



The Competitive Edge

Get The Edge!

March - May 2010

Volume 6, Number 1

2010 Spring On-Ice Schedule

Friday Afternoons

3:50 – 5:50pm

Saturday Mornings

8:15 – 9:35am at KVIH
All Levels Welcomed!

CES's Summer 2010 Training Program

Only the elite,
committed, hard
working disciplined &
dedicated sign up!

Registration has
begun! Contact
us to get your
player side up
immediately!

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

Stop The Insanity - *Definition of INSANITY...*

"Doing the same thing over and over again, yet wanting a different result."

By Jennifer Matras, Owner of CES, Inc

I have been a skating instructor for almost 13 years, and I am blessed to be able to say I love my job and the people I get to work with day after day. Another thing I love to do on a daily basis is gain knowledge. I have a passion for knowledge and reading. There is not enough time in the day to read all that I want to read. There is so much to learn, so many books, and so little time. Especially in the past 5 to 6 years I have been driven to read as much as possible particularly on leadership. Authors such as John Maxwell, Napoleon Hill, Dale Carnegie, and I can't forget to mention the Bible, have changed my life and the way I approach teaching.

Working with hockey players over the past few years I have realized that I have a great opportunity to not only help them become better skaters and better athletes, but more importantly influencing them to be better people and leaders. After reading many books, along with having a passion to help others, I have concluded that people hate change. Change, whether it is a growth or a regression of their daily routine, is painful. Hence, why I feel so many people avoid it. Who wants to feel pain? Our culture seems to always want to pick the "road of least resistance". Why is it uncommon to find an individual who takes the "narrow door" to difference rather than the "wide door" to conformity and /or "the way we have always done it"?

What's been interesting to me with my career is I feel the majority of the athletes truly want to become better. Whether it's a better skater, better hockey player, or better student, they do want better results or a greater performance. They just hate making corrections. I constantly see players continuing to do the same routine or same thing over and over again, yet they hope for a different result. ***Now, isn't that the definition of insanity?***

When I came across this statement about insanity for the first time, I immediately thought about the hockey players I've taught, the hockey practices I've witnessed and the hockey instruction given at many different hockey camps. Players are constantly doing the same thing over and over again without making corrections. The players are constantly told by their coaches to move their feet faster, do more mountain climbers, perform the same monotonous circle drills every practice, do over and backs for several minutes, etc. Though these examples are not necessarily *wrong*, the problem I have as a professional skating instructor is the drills being performed only reinforce more repetitions of poor posture, bad habits, inefficient skating mechanics, and boredom from the players.

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CES is helping Big Brothers and Big Sisters of Livingston County!

Help us stuff back packs by donating back to school supplies for kids in need! We need the following supplies:

Backpacks

Notebooks

Binders/Folders

Calculators

Pens/pencils

Highlighters

Glue

Erasers

Protractors

Rulers

Hand Sanitizer

If you are interested in helping with donations, please contact Jennifer at 248-752-4470 or icejen9@aol.com.

Improving One's Lifestyle through Strength and Conditioning

By Jim McKee, CSCS

Having almost completed my third year as a full-time strength and conditioning coach, I have had the privilege to work with many athletes ranging from NFL draftees and minor league baseball players, a wide variety of collegiate athletes, and hockey players as young as 11 years old. It has been, and continues to be, a wonderful yet challenging journey to not only develop better athletes, but to become a better strength coach as well. Since joining Competitive Edge last summer as the off-ice coach, different opportunities and experiences have brought about many changes in the methods, philosophies, and perceptions I once had.

Not long after joining the company, I was presented with the opportunity to conduct a class for adults wanting to get in shape. While I was very open to this idea and agreed to it without much thought, I have to admit I didn't initially perceive it with the same enthusiasm as I had for working with the hockey players. After all, I became a strength coach to develop competitive athletes and felt individuals simply looking to get in shape were better off joining a gym or hiring a personal trainer. Though I was skeptical about conducting this class using the exercises and routines I used for athletes, I was not about to coach a spinning class or limit the workouts to "lower risk" exercises such as bicep curls and abdominal crunches. After some advice and encouragement from Jennifer, I decided to go ahead and coach this class the way I know best; as strength and conditioning coach.

Since starting the class, I have had the opportunity to work with a wide variety of people. Men and women from age 22 to over 60 years old have shown me that they are able to learn challenging exercises such as the Olympic style lifts, persevere through tough circuit training with minimal recovery time, and thrive in an environment of constantly being challenged. I have yet to give them an exercise or challenge in which at least one of them can't learn or rise up to. As soon as one person learns a new exercise, the others soon follow. The individuals making this happen are not the competitive athletes I have long been accustomed to training, but everyday hard working people who simply are willing to put forth a couple hours a week towards a healthier lifestyle.

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Competitive Edge Adult Classes



To all the adult participants who've made the commitment to a regular training program over the past few months, GREAT JOB! You're dedication and improvements have been inspiring!



Keep up the great work!

Current Class Times:

Every Monday & Thursday

11:30am – 12:30pm

8:15pm to 9:15pm

\$10 -\$12 per class

Am Improved Lifestyle (cont. from page 2)

The individuals who have stayed persistent with the program have experienced a variety of benefits. All of the participants have noticed increased energy levels within their everyday living. One has claimed a drastic reduction in low back pain and tightness that was usually experienced after working around the house. Another noticed almost no muscle soreness that was annually experienced after extended hiking during the first few days of deer hunting. Multiple participants have experienced weight loss and body fat reduction from the workouts and some nutritional changes. I have noticed considerable improvements in strength, coordination, posture, flexibility, work capacity and exercise technique.

While I am very pleased with the numerous physical benefits I have seen from this program, nothing has brought me more joy than the newfound self confidence and mental toughness these people display during the workouts. Initially, many of them relied on me to choose the weights, the treadmill speed or perhaps select the easier exercise when I provided different options. These days, the weights I choose aren't heavy enough, the treadmills have nearly been maxed out and I've been able to nearly double the speed at which we do our circuit training. Tough workouts are no longer perceived as torture, but as perseverance and a chance to accomplish something. A little muscle soreness the next day is now a good thing and a piece of mind for another workout in the books.

I can honestly say that this class has been one of the most rewarding experiences for me since becoming a strength coach. Week after week, these people continuously prove to me and themselves that age and medical history do not limit them from learning, growing and pushing through workouts they may have never believed to be able to. I have been so impressed in the ways they encourage each other, coach each other, compete with each other and create a positive environment for new people. I would like to thank all of them for their dedication, trust, loyalty and above all, proving me wrong. Before this class, I would have never imagined I'd be coaching the mothers, fathers, coaches and grandparents of the young athletes I work with, let alone with nearly the same exercises and routines. I once assumed this type of training was only for competitive athletes. It is now so exciting knowing that we can offer a class for the "non-athlete" or former athlete without compromising the total body functional approach we use with our teams. I am greatly looking forward to the future of this class and seeing how far these people are capable of going.

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Inspirational Words:

"The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

~ George Benard Shaw

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An Improved Lifestyle (Continued from page 3)

It is never too late for anyone to start a training program like the one we are offering now. This is a great opportunity for anyone to make some friends, improve your well being and provide a better future for your health. Heart conditions, lung conditions, joint problems and arthritis do not prevent you from joining this class, for several of the clients have overcome these obstacles and have even been top performers. It is our goal to provide a program of quality coaching, a positive environment and a sound structure that cannot be obtained at a gym or on a home video. The only limitations are self-doubt and a lack of initiative. By joining the committed people in this program at Competitive Edge you are giving yourselves a chance to succeed, provide us with new ideas (for no two people are the same and small individual adjustments bring forth creativity with program design), and hopefully serve as an inspiration for others who were once in your shoes.

Jim McKee, M.S in Science, CSCS, Head Strength Coach of CES, Inc.

Insanity (cont. from page 1)

So here are a few things I would suggest if you want to "stop the insanity"!

What needs correction???? One can NOT expect to improve if there are no corrections being made. Sure, most players will continue to improve their speed because of natural growth spurts and development of muscle especially through puberty. Find out what the deficits are. What I can guarantee is a player's potential will less likely be reached due to lack of corrections or mastery of proper technique for **power, speed and efficiency**.

Analysis: In order for a player, or any athlete, to improve they must be exposed to drills which expose their bad habits. These drills include 1-legged skating, jumping drills, and exercises done at slower frequencies.

Repetition of the right way: I recommend players be exposed to drills which they are unfamiliar with and have not mastered. As I heard once in my career, "**One does not improve by doing things they already know how to do!**"

Technique: When I see a skating deficiency from a player during our lessons, I constantly remind them that they MUST make a correction, such as body posture, arm movement, leg position or extension, before going to the next repetition. If they don't make a correction before going to the next repetition (i.e. another crossover, or another stride) then they will only repeat what the body is familiar with, which is the same bad habit.

I want to wish good luck and success to all the players who desire to improve and get better results in their performances. **Remember in order to improve you must make changes.** One must be exposed to drills which are unfamiliar, expose bad habits and allow you to make changes to develop proper skating mechanics! Be a leader, challenge yourself, make goals, and remember **initiative is the passkey to opportunities in life!**