



THE COMPETITIVE EDGE

GET THE EDGE!

March-May 2006

Volume 2, Number 1

Hours of Operation

SUMMER 2006
@ KVIH

On-Ice Training

Weeks of
June 5th & 12th
Tuesday & Thursday

3:30-5:50pm

Weeks of
June 19th – Aug. 14th

Monday – Thursday

7:00-11:00am

Strength Training

Weeks of
June 5th & 12th
Tuesday & Thursday

6:00-7:00pm

Weeks of
June 19th – Aug. 14th

Monday – Thursday

8:15am – 12:45pm

Contact Us:



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Competitive Edge Skating
38273 Remington Park
Farmington Hills, Mi 48331

President Jennifer Matras:

248-752- 4470

**Competitive Edge Training, Inc. is
open & training in a POWERFUL force**



Competitive Edge Skating, Inc. is proud to announce that it has expanded its' business to offer a new training facility *Competitive Edge Training, Inc. (C.E.T.)*. Our new facility, which is located in the South rink at Kensington Valley Ice House, has been designed to train athletes in exercises that help increase not only strength and power, but also agility, coordination, balance and flexibility. C.E.T. is equipped with several bikes and a treadmill for athletes to metabolically train as well.

C.E.T.'s owner, Jennifer Matras, graduated from Eastern Michigan University in June 2005 with a Bachelor's degree in Exercise Physiology and is a nationally Certified Strength and Conditioning Specialist. Before graduating, Jennifer completed a 400 hour internship during the 2004-2005 hockey season with the National Team Development Program located in Ann Arbor, Michigan. Jennifer observed the elite 16 and 17 year old hockey players while they trained with the NTDP's strength and conditioning coach, Darryl Nelson. She learned about all the different aspects that go into training a player to be the best he or she can be. Olympic style lifting, which helps develop explosive power in a player, is just one of the very important exercises that Jennifer learned at NTDP and now offers, and teaches, to the players at Competitive Edge Training.

Cont. on page 3

Honors and Accomplishments

Congratulations to the following teams! Competitive Edge Skating, Inc. is proud to be your primary skating development source!

- Brighton Prep Team – 2005 Ursa Major Big Bear
- Kensington Valley Bantam A Rebels – 2005 Ursa Major Big Bear
 - Kensington Valley Squirt AA Rebels – 2005 Oktoberfest
- Kensington Valley Squirt AA Rebels – 2005 Brad Stone Fall Classic
- Plymouth Peewee AA Icebreakers – 2005 Chicago Thanksgiving Classic
- Novi Peewee A Ice Cats – Great Lakes Tournament Championship



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Meet the Skating Instructors of CES:

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

Gary Osepchuk

Skating Instructor



9 years of hockey experience

2 years as a Competitive Edge Skating
instructor

2003-2005 Howell junior varsity hockey
player

Hopes to obtain a degree in sports
marketing or sports management
degree

Some Insight and Advice from Current High Level and Professional Hockey Players

Nicklas Lidstrom, Detroit Red Wings Josh Schaffer, Air Force Falcons
Stephen Sperry, USA's NTDP U-18 team

1. Over the years as a hockey player, explain an experience that was between you and a hockey coach/mentor that has had a lasting impression on you and your career.

Lidstrom - The best advice I got from a coach was in my rookie year with the Wings. Dave Lewis was our defensive coach and he told me from day one that positioning was what I had to learn to have success in the NHL. He said that it doesn't matter how big or strong you are, if you can't play your position well you can't play in this league.

Schaffer - My bantam coach was the most influential because he taught me to give a 110%, and pushed me to give it my all in games and practices.

Sperry - Carol Wilson, wife of former Dallas Stars head coach Rick Wilson, took me on as a student, believed and supported me and opened the door to my first AAA hockey team along with many opportunities after that.

2. When you were growing up, how influential were your parent(s)/guardian(s) regarding your hockey development and how do you feel they have helped you get where you are today?

Lidstrom - My parents are a big part of why I'm where I am today. They never pushed me or yelled at me when I had a game or practice. They were always supportive of me, along with always being the one to drive me to games and practices.

Schaffer - My parents were great role models, and very influential to my hockey career because they taught me to respect the game, never give up, and always try my hardest.

Sperry - They were extremely important to my development mainly by allowing me to make my own decisions. They encouraged me to become better but never forced me to do anything I didn't want to do.

3. If you could, what is one thing you would change about youth hockey today to make it more beneficial and fun for players?

Lidstrom - Cut down on the number of games being played. Especially at an early age. The most important thing is not to always win but to work on your skills and skating and develop that.

Schaffer - Youth hockey players should have fun off the ice, with their friends, and most importantly on the ice. Developing skating skills, stick handling, & shooting are very important to a player's development. If any sort of player can push themselves while having a fun time, they will make it to any level that they dream of.

Sperry - Help parents keep things in perspective and show more respect to the referees and the player's coaches.



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Skating Instructors of CES (cont.)

Gayle Vansickle

Skating Instructor



Over 20 years of skating experience

Over 10 years of coaching experience

Previous hockey player for the women's club team at MSU

Bachelor's in Psychology

Competitive Edge Player

Name: Zak McClellan



Age: 23 Ht: 6'1"

Position: Forward

Team: Michigan State Spartans

Fav. Player: Steve Yzerman

PRIOR TO MSU: Spent 3 years (01-04) with the Bozeman IceDogs of the NAHL • Posted 45 points in 48 games in 2003-04 to rank as the team's second-leading scorer • Twice earned NAHL Offensive Player of the Week honors • Member of International Invitational USA Team in Helsinki, Finland, in Aug.t 2003

Zak was a student of CES during the summer of '05. His progression increased him from being 20th to 4th fastest on MSU's hockey team. Good luck Zak with your hockey career!

Competitive Edge Training, Inc. Up & Running (cont. from page 1)

Over the past few months C.E.T. has been training many different players ranging in ages of 10-17 years old, which have all shown tremendous results from their hard work at this new facility. Teams are able to work out together (in a 10:1 player to trainer ratio), and individual players are grouped together in sessions based upon their age and fitness level. Athletes are given their own work-out sheets where they are responsible for recording their workload for that session. Recording a work load is mandatory because it not only allows C.E.T.'s trainers, but the players themselves to see how well they are progressing.

Players that train with C.E.T. over several months are tested on strength, power and flexibility at the start of their training and again near the end of the training schedule so they can see how much they progressed and how they compare to other players their age and level.

C.E.T. prides itself not only on educating their students, but supervising them throughout their work-outs so they learn correct lifting and spotting techniques of every exercise. C.E.T. takes the time to talk with head coaches and parents about their player's or team's practice and game schedule. This allows C.E.T. to progress the player's program properly and to prevent players from becoming over trained, or burned out, which can lead to injury.

Here are a few pictures below of Competitive Edge Training, Inc.



If you would like more information regarding the training facility, please contact Jennifer Matras @ 248-752-4470.

****Competitive Edge Training would like to congratulate the Brighton Varsity Bulldogs for becoming Division 1 State Champions on March 11th, 2006! CET trained the players twice a week for the past 5 months! Their hard work in the CET's weight room really paid off!**

Summer '06 Professional Instructors

Jennifer Matras, skating skills instructor: \$25/30 minute semi-private lesson
Chris Summers, skating skills instructor: \$20/30 minute semi-private lesson
Gayle Vansickle, skating skills instructor: \$20/30 minute semi-private lesson
Meredith Gatt, skating skills instructor: \$15/30 minute semi-private lesson
Stephen Sperry, stick-handling & shooting: \$20/30 min. semi-private lesson



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Inspirational Words:

Optimism is essential to achievement and it is also the foundation of courage and of true progress.

-Nicholas Murray Butler

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Continued from page 2

Insight From High Level and Professional Players

4. If a current youth hockey player has a goal to make it to a high level, such as college or the NHL level, how important do you think it is for them to play on a travel team or AAA team at a younger age (under 14 years of age)? If so, when would you recommend for them to play at a AAA level?

Lidstrom - I believe players develop at different ages. The best player at the age of ten might not be the best at age fourteen. If they don't make a travel team in year one or two doesn't mean they can't make it later.

Shaffer - I myself never tried out for the AAA level. I was able to develop my skills playing A and AA hockey. At these levels I was still able to develop my skills, keep with my school work, and have fun with friends and family. I do not see AAA as a must if players want to make it the college or NHL level.

Sperry - I really feel that it depends on each individual, but personally I didn't play at the AAA level until I was 16 years old. Although, by the time you are 16-18 years old, if you have serious aspirations to play at higher levels, ideally you should already be playing at that level.

5. If a current player has hopes to play long-term, what is one thing you would recommend to them and their parents in order for them not to get burned out from playing?

Lidstrom - I would recommend to try other sports as well. That will help you with your motor skills down the road and you will benefit from it.

Schaffer - It is very important that a player is involved in other sports. Playing other sports with hockey gives a player the chance to excel in other things, and make new friends. Hockey should be a fall and winter game. Though, a player should skate all year, but in off seasons only at their leisure, maybe through hockey camps or open ice to keep up with their skills.

Sperry - When your season ends TAKE A BREAK! Even a 1 to 2 week break will help keep you hungry to play. Playing other sports helps you develop other skills and makes you a more dynamic athlete as well.

Thank you to the players above for taking the time to answer our questions and give us some insight on they got where they are today.

Jennifer Matras, Exercise Physiologist - B.S. in Science, National Certified Strength & Conditioning Specialist.