



# The Fire and Ice Gazette

SEPT

2016

Established in 1959

We don't just develop great skaters, we develop great people!



SKATECANADA  
MEDICINE HAT SKATING CLUB

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### WHAT DOES IT TAKE TO BECOME A "COMPLETE" PLAYER

Hockey is an intricate and difficult sport. It requires many skills, all of which are separate and distinct, yet inter-related and mutually dependent. To master each skill takes years of practice and dedication.

Some of these skills include stick handling, passing, shooting, pass reception, offensive play, defensive play, team systems, etc.

Add to these other areas of training for hockey - conditioning (strength, power, explosiveness, and flexibility), nutrition, rest, eye training, mental awareness, and you can see that becoming a "complete" hockey player is a full time job.

The one skill that I have not mentioned is the one tends to be overlooked and too often underestimated. Yet it is in actuality the most fundamental skill in hockey – skating.

**Little can be accomplished unless you can move FAST on the ice;** with or without the puck! From stop to go, from slow to fast, when skating forward, when skating backward, while cornering, turning, transitioning. When fore checking or when back checking. Even when shooting (i.e., on the fly). Hockey is now more than ever a sport of blazing speed; a sport that requires players to be masters of balance, agility, and maneuverability (BAM), all while on a platform as thin as a knife blade.

Players might be great puck handlers, but if they can't skate fast with the puck their effectiveness is limited. What many people do not understand is that skating speed is largely affected by skating technique, and that skating technique is a separate, distinct and indispensable aspect of hockey training.

Parents have told me, thousands of times, "my son/daughter is a great hockey player – he/she just can't skate well enough." This statement reflects a lack of understanding of the sport. How can one be a great hockey player if he or she can't skate well (fast)??? The sport involves movement. Those who move at a turtle's pace inevitably get left behind.

Coaches, parents, and players subscribe readily to the regimen of off ice training and some of the other hockey skills, but getting them to subscribe to the regimen of a comprehensive and ongoing power skating program can be like pulling teeth. The premise appears to be that with proper off ice training and lots of sprint skating players will get faster and their over-all performance will improve.

Hockey kids are put out on the ice with a stick and puck and told, "Skate". Not told or taught how to skate, but just, "Skate (fast)". The assumption is that by skating more and (moving the legs) a million miles an hour they'll skate faster. Wrong! They may learn to move their legs fast, but they may end up going nowhere fast.

To become a great athlete there must be an interaction between the brain and the body. Learning a sport requires a combination of mental function and muscle function. Brain power combined with muscle power. The ultimate goal is to create muscle memory. But the brain is boss. It teaches the body what and how to do. So it must understand what and why and how to do.

**The best way to go fast is to first slow down.**

<http://www.laurastamm.net/Power-Skating-Tips.aspx>

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Medicine Hat Skating Club Newsletter  
September 2016

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## CALENDAR



All classes are at the Family Leisure Center unless otherwise stated EXCEPT for Wednesday PreCanSkate and CanSkate, which are at the HH – Hockey Hounds



# -September 2016-

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Week 1</b> <b>Fall Power Camp</b>	<b>Aug 29</b> 4:15-5:15 StarSkate Privates 5:15-6:15 CP Clinic	<b>Aug 30</b> 4:15-5:15 StarSkate Privates 5:15-6:15 CP Clinic	<b>Aug 31</b> 4:15-5:15 StarSkate Privates 5:15-6:15 CP Clinic	<b>Sept 1</b> 4:15-5:15 StarSkate Privates 5:15-6:15 CP Clinic	<b>2</b> 4:15-5:15 StarSkate Privates 5:15-6:15 CP Clinic	<b>3</b>
<b>Week 2</b> <b>Fall Power Camp</b>	<b>5</b> <b>LABOUR DAY</b> <b>NO SKATING</b>	<b>6</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>7</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>8</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>9</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>10</b> 8:30-9:30am StarSkate Privates 9:30-10:30am CP Clinic
<b>Week 3</b> <b>Fall Power Camp</b>	<b>11</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>12</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>13</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>14</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>15</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>16</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic
<b>Week 4</b> <b>Fall Power Camp</b>	<b>18</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>19</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>20</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>21</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>22</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic	<b>23</b> 4:45-5:45 StarSkate Privates 5:45-6:45 CP Clinic
<b>25</b> <b>Winter season begins</b>	<b>26</b> 4:45-5:45 StarSkate dance/skills 5:45-6:00 StarSkate stroking 6:00-7:00 StarSkate free skate	<b>27</b> 5:30-6:15 StarSkate dance/skills 6:30-7:00 StarSkate Off Ice 7:15-9:00 StarSkate free skate	<b>28</b> 4:00-6:00 Open StarSkate	<b>29</b> 4:00-6:30 StarSkate Open Ice	<b>30</b> 5:00-6:00 StarSkate dance/skills 6:00-7:30 StarSkate free skate 7:30-8:00 StarSkate Theater on Ice	

## Things To Look Forward To!

Oct 1 StarSkate Pictures

March 18 Bring On Spring Carnival "Las Vegas" DRESS REHEARSAL

Oct 2 Stargroup Pictures

March 19 Bring On Spring Carnival "Las Vegas"

Oct 22 Pajama Party

March 22 CanPower Skills Competition

Oct 29 Tree of Hope Bottle Drive

Dec 17 Christmas Party

Feb 11 Valentine Party