



The Competitive Edge

Get The Edge!

September/October 2006

Volume 2, Number 1

Upcoming Schedule

Fall 2006 Skill Development

**Tuesdays &
Thursdays at KVIH,
6-9am

**Wednesdays &
Fridays at KVIH, 3:20-
5:50pm

**Sundays at
Farmington Hills Arena,
2:00-4:00pm

Weight Training at KVIH

**Wednesday & Friday
Evenings 6:00-7:00pm

Contact Us:



Website:
<http://www.ceskating.com>

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Competitive Edge Skating
38273 Remington Park
Farmington Hills, Mi 48331

President Jennifer Matras:
248-752- 4470

The State Champions Say “Bring it On”

By: Jennifer Matras

It seems like just yesterday when the Brighton Bulldogs were holding up their fingers showing that they were number one as they got their picture taken with the state trophy. It was a long season of hard work and dedication that brought the team to the state finals at Compuware Ice Arena where they dominated their opponent all the way to the end of the third period.

Many say that the “stars were aligned” that day or it was because the team had twelve seniors, but I say they won because it was a team of hard working individuals who came together with one goal in mind....to win a state championship. It wasn't all fun and games, nor did all the players reach their full potential due to poor work ethics at time, but that is why the players who make up the current Brighton Varsity hockey team are saying, “Bring it On”.

It is the middle of September and the team has already begun their work towards another championship. The coaches and players truly understand what needs to happen in order to reach their goal and everyone is ready and determined to put forth the discipline and effort that is needed to dominate the state.

There is doubt in some minds that the Bulldogs will be able to repeat because of having such a younger team this year. Twelve seniors were *lost* from the team, but the coaches look at this opportunity as *adding* twelve new players to the team with even more talent and hard work to give this year. Remember, not all the players reached their FULL potential on last year's team and they still won the state championship. With twenty anxious hockey players and an educated and experienced coaching staff, the Brighton Bulldogs are confident that they will reach their full potential and peak at the time that they are holding the trophy again this year.

Honors and Accomplishments

*Congratulations to Dave Booth and Chris Trick, Competitive Edge students, who are at NHL pre-season hockey camps vying for a spot on the Florida Panthers team and Boston Bruins team!

*Congratulations to Kevin McLean, Chet Miller, and Drew Nagy who won the Power of a Leader award for CES's 2006 summer program!

*Congratulations to Scott Nelson, Kevin McLean, Adam Kleven, Zach Morgan, and Aaron Haydon who were the fastest players at their level during the 2006 summer program!

*Congratulations to Chris Summers, a CES skating instructor, who went 29th over-all to the Phoenix Coyotes in the 2006 NHL draft! Good luck to Chris who will be a top player at U of M this season!



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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 us at 248-752-4470.**

The Fear of Failure

By: Jennifer Matras

As a previous competitive figure skater for fourteen years of my life, day in and day out, figure skating was all I thought about. I remember when I was around the age of eight or nine years old I dreamt about making it to the Olympics. Then, it was probably around the age fifteen something changed. I realized that I had a fear.....a fear of failure.

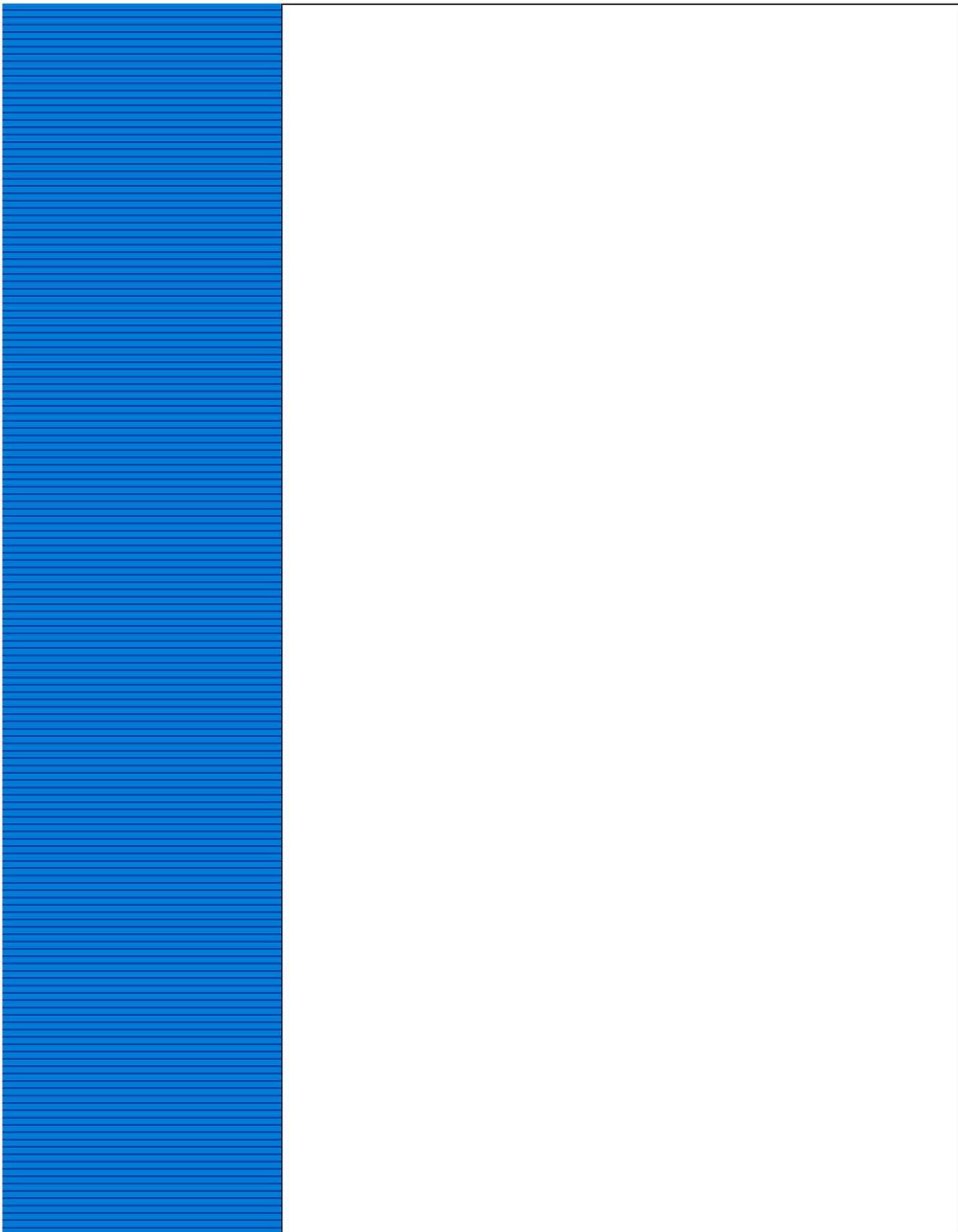
Up until that age of fifteen, everything with skating came pretty easy for me. If I was learning the technique of a new jump, or a new spin, I would work for a few weeks on it and I would get the hang of it. It came too easy and it was so much fun. But then, for some unknown reason one day my thoughts began to change. I began to doubt myself and doubt my skills. Negative thoughts began to run through my head, which in return would make me miss a jump, or worse, I wouldn't even try the jump. I remember my coaches telling me to visualize what I wanted to do and visualize doing it perfectly. It would work. **If** I could picture myself doing it perfectly then miraculously I would do it perfectly. But for some reason the visualization wouldn't come easy for me all the time. I sometimes saw myself falling or missing the jump. During one of my last competitions of my skating career, I was skating around during my program and right before I was to execute one of my most difficult maneuvers I said to myself, "Don't mess up". I can still hear myself at that moment. "Don't mess up". I blame that negative statement for the fact that, with no surprise, I messed up.

Ten years later, years of coaching experience behind me, a sports psychology class behind me, and several sports psychology books read I have now learned how the fear of failure can ruin any elite athlete's performance at any time.

In the book, *Mind Gym*, by Gary Mack, he states that fear is something we learn as kids. A big coach might yell "You screwed up again!" or "How could you be so stupid?" Youngsters internalize those critical messages. From an early age they would then develop a fear of failure - a fear of doing the wrong thing. I believe this is why so many hockey players are known to be the ones that stand at the back of the lines instead of getting up front to be the leader. I also see this fear of failure with students who are not trying their best. If they try their hardest to score or try their hardest to make a good pass but fail to do so, then they definitely *failed*. But if they fail to score and didn't try their hardest, then they didn't fail. They just didn't try very hard. (Cont. on the bottom of page 4)

Skill Development Instructors

Jennifer Matras, skating skills instructor: \$30/30 minute semi-private lesson
Gary Osepenchuk, skating instructor: \$15/30 minute semi-private lesson





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Competitive Edge Player

Name: Drew Nagy

Age: 14 Ht: 5'7"

Position: Defense

Team: Kensington Valley
Midget A Rebels

Fav. Player: Nicklas Lidstrom

Drew is one of Competitive Edge Skating's top leaders. Not only is he a hard worker himself, but he encourages other players on and off the ice to always keep working hard through the training session. Drew is an unselfish athlete who not only leads by example but will also help teach players how to do something better. Drew has been playing for 9 years and scored his first goal when he was a 1st year squirt. We want to thank Drew for being a great asset to Competitive Edge and to wish him good luck with his upcoming hockey season! Keep up the good work Drew!

Developing Strength and Power: What does the young hockey athlete need to know?

By: Tony Moreno

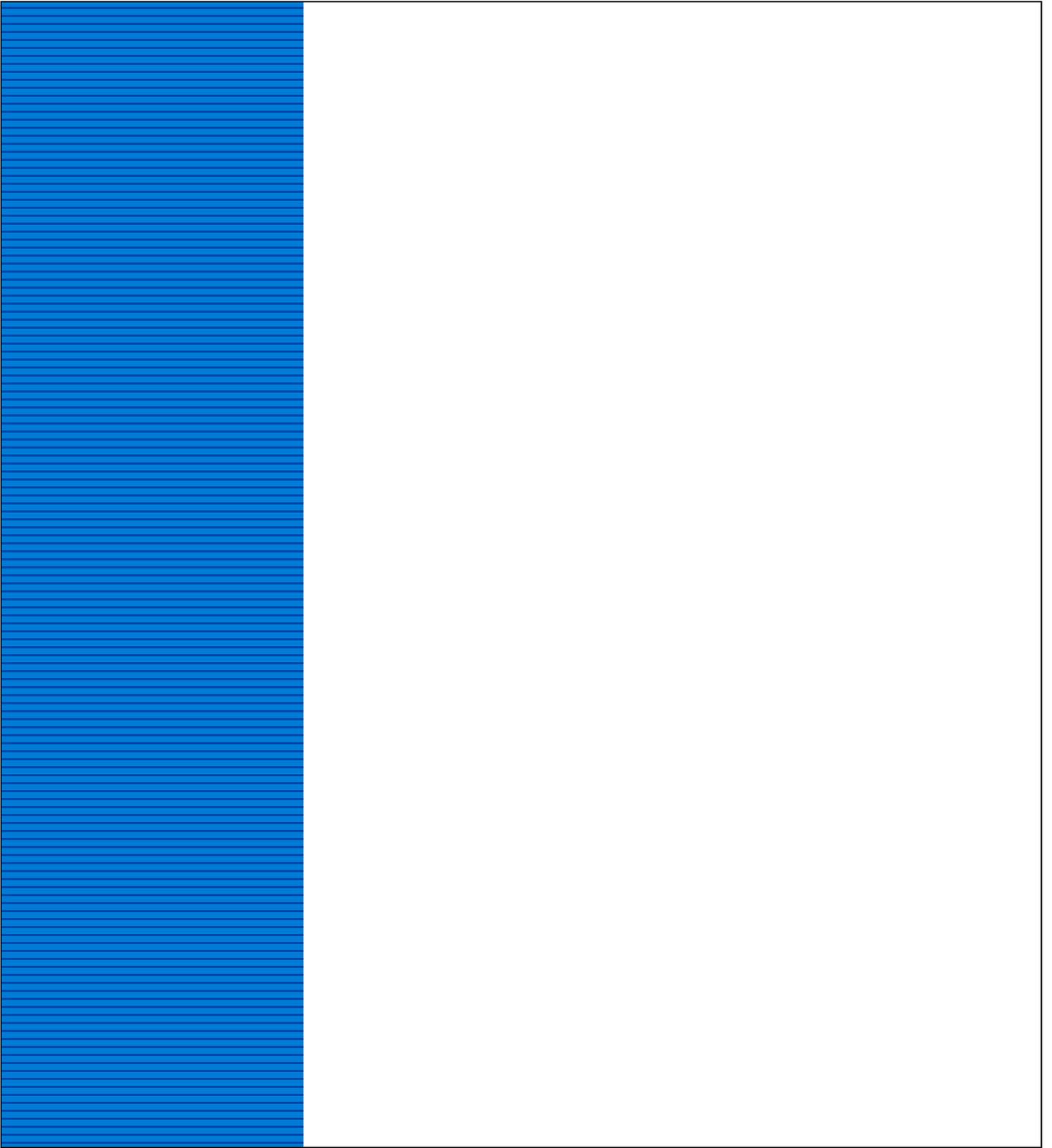
Physical conditioning for young hockey athletes can often be confusing or difficult because of the sheer volume of consumer information made available through popular fitness magazines, textbooks, websites, and even personal fitness trainers. Although many of these sources are valuable and credible, there exists the potential for misinformation that can lead to false claims or even more devastating, injury and a loss of practice or playing time.

Because the major objectives of physical conditioning are to reduce the likelihood of injury and to improve performance, it is important for the consumer to have some understanding of fitness terminology to avoid confusion and make informed purchasing decisions. Two terms often used in the same manner but are quite different are muscular "strength" and "power". In combination with skill, muscular strength and power are very important components for success in sports because all things equal, better conditioned youth hockey players have tremendous advantages.

Strength is the maximal amount of force a muscle or muscle group can produce. Power on the other hand, is the rate with which your muscles can produce force. Hockey is a fast-paced dynamic sport that requires both forceful and rapid muscular contractions to generate quick, agile skating in combination with the physical strength necessary to protect the body from collisions with opponents and the boards. Although both are important for coaches to consider, strength and power are acquired and trained differently.

By definition, to demonstrate strength, very few repetitions are typically performed. In fact, strength testing usually requires a set of 1 to 3 reps without regard for how long it takes to perform each repetition. On the other hand, because powerful muscle contractions need to be generated very rapidly, the time for each repetition does become important in that all contractions performed must be very fast. Performing too many repetitions (6+) may create a training stress that is "too light" to develop strength, or might be "too tiring" and slow down the speed of the muscle contraction important for power. As a result, training with repetitions beyond 3 and in extreme cases 5 are typically not the best to produce optimal muscular strength and/or power for hockey.

Cont. on page 4.





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Inspirational Words:

Talent is never enough. With few exceptions the best players are the hardest workers.

~Magic Johnson

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Developing Strength and Power *(Continued from page 3)*

Realize that for the highest levels of sport and hockey success, physical conditioning requires special and individualized planning depending on the age and experience of the trainee. Multiple repetitions in the range of 6+, 10 to 12, and even 15+ repetitions definitely have their place in developing muscle size and endurance, however, muscular strength and power should be addressed with fewer repetitions and smaller repetition ranges because of their special role for hockey players. As a parent, coach, athlete, or consumer, if you are uncertain about weight training methods, techniques, or planning, make sure you consult an experienced and certified strength and conditioning specialist.

Tony Moreno, CSCS, Assistant Professor in the School of Health Promotion and Human Performance at Eastern Michigan University.

Fear of Failure *(continued from page 2)*

Fear is a mental response to a perceived danger or threat. Fear can create tension, doubt, or even panic. Gary recommends in the book that athletes should accept fear and recognize it as the body's way of telling them to become energized. For example, Jack Nicklaus is quoted in *Mind Gym* for saying, "Many times when fear starts to hit me, my best chance of overcoming it lies in facing it squarely and examining it rationally. What are you frightened of? Go ahead and enjoy yourself. Play each shot one at a time and meet the challenge."

As Gary states, fear doesn't keep you safe. Your training does. Don't let fear scare you. Feel the fear and do it anyway. Fear is often evidence appearing real.

It is with this newly gained knowledge of how fear can affect an athlete's mind that I have been more observant with how I coach players. As a professional skating instructor I can be very damaging to a player's ego when I ask a player to do a certain exercise that requires them to balance on one foot and they are unable to perform it after several attempts. I make sure that I challenge players, but if I challenge them too much where they think they are horrible hockey players then I am not accomplishing my job of helping them gain confidence. There is a very fine line between making one fail so they feel challenged and want to attempt the drill again, and making one feel like a failure. I make sure that I can distinguish between the two.

Jennifer Matras, Exercise Physiologist - B.S. in Science, CSCS.