

PLAYBOOK

YOUR GUIDE TO SPORTS PERFORMANCE TRAINING AND RECOVERY

Letter from CEO

Dear GVN Family,

We hope this newsletter finds you well and ready for the upcoming season. As the weather begins to warm up, many of you are likely gearing up for your respective sports and activities. In this month's newsletter, we have some tips and recommendations to help you prepare for your offseason training program, as well as strategies for injury prevention.



KEYS TO BEGINNING OFF-SEASON TRAINING

After a long and strenuous season, it is important to take a couple weeks off to allow your body and mind time to rest and recover. Here are 3 keys to initiating your off-season training program to physically prepare for the upcoming season.

1. Set realistic goals: Identify specific goals for yourself, such as adding 10lbs of muscle to be stronger on the puck or improving your power to be more explosive on the ice. Write them down and track your progress.
2. Create a program: Be sure to have the proper program designed that uses proven methods to reach the goals that you set at the beginning of your off-season.
3. Fuel your body: Eat a balanced diet that includes plenty of lean protein, complex carbohydrates, and healthy fats. Stay hydrated by drinking plenty of water throughout the day.



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OFFSEASON TRAINING PROGRAMS

Offseason training is crucial for improving performance and reducing the risk of injury during the season. Here are some key components to include in your offseason training program:

1. Warm-up and cool-down: Start each workout with a dynamic warm-up to increase blood flow and prepare your muscles for exercise. Cool down with diaphragmatic breathing, a protein shake and go for a walk outside later in the day with friends or family.
2. Strength training: Incorporate resistance training that targets your major muscle groups to improve overall strength and stability.
3. Cardiovascular conditioning: Improve heart rate recovery and aerobic capacity through tempo runs.



INJURY PREVENTION STRATEGIES

Injuries can sideline you for the entire season, so it's important to take steps to prevent them. Here are some strategies to help reduce your risk of injury:

1. Mobility training: Incorporate mobility exercises for your foot and ankle, hips, spine and shoulders to enable proper form when training.
2. Rest and recovery: Allow your body to recover between workouts by taking rest days and getting plenty of sleep.
3. Listen to your body: Pay attention to any aches, pains, or other signs of injury. Don't ignore them – seek medical attention if necessary.

We hope you find these tips and recommendations helpful as you prepare for the next hockey season. Remember, the key to success is consistency and commitment. Stick to your training program, stay focused, and don't give up – the results will come!