



# The Competitive Edge

## Get The Edge!

February/March 2008

Volume 4, Number 1

### Upcoming Schedule

Spring 2008

### Skill Development at KVIH

Wednesdays at KVIH

April 9<sup>th</sup> – May 21<sup>st</sup>

3:50pm – 5:50 pm

### Weight Training at KVIH

Wednesdays at KVIH

April 9<sup>th</sup> – May 21<sup>st</sup>

6:00pm – 7:00pm

### Contact Us:



Website:

<http://www.ceskating.com>

Email:

[icejen9@aol.com](mailto:icejen9@aol.com)

Mailing Address:

Competitive Edge Skating  
38273 Remington Park  
Farmington Hills, Mi 48331

President Jennifer Matras:

248-752-4470

## Controlling One's Emotions

By: Jennifer Matras,

Owner of Competitive Edge Skating, Inc.

I, along with many other people and athletes, are all so familiar with emotions. High, low, out of control. You name it and most of us have been there. Controlling one's emotions can be difficult whether it be when you are having trouble with work, having a bad day on the golf course, having trouble performing a drill, having an argument with your friend or spouse, or are in the middle of a hockey game and #11 on the opposing team won't shut his/her trap. I could go on and on with examples that get our hearts pumping and blood boiling.

When it comes to sports, and other things we are passionate about, I understand that it is very easy for us to lose our composure and let our emotions get the best of us, and when this happens, it is the disciplined ones that realize that it is just better to take a deep breath and walk away. I don't know of many top level athletes that have thrown their golf clubs, tennis rackets, or hockey sticks that once they've done that are able to play better after doing so. Many sports psychologists have made millions working with athletes on how to control their emotions, especially when something surprising happens. What do I mean by surprising? For example, a skilled hockey player passes the puck during a simple play and it takes a bad bounce of the boards and the other team capitalizes on it. Or your team is ranked top in the state and loses to an unranked team. Or a team is up by 7 or 8 goals and the opposing coach tells his team to just begin hitting like crazy and start fights. These are surprising moments that a hockey player may experience and didn't expect or visualize happening.

When surprising things happen it is important for athletes to keep their composure and remain in the game. In the book, *Golf's Sacred Journey: Seven Days at the Links of Utopia*, David L. Cook describes a story of a very talented golfer who is trying to get his game to a new level but is having trouble due to the lack of emotional control.

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## Honors and Accomplishments

\*Congratulations to Dave Booth, a Competitive Edge student and is a left winger for the Florida Panthers, who is having a successful season as one of the highest scorers on the team!

\*Congratulations to Chris Summers and Ian Cole, two previous Competitive Edge Skating instructors, who made the USA U-20 World Championship team!

\*Congratulations to Bryan Lerg, a Competitive Edge Skating student, who was voted Captain this year at Michigan State University!



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### Meet the Owner of Competitive Edge Skating, Inc.:

#### 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

Nationally Certified Strength and Conditioning Specialist

Exercise Physiologist

### Help Wanted!

**\*\*Competitive Edge Skating, Inc. is looking for more qualified stick-handling, shooting & skating instructors to add to their staff. We are looking for hockey players, male or female, who have played at the High School level or higher. Must be very enthusiastic and passionate when working with kids. If you know of anyone that would be interested, please have them contact Jennifer Matras at 248-752-4470.**

## Hydration for Athletes

By Amanda Carlson, MS, RD

Dehydration is counterproductive to enhancing athletic performance. Minor dehydration impairs concentration, coordination, and reaction time, reduces stamina and compromises the body's ability to resist disease. Dehydration of muscle of only 3% can cause about 10% loss of contractile strength and 8% loss of speed. In order to keep from becoming dehydrated, it is important to drink plenty of fluids (ideally water) before, during, and after intense periods of exercise. The only imperfect mechanism in the body is the thirst mechanism. Once you are thirsty you are *already* dehydrated- it is too late!!

Here are some important guidelines:

- you need to drink at least half of your body weight in ounces of water per day. So, if you weigh 150 pounds – you must drink at LEAST 75 oz of water per day. 1 L = 33 oz
- the best rehydration fluid is *cold* water. If your event or training last longer than an hour or you are in an extreme environment (hot, humid), choose a Gatorade or similar product. Gatorade provides *fuel and electrolytes* to *optimize performance* during intense exercise! Drink 16-32 oz of Gatorade per hour during these conditions.
- avoid drinking anything with a lot of caffeine or alcohol because they may increase urine production which will in turn increase dehydration.
- salt tablets aggravate the condition by drawing more water out of muscle and into the stomach
- heavy training athletes use over 2 gallons (8 quarts) of water per day

### PERFORMANCE POINTS

**PRE-EVENT:** recommended that individuals drink 16 oz (2 cups) of fluid about 2 hours before exercise to promote adequate hydration and allow time for excretion of excess water

**IMMEDIATELY BEFORE EVENT:** drink another 6-8 oz of water or Gatorade

**DURING EVENT:** athletes should start drinking early and at regular intervals in an attempt to replace all the water lost through sweating. It's recommended that the athlete drinks 8 oz (1 cup) every 10-15 minutes. If the event is longer than 60 minutes or is very intense, Gatorade or other sports drink should be used instead of water. 16-32 oz of Gatorade should be consumed in these conditions.

**POST EVENT REHYDRATION:** recommended that individuals drink 2 cups (16 oz.) for every pound lost during the duration of exercise.



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### Competitive Edge Player



**Name: Travis Gorny**

Age: 10 Ht: 4' 8"

Position: Right Wing

Team: Kensington Valley  
Crusaders

Fav. Player: Steve Yzerman

Travis is a Competitive Edge student who has been playing hockey for the past 4 years and has worked on his skating skills for the past several summers. He is an excellent worker improving every year. Travis' hard work and dedication has recently helped him score his 100<sup>th</sup> goal of his amateur hockey career! Travis always brings a good attitude to practice and is a great leader in drills. I see a bright future for Travis and we wish him the best of luck with his hockey career! Keep up the hard work Travis and you will continue to reach your goals!

### Controlling One's Emotions (cont. from page 1)

The golfer describes himself as "being more aggressive by nature and loves hitting the spectacular shot. He feeds upon the emotion of the game and finds himself driven by the need to deliver a spectacular shot, proving to other players and spectators alike that he belongs. He tends to be impatient and doesn't pick his spots well." I can relate the description of this particular golfer to many hockey players because they too have trouble with their emotions and feel the need to prove themselves to others. David L. Cook goes on to describe certain surprises for a golfer to be, "having a ball in a divot after a perfect drive, having a competitor or spectator say something bizarre in the middle of the round, having a club stolen or lost, playing beyond their expectations." Again, all of these very similar to the game of hockey and I've seen them effect a player's emotions and be detrimental towards their game.

In the book *Golf's Sacred Journey*, the golfer's instructor explains how "emotional balance is as important as physical balance. In fact they are woven together. To stay in balance during one's golf swing, you have to have control of your emotions. You have to expect the unexpected at all times." In the game of hockey I think there are even a greater amount of variables that can effect a player's emotions such as the physical fatigue of playing at such high intensities, the hitting and battling for the puck in the corners, high demands of coaches, along with poor referee calls. In order for hockey players to remain in the zone and play at their top performance, it is important for them to understand how to keep their emotions under control. It amazes me how there are very few head coaches that put forth the time and effort towards helping players learn how to control their emotions, or worse, allowing their players to become out of control which leads to their players disrespecting other instructors, coaches, referees and even leading to all out brawls on the ice against other teams.

I just had a recent experience with a team where the coach appeared to have little control over what the players did on the ice and how they interacted with other teammates, opponents or instructors, such as myself. It ended up so bad that I decided to withdrawal from having future sessions with the team. After making the decision to stop working with the team, it was a few games later that they ended up with a bench clearing brawl. It saddens me that there are 15 year old boys out there that have outstanding talent but are not being guided on how to control their emotions.

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### Inspirational Words:

"If you believe in yourself and have dedication and pride and never quit, you'll be a winner. The price of victory is high, but so are the rewards."

~Bear Bryant

### Spring 2008 Skill Development

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### Controlling One's Emotions (Continued from page 3)

Even though I have had bad experiences with certain head coaches out there, I have been blessed to be able to work with a few head coaches that do understand the importance of not only developing good hockey players but good people as well. One of these coaches is a head coach of a local high school hockey team. Winning State Championships is a key goal for his team, but he will not accept reaching this goal without developing hard working, disciplined players, who keep their composure, and respect their teammates, coaches, referees and other trainers on his staff. This particular coach talks to his players about the importance of sports psychology and its benefits towards performance when emotions are under control. From the book, *Hockey Tough* by Saul Miller, he learned the importance of breathing when an athlete becomes too tense. One way he is able to maintain a high level of competition at the varsity level is helping his players learn how to "breathe, or take deep breaths" when their emotions get too high which allows them to calm down, get back in the game and show their true talents.

Emotions can get the best of us. They can cause us to yell, cry, retaliate, lose focus, hit harder, perform better, perform worse, make us throw our sticks, hit the boards, throw our gloves or hug for joy. It is the experienced people, such as myself, that have been through the good times, bad times, good performances and bad performances that feels we are responsible to help the upcoming young athletes to understand, even though winning is a great, it is only rewarding if done with hard work, respect, dedication, commitment and pride. Being a champion doesn't just mean winning. Keeping emotions under control is imperative for one to perform at their best, but keeping composure when the pressure is on and emotions are high is truly what a first class champion does. I believe more coaches need to help reinforce this concept and help develop more well-rounded champions.

*Jennifer Matras B. S. in Science, CSCS, Owner and Head Skating Instructor of Competitive Edge Skating, Inc.*

## Instructors, Trainers and Rates

Jennifer Matras: head skating skills instructor and strength training specialist

Scott Nelson: skating instructor

Thomas Murphy: strength training assistant

30-minute, semi-private skill development lesson - \$32/player  
60-minute, semi-private strength and conditioning session - \$20/player  
60-75 minute strength and conditioning session - \$200/team