

Off-Ice Equipment

Mite / Squirt / Pee Wee / Bantam

Please have the following items available for the Off Ice workouts:

- One or two bottles of water or sports drink....(no pop)..water is terrific!
- A pair of **GOOD** quality athletic or cross training shoes (good arch support) used specifically for the off-ice environment....we are installing turf & have painted the floor.
- Flat soled shoes such as Vans or Heelies (shoes with the wheels integrated into the soles) are **not** good for foot support and are not appropriate for the jump ballistic training in which we will be engaged.

We will be slowly integrating the Vertimax jump platforms into the work-out regiment. **It is EXTREMELY IMPORTANT that your child be cleared by a physician prior to using this type of equipment if he/she has previously sustained any ankle, knee, hip, spine, neck, or concussion injuries. The augmented impacts may aggravate any of these injuries which could result in substantial risk of serious additional injury!** Please check out the web site: WWW.vertimax.com for additional specific information.

If you would prefer your child not to engage in Vertimax training, please send a written declination with your athlete. **Please return waiver to team managers!**

Managers: please forward completed waivers to Sue Peters for inclusion in player's file.

- Sweat band / baseball type cap / shorts (optional), towel

Please ensure your child is physically able to participate in strenuous exercises – Any concerns or limitations must be brought to the attention of the instructor **prior** to commencement. **Please return health questionnaire to Off-Ice Staff!**

Please come on time & be prepared to work! It is recommended that the participants carb-up 3 to 4 hrs prior to working out. Pasta, bread, raisins, bananas, oat meal, sports bars etc are good . Stay away from high sugar items like candy bars, chocolate, etc as these give a brief rise in energy levels followed by a drastic crash. They will not enhance performance. Do Not Eat within one hour of working out!!! A high carb snack is a good idea immediately after working out (within the first 20 min) followed by a high carb meal to replace the glycogen stores.

Come **well hydrated**. You can never drink enough water. It takes water approximately 45 min for water to get into the system which then eliminates about 75% of what is consumed.

Try to drink 6 large glasses of water starting approximately 4 hrs before the work out & continuing up to work out time. By constantly drinking water, the blood thins & is able to more effectively oxygenate the musculature & help eliminate lactic acid build-up (causes fatigue & muscle failure). It is easier on the heart as well!

Expect a little muscle soreness.... This will dissipate with hydration & conditioning. A hot bath accompanied by stretching also works well. In extreme cases, an OTC analgesic (ie: Children's Tylenol helps.) In the event of a muscle strain / sprain remember R.I.C.E.

Rest
Ice (first 24 hrs)
Compression
Elevation

Thanks in advance.

Off-Ice Staff