



# The Competitive Edge

## Get The Edge!

January - March 2016

### Sign up NOW for Summer 2016 Training Program

Monday – Thursday

On Ice: 7am – 1pm

Off Ice: 7am – 3pm

### Come to our Adult Strength & Conditioning Classes!

Classes offered  
throughout the week.  
Contact us for more  
details!

#### Contact Us:

Website:

<http://www.ceskating.com>

Email:

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

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38273 Remington Park  
Farmington Hills, Mi 48331

President Jennifer Matras:

248-752- 4470

## SHAME ON YOU!

*By: Jennifer Matras, Owner of Competitive Edge Skating, Inc.*

We've all experienced it. Raising our hand in class, only to find out we had the wrong answer. Being caught in a lie when we were younger and having to face our parents. Performing in front of others only to be ridiculed for maybe a poor performance. Shame. Where does it come from, why does it make us feel so bad and is there anything we can do about it?

In his book, *Letting Go*, Dr. David R. Hawkins calibrates shame as the lowest energy field that a human being can feel. He says it is "characterized by humiliation, as in 'hanging your head in shame' and is destructive to one's health and leads to cruelty toward self and others." Based on this description I can see why so many people would want to avoid situations that may have caused them to feel shame in the past. Who would have the courage to raise their hand in class again if their professor ridiculed their answer or the other students laughed at them? Who would enjoy playing sports or competing in a game they should love if their coaches only cause them shame for making a bad pass or missing an open net?

Being a skating instructor and also involved with the strength and conditioning industry, I can see how shame can cause people to avoid vulnerable situations where one's weaknesses can be exposed. Years ago I didn't have the compassion I do now to realize how important it is to remind students or clients that there is **no shame** in making mistakes. As Steven Siebold says in his book, *The Secrets of the World Class*, "You cannot fail; you can only learn and grow." Shame is associated with lower energy, lower power, poor life circumstances, poorer relationships, less love and poor emotional health. So instead of feeling shame, let's help others learn how to be intrigued by mistakes, encourage people to enter action with boldness and to always love yourself unconditionally.

Recommended readings:

- 1) Erhmann, Joe. *"InsideOut Coaching."*
- 2) Dweck, Carol. *"Mindset": The New Psychology of Success.*
- 3) Massucci, Michael. *"An Elite Journey": A Young Man's Leadership Story.*



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*Get The Edge!*

January - March 2016

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

**Every year we stuff back packs with back to school supplies for kids in need! We are always collecting the following supplies which are in need.**

**We hope you can help!!**

**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.**

## **Nutrition: The Chocolate Milk Debate**

*By: Lisa M. Lutchka, MS, RD, CSSD, CSCS*

Athletes know that optimal nutrition is crucial to recovery and to maintaining a high level of performance throughout a season. But what, exactly, constitutes recovery nutrition? And, is the hype over chocolate milk, or any other sports drink on the market, truly warranted?

First, a few basics. Generally speaking, recovery nutrition is a snack, drink or small meal that provides both carbohydrate and protein, and includes rehydration strategies as well. **It functions to refuel and repair muscles.** It should also function to support overall health, thus helping the athlete to avoid fatigue, illness and infections over the course of a long season, and prevent chronic disease over a lifetime. For a recreational athlete trying to lose weight, only use recovery eating after a fairly long and intense workout, and consider reducing the overall amount of carbohydrate. In this case, it is critical that nutrients come from high quality sources, since total daily calorie intake is often limited.

Drinking or eating the recovery meal should occur within 30 minutes after exercise. In fact, by waiting to eat until 2 hours after exercise, recovery is cut in half. **Getting in the habit of having an appropriate recovery snack soon after every workout is one key to success.**

Now, back to the carbohydrate and protein. Is ANY form of carbohydrate and protein OK, if I get the right amount of each? Can I just eat a Snickers Bar and call it good? What are the “types” of carbohydrate and protein to choose from? Does one work as well as another?

There are pros and cons to various ingredients and recovery strategies. Taking a close look at low fat chocolate milk, we discover that at its most basic, the carbohydrate is in the form of milk sugar called lactose (glucose + galactose), and added “table sugar”, or sucrose (glucose + fructose). Most research has shown that a combination of simple carbohydrates, such as those in chocolate milk, are indeed preferable to complex carbohydrates when very quick recovery is needed. This means that if the next workout is, let’s say, 4 hours after the first one, quick recovery, and thus simple carbohydrate, is ideal.

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### Competitive Edge

Team:

Brighton High  
School Varsity



This is Brighton's 10<sup>th</sup> year training with C.E.S. They are a great group of young men who come to training focused, eager to learn new challenges and are always encouraging each other.

The team will be working towards winning their 4<sup>th</sup> State Championship title this March. Good luck to you guys!

### Nutrition: Milk (cont. from pg 1)

**But, let's think about long term, overall health.** Think back to that “added table sugar”, i.e., sucrose. That's the white sugar. If a 150# athlete were to drink chocolate milk in the amount needed to refuel his muscles, he would be sucking down *11 teaspoons* of added sugar every time he used chocolate milk for recovery. *11 teaspoons!* That's about ¼ cup of sugar! Somehow, that just doesn't sound like “optimal nutrition”. Is there a better way to get those simple sugars?

Yes! One way would be to use just about any fruit (a good source of glucose and fructose), perhaps some vegetables, and also to use dates (a good source of glucose) as a “sweetener” rather than sucrose. This is a great combination for smoothies, or even to munch on after a workout. These sources of simple carbohydrate also provide numerous nutrients and antioxidants, and can contribute to a more alkaline state within the body, which is important to overall health and perhaps also to maintaining muscle mass and bone health.

Complete proteins, those that have all of the essential amino acids (which our body cannot produce), are desirable in recovery nutrition. When looking at the protein part of the equation, we see that milk protein is mainly casein, with a smaller percentage of whey. These are two forms of complete proteins. Complete proteins are found in animal sources, such as dairy (casein and whey), meat, poultry, eggs and fish. We also now know that certain plant proteins, such as hemp, are complete.

What we know so far is that a combination of whey and casein, and whey or casein alone (perhaps to a lesser extent), appear to be effective in recovery. When rapid recovery is critical, they may be more effective than soy. It is also more effective to add protein to the recovery mix, rather than to just have carbohydrate alone.

There are numerous reasons why hemp protein may be effective in recovery. It is a complete protein, and compared to casein and whey, it is unprocessed, easily digested and absorbed, contains vitamins, minerals, antioxidants, and healthful omega-3 fats, and is hypoallergenic. Hemp is much more alkaline-forming than most other proteins, casein and whey included. **Therefore, it may be a good long-term strategy to use hemp in the recovery period.**

An athlete who focuses on quality, and not just quantity, of their nutrient intake stands to perform better throughout the season, as well as gain longevity in their sport. Adequate muscle fueling and repair is an important goal of recovery eating, and there are strategies to accomplish this with maximum health benefits as well. Think not just of the principles of recovery, such as timing and grams of nutrients, but also of the highest quality foods that will promote optimal health.



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### Inspirational Quotes:

**"We don't enjoy being disciplined. It always seems to cause more pain than joy. But later on, those who learn from that discipline have peace that comes from doing what is right."**

~ Hebrews 12:11

**"Always choose the hard right versus the easy wrong."**

~From "An *ELITE Journey*" book.

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## Eat Healthy. Eliminate Diseases.

By: Josh Coenen, CSCS and Assistant Strength Coach at CES

*"If you don't make time for health now, you will have to make time for sickness in the future" – Peter Sage*

If you are in your 40's or older you have an 80% chance of dying either from Cardiovascular Disease, Cancer, Cerebrovascular Disease (stroke), or a Neurodegenerative Disease (Alzheimer's, Parkinson's etc.). What do all of these diseases have in common? First, they are all **metabolic diseases**, meaning that they are not caused by an infection, but rather are progressive over a long period of time. Second is that these are relatively new diseases that were not nearly as prevalent 100 years ago. Lastly, they are virtually nonexistent in cultures that have not been influenced by a standard western diet.

The reason why this information is important is because most of the "health" foods we are told to eat are not based on evidence, but rather financial incentive. Refined sugar is an extremely cheap ingredient and can make anything taste good. Did you know cancer cells can only grow using sugar? The grains produced today don't even resemble the same crop from 100 years ago due to genetic modification. Gluten (which is a protein in wheat) is the number one tested food allergy in most people, and causes food particles and toxins to pass the gut lining into the blood stream and eventually to the brain. These are just two examples out of thousands of ingredients that have recently made their way into our diets.

We give the same information to our athletes and to our adult population because a healthy diet of whole foods not only leads to performance in the gym and in sport, but also a long healthy life. Let's start giving more focus on what we eat in order to not only enjoy a longer life, but to eliminate diseases by eating better over-all foods!

For more information on training schedules, nutrition, and mental toughness email us at [icejen9@aol.com](mailto:icejen9@aol.com) to get on our weekly distribution list for weekly information. Articles can also be picked up at our weight room, or found on our website and Facebook page!