



Health and Performance Centre Hockey Season

January Fitness Newsletter 2014

Ahh the middle of winter, there is a nice coating of snow all around and the temperature is consistently below -4° C. This temperature is perfect for the creation of the original hockey arena, the backyard pond. Many people struggle to maintain their fitness related goals throughout the winter as it is quite difficult to get out and be active in the snow. Find out how you can stay active and have a ton of fun this winter by playing Canada's favorite past time, hockey!



Hockey Facts

- No one really knows where the word "puck" originated as it's applied to hockey. It may have been adopted from the curling terminology "poke".
- The National Hockey League (NHL) was founded on November 22, 1917
- The layer of ice in a pro hockey rink is usually three-quarters of an inch thick and is kept at a temperature of -9 degrees Celsius
- Prior to the 1927-28 season, forward passes were not allowed in hockey
- Frank Zamboni invented the first self-propelled ice-clearing machine, in 1949

Early Hockey History

- The modern game of hockey, was invented in the mid-1850s by British soldiers that were on duty in Canada
- In 1879, some students at McGill University gave the game a set of rules. By the late 1880s, many amateur clubs and leagues had sprung up
- The first organized indoor game was played at Montreal's Victoria Skating Rink.
- In 1893, the first Stanley Cup was awarded to the Montréal HC by the governor general of Canada, Lord Stanley of Preston.
- In the Fall of 1952 the first TV hockey game was broadcast nationally on CBC.

How Hockey Can Improve Your Fitness

- A recreational game of hockey can last as long as you want it to, but generally, an hour is a good amount of time to play
- In that hour, you are active for shifts of about 1-2 minutes with a 3-5 minute break in between
- For healthy individuals, hockey is a great workout for your heart. A player's heart rate can reach 80% of the individuals max for up to 20 minutes of an hour long session
- Hockey involves both aerobic and anaerobic aspects of training. Quick and repeated bursts of speed and physicality require anaerobic endurance while constant skating and an elevated heart rate for the duration of the game require aerobic endurance.
- Hockey improves hand eye coordination as well as multi body segment movements.
- Many people get bored of running or biking very quickly. Recreational hockey offers an opportunity for a fun and friendly, yet competitive, fitness session with a group of friends.
- People are more likely to consistently take part in regular physical activity if the activity involves a group of people.
- See the next page for more info on where and when to play hockey!



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Classic Pond Hockey

- Frozen ponds across Ontario are the birthplace of some of the best hockey players in the world
- Whether your bringing the little ones out for a skate or playing pick up with friends, ponds are a great place to play the game
- The game is often more relaxed on the pond which is great for beginners
- The size of the playing surface can easily be changed to accommodate any number of players and skill levels
- Its free!
- Full equipment is not necessary however a helmet should ALWAYS be worn
- There is a lot of free space on most ponds for family and friends who would rather not play hockey to skate and get some exercise in



Recreational Hockey Leagues

- Most community arenas rent out ice to recreational hockey league's for a variety of skill levels
- The arena on campus at Guelph University offers coed, women's, men's contact and men's non contact intramural ice hockey leagues
- The campus arena also hosts pickup hockey for \$1-\$3 from 1pm to 2:50pm Monday to Friday
- Recreational leagues often play at least once per week
- A team atmosphere and socialization are great for stress relief and motivation to get out and get active
- Pickup hockey is a great opportunity to get out for 20 minutes on a lunch break and get a workout in with other like-minded individuals





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FUN HOCKEY VARIATIONS: FOR THE POND

To keep things interesting here are some great hockey variations



Classic Best of 7

- The NHL playoffs follow a best of 7 games format ensuring the best team winds the series
- To keep turnover between games quick and add a little bit of competition to pick up pond games, this best of 7 format can be used
- Play a best of 7 series where the first team to score 5 goals wins the game
- Take a quick break between each game to rest, talk strategy and warm up with some hot cocoa

3 Pass Rule

- Team play is one of the most important aspects of hockey
- It's not very much fun if a ringer continues to go on end to end rush's and score
- Employ a 3 pass rule to promote puck distribution and those gorgeous passing plays we all love
- Each team has to complete 3 passes before they can score
- The count resets every time the puck changes position

Keep Away

- When your out for a quick skate on the pond and don't have time to set up any nets, a game of keep away can be a fun way to develop puck handling skills
- Set up playing surface boundaries by only shoveling a small area of ice or throwing down a few shoes in a circle
- The game is simple, keep possession of the puck for as long as possible
- Teams can also be set up to add another dimension to the game



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Brought to you by Physiotherapy Volunteers at the HPC

This Edition By Derek Nash



References and Further Reading

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University of Guelph Intramural Website:

<https://gryphons.ca/intramurals/autologout/logout?destination=node%252F574>

University of Guelph Drop in Athletics:

http://gryphons.ca/sports/2011/8/12/Fit_0812114621.aspx?

Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Is Pain holding you back? Talk to one of our physiotherapists, chiropractors or massage therapists!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at **519-767-5011**

