



Top 12 Nutrition Tips For Young Ice Hockey Players

1. Eat at home
2. Six small meals a day
3. Stop eating 2-3 hours before bed
4. Learn to read a food label
5. Avoid/minimize deep frying
6. Avoid/minimize processed food
7. Avoid/minimize fast food
8. Only 4 supplements: multi vitamin, green supplement, fish oil, protein powder
9. Carbohydrates: More greens than grains
10. Eat real protein
11. Drink 2.5 litres of water per day
12. Keep high salt foods to a minimum.

Awesome Omelettes

Add a tablespoon of olive oil to your pan and lightly fry up some red, green, yellow and orange peppers. You could also add any veggie that you like (onions, mushrooms etc.) A little Black Forest Ham could also be added for taste. When the veggies are done, pour in the eggs whites to cover the veggies. When cooked, flip and lightly sprinkle with real cheddar. Cover and wait until the other side is cooked and the cheese is melted and you have a delicious breakfast option ready to serve. Eat a piece the size of your hand, save some for tomorrow or freeze some for later in the week.

Your 10:30am snack includes a ½ cup of nuts or a piece of fruit and a yogurt. The key is to reduce / eliminate as much refined sugar and you start your day on the right path. These breakfast ideas are high in protein and will help keep you feeling full throughout the day without the blood sugar spikes of regular toast. The vegetables and the fruit also provide terrific antioxidants.

Protein Smoothies

Add 2 cups of 1% milk, 1 scoops whey powder, add ½ cup of frozen berries. You can also add some Greek yogurt. Blend for 1 minute.

Breakfast Cereals

Select a cereal with more grains than sugar; Kashi, Musliex, Fibre 1, Raisin Bran, Oatmeal etc.

Fruit

All fruit is good especially bananas, apples, oranges, grapes, kiwis, and grapefruits. The fruit list is long but variety is the key. If you choose fruit salad, ensure it is in water not syrup.

Bread

There are so many options out there for bread: Here is the list from worst # 6 being the worst to number 1 being the best:

6. White Bread
5. 70% Whole Wheat
4. Whole Wheat
3. 7 Grain
2. 12 Grain
1. Sprouted Grain Ezekiel Bread found in organic section in freezer, keep it frozen. Cinnamon raisin has the best taste. Ezekiel wraps also rock.

Meats

All meats should be lean cuts, the size of your hand. Turkey, steak, pork, fish, chicken limit processed meat, nuggets, salami, pepperoni, bologna, hot dogs etc.

Vegetables

All vegetables rock and frozen or canned are fine. However, if you have a salad, use a light dressing with little to no sugar added. You will find fantastic salad dressings in the organic section.

Water

Drink 2.5 litres just to replenish what your body loses daily. Look at the color of your pee. If it's clear you are well hydrated. If your pee is dark or smelly, drink up because your kidneys are screaming at you.



Tips for Young Ice Hockey Players to Get Deep, Uninterrupted, High Quality Sleep

As a young ice hockey player, getting ample, high quality, deep uninterrupted sleep is a very important aspect of developing your ice hockey skills. During your sleep, your body and brain rest and repair and get prepared for the work load for tomorrow. One thing is for certain, most young ice hockey players are sleep deprived and this negatively affects their performance on the ice.

Why More Sleep May Improve Sports Performance

Deep sleep helps improve athletic performance because this is the time when growth hormone is released. Growth hormone stimulates muscle growth and repair, bone building and fat burning, and helps athletes recover. Studies show that sleep deprivation slows the release of growth hormone. Sleep is also necessary for learning a new skill, so this phase of sleep may be critical for some athletes.

How much sleep do young ice hockey players need?

Sleep experts recommend nine to ten hours of sleep for young developing ice hockey players. Here is a simple test that will determine if you get enough sleep do you wake up with the use of an alarm clock?

If you need an alarm clock to awake you, you are most likely sleep deprived. The most important hour of sleep is your last hour and when your body has received enough sleep your brain releases a chemical to awake you. Hence, if you are using an alarm clock to wake up, the alarm clock is interrupting the most important part of your sleep. You need to go to bed earlier. Here are some additional tips that will ensure that you as a young, developing ice hockey player get ample sleep.

- Make your bedroom as dark as possible, keep out the early morning light as this will prematurely awake you and disturb your sleep.
- Keep the room as quiet as possible by closing the bedroom doors and windows. Don't let the noise of passing cars or a family member using the bathroom disturb your sleep.
- Maintain a regular sleep schedule that means go to bed at the same time and awake at the same time. Going to bed and waking up at the same time each day is ideal for athletes. A regular schedule makes your training routine more consistent and regular. If you sleep and wake at the same time, your body can adapt to a regular training and nutrition plan as well. Additionally, research shows that a Regular sleep habit that includes a 10 p.m. bedtime and 6 a.m. wake up time seems to be the optimal schedule for both physical and psychological recovery, as well as wakefulness during the day.
- Remove the bedroom phone or turn off the ringer during sleep time.
- Don't have electronic devices (cell phones / blackberry / lap tops, etc.) in the bedroom they are big sleep disturbers. It's a good idea to turn off all electrics about an hour (or more) before bed. **Getting rid of** stimulation-including the television, loud music, commercials, computer screens and other distractions--helps your mind relax. Additionally, those electronics emit artificial light that tricks your body into thinking it's daylight, and stop the production of the sleep hormone melatonin. Give your body at least an hour to get primed for sleep without all the bright blue screens and electronic distractions.
- Evaluate the quality of your mattress and pillows 5--7 years is the lifespan of a mattress and one year for a pillow.
- Remove the TV from the bedroom the best place for a TV is in the TV room not your bedroom.
- Ensure no caffeine or food intake 2--3 hours before bedtime these will either delay getting to sleep or staying asleep. Food intake just before bed has been linked