence of failure than others, and the basic reasons why athletes want to be involve in their particular sport at a time of growth and development in their lives. The interactional view of motivation really lends itself as a foundation to seek

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Inspirational Words:

To err is human, but when the eraser wears out ahead of the pencil, you're overdoing it.

- Josh Jenkins

Summer 2005:

Summer Program 2005 information will be available in April. Please keep an eye out for our flyers or visit us online. We hope to offer off-ice (weight resistance, plyometrics, nutrition, psychology) in our summer program. Everyone at C.E. Skating is excited about all of the upcoming events and the accomplishments that have been made in the past. Thanks to all who support us!

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answers regarding involvement, interest level, and drive to excel for athletes in any competitive arena.

So, how can parents and coaches focus on promoting a healthy and positive motivational environment for the athletes? Sport Psychologists Robert Weinberg and Daniel Gould propose 5 different approaches to build a positive motivational environment, these are as follow :

1. Situations & Traits Motivate People = a combination of personal & situational factors motivate people to take the time to find out what are the interests of your athletes.
2. People Have Multiple Motives for Involvement = motives are unique to the individual, motives can change over time. Are they participating because of external or internal motives?
3. Change the Environment to Enhance Motivation = have competitive & recreational divisions, provide fun & fellowship, and adjust to individuals within groups.
4. Leaders Influence Motivation = energetic leaders equal energetic followers. Be a good role model as a coach and parent and develop a system of leadership roles on a rotational basis that includes all athletes on your team.
5. Use Behavior Modification to Change Undesirable Participant Motives = establish accountability and responsibility for choices with logical consequences for all athletes. Provide alternatives in activities that lead to the desired behavior of the team in conjunction with team go

In many cases, coaches as well as parents have their "own" motivates for seeing their athletes or sons/daughters participating in youth sports. Yet, we often forget to ask the athletes what are their needs and wants for wanting to be involved in their youth sport. Take the time to build a positive relationship that fosters a motivational environment with clarity of what the goals are for each individual athlete. Once that aspect for participation is clear, specific goals can be established to meet the needs of the individual athlete's.

Geffrey Colon is an Assistant Professor - School of Health Promotion and Physical Performance.
