

Spencer Hockey Academy Newsletter

9/5/2005

Volume 1, Issue 1



Temporary Practice Ice Location

Due to the Shamrocks play-offs taking place at the Bear Mountain Arena, the majority of our practices will be held at the Archie Browning Sports Center between Sept. 8th and the 22nd. All of the Monday morning practices will take place at the Juan de Fuca Arena. The times will be a little different but other classes should not be affected. Players will hit the ice for the first time on Thursday the 8th.

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Player Practice Schedule at Bear Mountain beginning Sept. 26th

Grade 8		Grade 9	
Monday	12:00-1:00 pm	Monday	9:15-10:15 am
Wednesday	9:15-10:15 am	Tuesday	12:00-1:00 pm
Thursday	1:20-2:20 pm	Thursday	9:15-10:15 am

Payment Reminder

Thank-you to everyone who has paid their registration fees. If you haven't yet, please submit a cheque for the full amount due or post-dated cheques (made payable to Spencer Middle School) to Mr. Didmon.

Payment Plan (post dated cheques)

\$150.00 each dated for Sept. 1/05, Oct. 1/05, Nov. 1/05, Dec. 1/05, Jan. 1/06, Feb. 1/06.

Upcoming Events

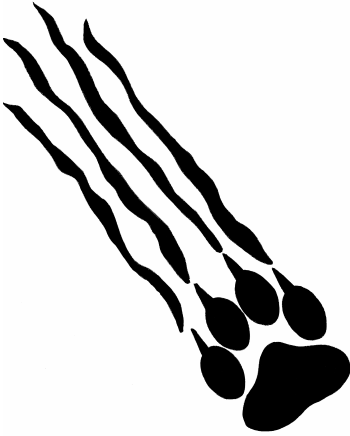
- ◆ On-Ice Testing
- ◆ Slide-board demo
- ◆ Fitness Testing
- ◆ Goal Setting

Thanks!

Please contact Mr. Didmon if you have any questions or concerns.

Email: coachdidmon@spencerhockeyacademy.com

Telephone: 474-1291



“Forget past mistakes. Forget failures. Forget everything except what you’re going to do now and do it.”

- William Durant

Daily Requirements:

Specific for on ice-training days:

- Hockey Canada approved hockey gear and stick
- Water bottle
- Articles necessary for proper hygiene after practice
- Well packed lunch to assist student in hydration and energy

Specific for off-ice training:

- Proper gym gear is mandatory
- Road hockey stick and gloves
- Water Bottle
- Well packed lunch to assist student in hydration and energy

Specific for class-time

We recommend that each student keep there core subjects in one binder - Sports and Academic Theory included.

That binder should include:

- Good quality, 3 ring binder (2 inch. rings with pockets in the covers)
- Five to six colored tab subject dividers to separate each academic class
- Zipper pouch to store supplies
- Two or more pens
- Two or more pencils
- Filler paper
- Assignment Logs (will provide)

Other suggested notebook contents:

- Highlighter
- Calculator
- Six -inch ruler

Hockey Canada meal suggestions:

Breakfast

Water, lots of breads or muesli that will provide energy for the day and assist the body in recovering from the previous day’s game or practice.

Morning Snack

Bread, yoghurt, fruit, low-fat energy bars, water and fruit juices will support your system throughout the morning.

Afternoon Snack

Potatoes, rice, corn, and pasta in combination with vegetables and some sort of meat will supply important ingredients to build and rebuild the body.

After Session

Drink first then eat! Water, sports drinks, fruit juices together with bread, low fat cereal bars, and fruits (bananas) are good nutrition right after an intense