

# ICENTER INSIGHTS

MARCH - 2024

WWW.ICENTERSALEM.COM



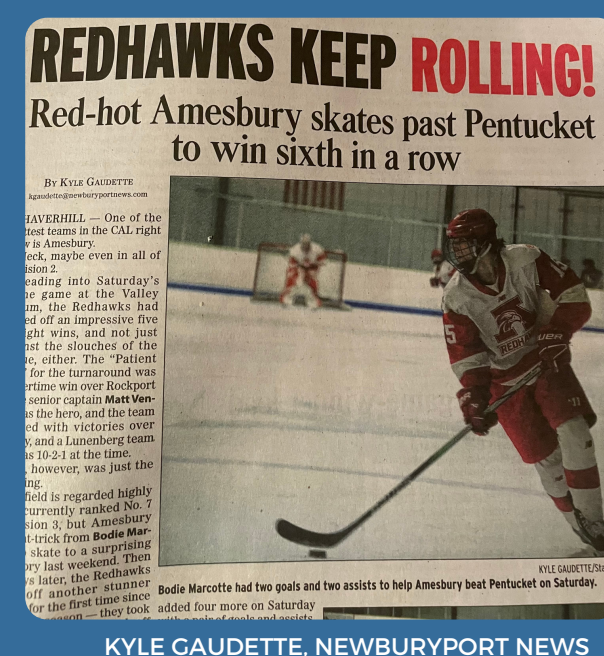
## HIGHLIGHTS

- 3/11 TOP GUN TRYOUTS BEGIN
- 3/17 FALL PREP TRYOUTS BEGIN
- 3/17 SPRING SKILLS AND PROSPECT SKILLS BEGIN
- 3/23 LAST SESSION OF LEARN TO SKATE
- 3/23 REAL SPEED CROSS ICE BEGINS

## NEPHL STAR MAKES LOCAL NEWS

BODIE MARCOTTE FEATURES IN THE NEWS AS A KEY PLAYER IN AMESBURY'S PLAYOFF PUSH. BODIE SCORED OVER A POINT PER GAME FOR TOP GUN SELECTS LAST YEAR IN THE NEPHL.

[HTTPS://WWW.NEWBURYPORTNEWS.COM/SPORTS/REDHAWKS-KEEP-ROLLING-RED-HOT-AMESBURY-SKATES-PAST-PENTUCKET-TO-WIN-SIXTH-IN-A-ROW/ARTICLE\\_344602D2-C2DF-11EE-901B-CF365A053CB9.HTML](https://www.newburyportnews.com/sports/redhawks-keep-rolling-red-hot-amesbury-skates-past-pentucket-to-win-sixth-in-a-row/article_344602d2-c2df-11ee-901b-cf365a053cb9.html)



KYLE GAUDETTE, NEWBURYPORT NEWS

## BIRTHDAY PARTY SPECIAL

FOR A LIMITED TIME, RENT OUT THE ICE AT A DISCOUNTED RATE FOR FRIENDS AND FAMILY TO CELEBRATE. OUR PARTY ROOM CAN ACCOMMODATE UP TO 50 PEOPLE.

## PUBLIC SKATING

CHECK OUT THE SCHEDULE FOR THIS MONTH'S PUBLIC SKATING TIMES. BRING FRIENDS AND FAMILY FOR A DAY'S WORTH OF FUN AT THE ICENTER. SKATE AND EQUIPMENT RENTALS AVAILABLE

YOU'RE INVITED!

## ICENTER BIRTHDAY PARTY SPECIAL!

60 Lowell Rd, Salem NH  
March 30-May 26

- ★ 1 hour dedicated ice time with priority times
- ★ Party room can accommodate up to 50 guests
- ★ \$275  
\*skate rental is available





Call 978-531-5900

# BEHIND THE BENCH FUELING STRATEGIES FOR HOCKEY

RYAN MONIQUE, DECEMBER 8 2022

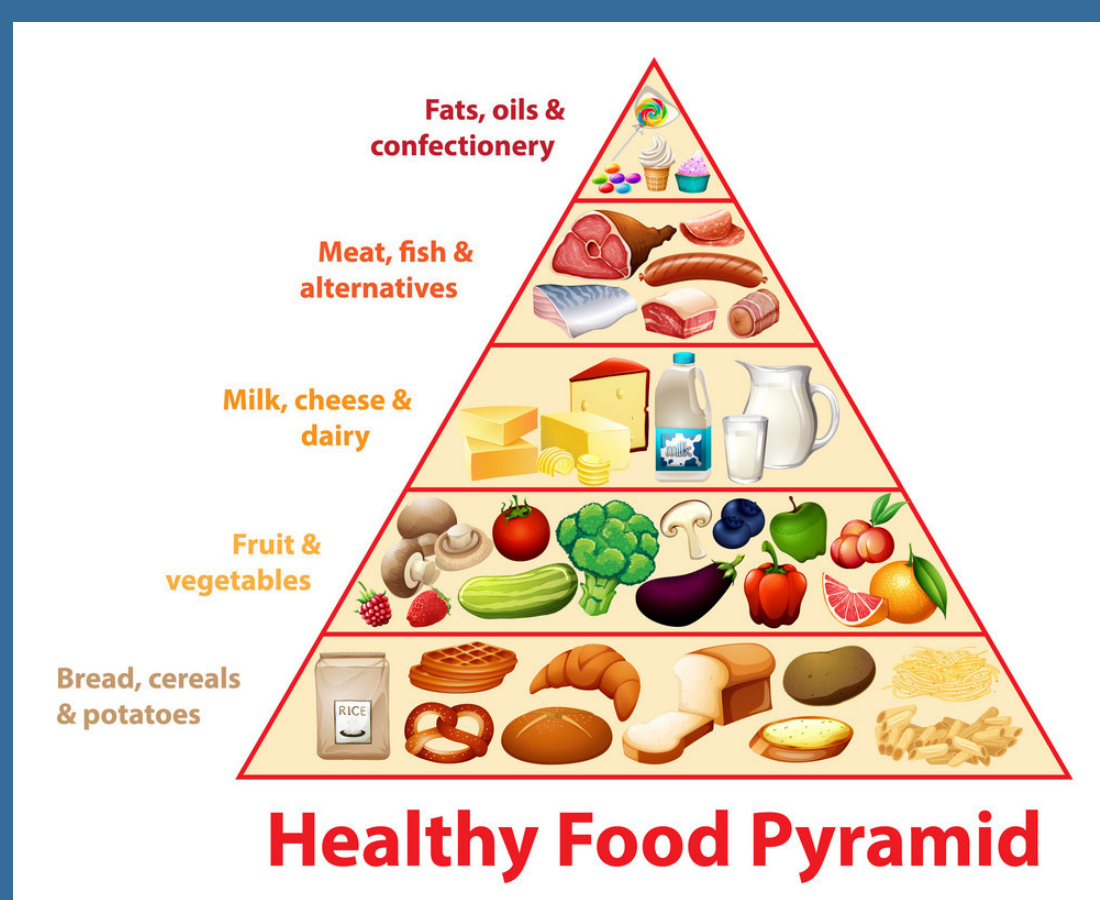
[HTTPS://WWW.EATRIGHT.ORG/FITNESS/SPORTS-AND-ATHLETIC-PERFORMANCE/BEGINNER-AND-INTERMEDIATE/ICE-SPEED-FUELING-STRATEGIES-FOR-HOCKEY](https://www.eatright.org/fitness/sports-and-athletic-performance/beginner-and-intermediate/ice-speed-fueling-strategies-for-hockey)

WHEN IT COMES TO FUELING THE BODY, THE DEMANDS OF HIGH SCHOOL ICE HOCKEY PLAYERS ARE HIGH. SPEEDING EXPLOSIVELY ACROSS THE ICE REQUIRES MUSCLE STRENGTH, ENDURANCE AND SUPERIOR SKATING SKILLS. CONSUMING OPTIMAL FOODS AND FLUIDS, BOTH ON AND OFF THE ICE, IS ESSENTIAL TO SUSTAIN ENERGY LEVELS THROUGHOUT THE SCHOOL DAY, DURING PRACTICE AND IN PREPARATION FOR COMPETITION. HOCKEY TRAINING, MUSCLE BUILDING AND GROWTH REQUIRE PLENTY OF CALORIES, MOST OF WHICH COME FROM CARBOHYDRATES. THAT'S BECAUSE BOTH ON-ICE AND WEIGHT ROOM WORKOUTS ARE PREDOMINANTLY FUELED BY MUSCLE CARBOHYDRATE, OR GLYCOGEN, AND NEED TO BE REPLENISHED BETWEEN DAILY TRAINING SESSIONS. FOR OPTIMAL RECOVERY, INCLUDE HEALTHFUL SOURCES OF CARBOHYDRATES SUCH AS WHOLE GRAINS, LOW-FAT OR FAT-FREE MILK AND YOGURT, FRUITS AND VEGETABLES. TRY ADDING WHOLE-GRAIN CEREALS, BREADS AND PASTA, POTATOES AND WINTER SQUASH TO MEALS. LOW-FAT YOGURT CUPS AND FRUIT ARE QUICK AND EASY SNACK CHOICES.

DAILY PROTEIN REQUIREMENTS CAN EASILY BE MET FROM A WELL-BALANCED EATING PLAN THAT INCLUDES ADEQUATE AMOUNTS OF POULTRY, FISH, LEAN RED MEAT, LOW-FAT CHEESE, MILK AND YOGURT, AND PLANT-BASED PROTEIN SUCH AS BEANS. BUT TO MAXIMIZE MUSCLE BUILDING AND RECOVERY, CONSIDER THE SPECIFIC NUTRIENT-TIMED CHOICES OUTLINED BELOW:

- AIM FOR A SNACK THAT PROVIDES 15 TO 20 GRAMS OF HIGH-QUALITY PROTEIN PLUS 25 GRAMS OF CARBOHYDRATE ONE HOUR BEFORE RESISTANCE TRAINING. FOR EXAMPLE, THIS COULD COME FROM 2 CUPS OF LOW-FAT MILK. ADD ANOTHER 25 GRAMS OF CARBOHYDRATE, SUCH AS A LARGE BANANA, IF THE WEIGHT TRAINING SESSION IS FOLLOWED BY ICE TIME PRACTICE. PRE-HYDRATE WITH 16 TO 24 OUNCES OF FLUID WHICH MAY INCLUDE THE MILK.
- AFTER WEIGHT TRAINING, REHYDRATE WITH 20 OUNCES OF FLUID FOR EVERY POUND OF WEIGHT LOST DURING PRACTICE. REPLENISH AFTER YOUR WORKOUT WITH A SNACK THAT PROVIDES 20 GRAMS OF HIGH-QUALITY PROTEIN AND AT LEAST 50 GRAMS OF CARBOHYDRATE, SUCH AS A HIGH-PROTEIN SMOOTHIE OR A SPORTS BAR.
- FOLLOW PRACTICE OR A GAME WITH A MEAL ABOUT TWO HOURS LATER. AIM FOR A MEAL WITH ABOUT A QUARTER OF YOUR PLATE COMING FROM PROTEIN FOODS AND HALF YOUR PLATE MADE UP OF WHOLE-GRAIN CARBOHYDRATES SUCH AS WHOLE-GRAIN PASTA OR BROWN RICE. THE REMAINING QUARTER OF YOUR PLATE SHOULD BE FILLED WITH VEGETABLES OR FRUIT.

PROTEIN FOODS TO CHOOSE BEFORE AND AFTER WEIGHT TRAINING MAY INCLUDE LOW-FAT OR FAT-FREE YOGURT, COTTAGE CHEESE, PLAIN MILK OR FORTIFIED SOY MILK, COOKED CHICKEN, EGGS, LEAN RED MEAT, PEANUT BUTTER, TUNA, TOFU AND TEMPEH. HIGH-PROTEIN ENERGY BARS ARE EASY TO PACK AND CONVENIENT WHEN OTHER FOODS AREN'T AVAILABLE. READ LABELS – LOOK FOR PRODUCTS THAT PROVIDE 10 GRAMS OF PROTEIN AND AVOID THOSE CONTAINING HIGH AMOUNTS OF SATURATED FAT OR ADDED SUGARS. HYDRATION ON THE ICE ALSO IS ESSENTIAL TO MINIMIZE THE PERFORMANCE-DRAINING EFFECTS OF DEHYDRATION. FOR WORKOUTS LASTING MORE THAN 75 MINUTES, CONSUME A SPORTS DRINK AT THE RATE OF 5 TO 10 FLUID OUNCES EVERY 15 TO 20 MINUTES. FOR INDIVIDUALIZED NUTRITION GUIDANCE, CONSULT A REGISTERED DIETITIAN NUTRITIONIST WHO SPECIALIZES IN SPORTS NUTRITION. TO FIND A DIETITIAN IN YOUR AREA, SEARCH THE ACADEMY'S [FIND A NUTRITION EXPERT DATABASE](#).



### Hockey Nutrition Plan

By Lindsay Faisey, Kinesecologist

If you could take your game to the next level, you would, right? Well, you can by eating the right foods everyday. That's how important your daily DIET is! What you put in your mouth affects you DIRECTLY - that includes on the ice, and in your daily activities. To be the best, you have to eat like the best!

**Everyday eating**  
When you don't have practice or a game, you're refueling your body and building up energy for the next practice/game.

**CARBOHYDRATES are your fuel!**  
Try to have 2 servings with every meal, and 1 serving between meals:

Body weight /lbs	Serving / day
150-160	8-9 (436g)
160-170	9-10 (463g)
170-180	10-11 (490g)
180-190	11-12(518g)
190-200	12-13(545g)

**Examples:**

- 1 bagel= 2 servings
- 1 slice of bread= 1 serving
- 1 bun= 2 servings
- 1 bowl of cereal= 1 serving
- \*\*\*good choices: granola, vector, cornflakes, mini wheats, maple crunch)
- 1 bowl of rice= 2 servings
- 1 pita= 2 servings
- 1 bowl of pasta= 2 servings
- 1 granola/cereal bar= 1 serving
- 1 muffin= 1 serving
- 1 baked potato= 1 serving
- Fruit can count as carbs too!
  - o 1 handful of grapes=1 serving
  - o 1 cup of 100% pure juice=1 serving

\*\*\*Try to get at least 6 servings of fruit and vegetables in your diet\*\*\*

# LOOKING FOR ADDITIONAL TRAINING?

## SMALL GROUP TRAINING

EXPERIENCE HIGH LEVEL COACHING AND TRAINING YEAR-ROUND. BRING TEAMMATES, LINEMATES, AND DEFENSEIVE PARTNERS TO GET THE BEST PRODUCT IN PLAYER DEVELOPMENT WITH REAL SPEED SPORTS.

SKATING

PUCK HANDLING

SHOOTING

DEFENSE/OFFENSE SPECIFIC

[REALSPEEDSPORTS.COM/SMALL-GROUP-TRAINING](https://realspeedsports.com/small-group-training)



## REMOTE TRAINING

HAVE A BUSY SCHEDULE? WE OFFER PERSONAL, REMOTE TRAINING SESSIONS AND ASSESSMENTS SO YOU CAN STAY MOTIVATED ON YOUR OWN TIME. OUR PERSONAL TRAINER IS CERTIFIED WITH A MASTERS DEGREE IN EXERCISE AND NUTRITION SCIENCE.

STRENGTH

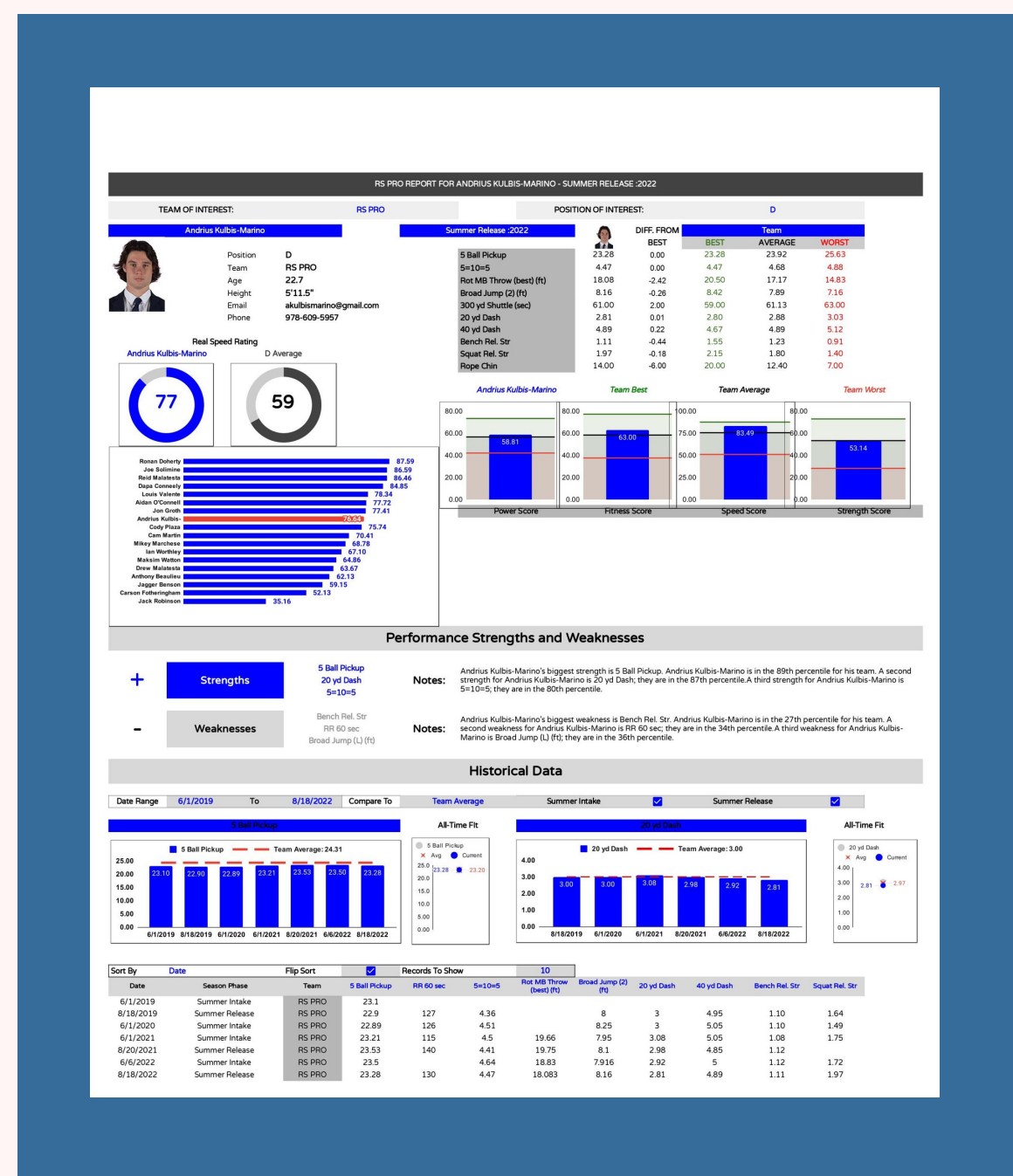
FLEXABILITY

PERFORMANCE

PERSONAL FEEDBACK

DATA DRIVEN

[REALSPEEDSPORTS.COM/REMOTE-TRAINING-ASSESSMENT](https://realspeedsports.com/remote-training-assessment)



CONTACT US TO SET UP YOUR PERSONAL TRAINING

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# THE MONTH AHEAD

Events Mar 2024 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	1	2
					1pm - Public Skating	8am - LTS/LTP OLY 3:35pm - Public
3	4	5	6	7	8	9
2:50pm - Public						8am - LTS/LTP OLY 3:35pm - Public 6pm - Public Skating
10	11	12	13	14	15	16
12pm - Public Skating 2:50pm - Public	5pm - Top Gun Tryout	5pm - Top Gun Tryout	5pm - Top Gun Tryout	5pm - Top Gun Tryout	5pm - Top Gun Tryout	8am - LTS/LTP OLY 3:35pm - Public 6pm - Public Skating
17	18	19	20	21	22	23
8am - Prospect Skills 10:10am - Spring 12:30pm - FP Tryout 2:50pm - Public						8am - LTS/LTP OLY 3:35pm - Public 6pm - Public Skating
24	25	26	27	28	29	30
8am - Cross Ice OLY 8am - Prospect Skills 10:10am - Spring 12:30pm - FP Tryout 2:50pm - Public						3:35pm - Public 6pm - Public Skating
31	1	2	3	4	5	6
8am - Cross Ice OLY 8am - Prospect Skills 10:10am - Spring 12:30pm - FP Tryout 2:50pm - Public						

## FOLLOW OUR WEBSITES



[WWW.NEFPHL.ORG](http://WWW.NEFPHL.ORG)



[WWW.REALSPEEDSPORTS.COM](http://WWW.REALSPEEDSPORTS.COM)

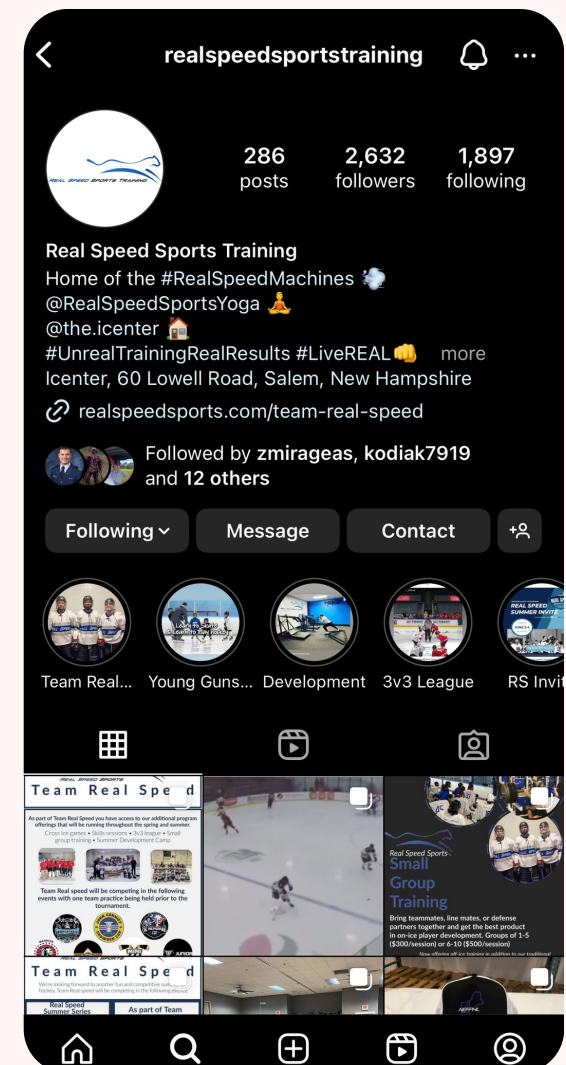


[WWW.TOPGUNHOCKEY.ORG](http://WWW.TOPGUNHOCKEY.ORG)



[WWW.ICENTERSALEM.COM](http://WWW.ICENTERSALEM.COM)

SEND ALL PHOTOS AND VIDEOS TO  
BMIRAGEAS@NEFPHL.ORG



## CONTACT US TODAY

QUESTIONS OR CONCERNS ABOUT YOUR TEAM, OUR PROGRAMS, SCHEDULES, OR ANYTHING ELSE?

[CLICK HERE TO CONTACT ONE OF OUR STAFF MEMBERS](#)

[WWW.ICENTERSALEM.COM](http://WWW.ICENTERSALEM.COM)