



## PRE CAMP CHECK-LIST | Planet Hockey Summer Camps 2018

PREPARATION IS KEY! We want you to MAXIMIZE your Planet Hockey Camp experience by becoming the best player possible by the end of camp. We strongly encourage all players and parents work together through this valuable pre-camp preparation check-list. Together, we can all make this the most positive hockey experience possible.

**Player Baselines** – each player will begin this 4 week pre-camp journey in varying fitness levels. Therefore, we recommend that you select and follow the fitness level that most corresponds to you.

**BRONZE** – this player has not been involved in sports recently and has not been on the ice for several weeks. You would struggle to perform at your highest level if camp began today.

EXERTION LEVEL – follow the schedules below.

**SILVER** – this player remains active, but not in ‘game shape’ throughout the past several weeks. Increasing current fitness level will provide a greater Planet Hockey camp result.

EXERTION LEVEL – follow the schedules below, but add 25-50% more time/reps per exercise.

**GOLD** – this player excels in multiple sports and is involved in a high level of competition and activity at least 3 times per week. Has been on the ice regularly in the weeks leading up to camp.

EXERTION LEVEL – follow the schedules below, but add 50+% more time/reps per exercise.

### Exercise Description

1. Cardio | Target – full body engagement, cardiovascular system | Objective – keep your feet moving and your heart rate and breathing at a challenged, but sustainable level. A jogging pace, not a race/sprint pace. Activities include soccer, open hockey, hockey practice/game, jogging, bike ride, brisk walk, basketball, and neighborhood games with buddies, any activity that keeps you physically active for 20+ continuous minutes.
2. Push-ups | Target – upper body | Objective – proper technique, controlled breathing, full range of motion and consistent muscle resistance.
3. 2 foot frog jumps | Target – full body engagement, legs | Objective – proper technique, controlled breathing, full range of motion/reach, distance, soft feet.
4. Walking lunges | Target – full body engagement, legs | Objective – proper technique, controlled breathing, full range of motion/reach, soft feet, head up.
5. Torso twists | Target – core, abdominal & lower back | Objective – proper technique, controlled breathing, full range of motion, controlled stretch.
6. Bicycle kicks | Target – core, abdominal & lower back | Objective – proper technique, controlled breathing, full range of motion, controlled stretch.
7. Stretching | Target – full body engagement | Objective – proper technique, controlled breathing, full range of motion, controlled stretch.

As in all physical activities, go at a pace that promotes physical growth without incurring injury. These are merely suggestions to help with your camp preparation.

We recommend that both parent & player initial each workout. THESE FORMS ARE FOR YOUR OWN USE AND DO NOT NEED TO BE TURNED IN AT CAMP.

### GET IN SHAPE | Establish a strong base to build upon at camp

➔ PHASE 1 | 4 weeks before camp | 2 days

Keys – establish a foundation | wake up your brain and body and introduce fluid movement.



Exercise	Day 1	Day 2
Cardio   20 mins		
Push-ups   3 x age		
2 foot frog jumps   3 x 15		
Walking lunges   3 x 25		
Torso twists   3 x 20		
Bicycle kicks   3 x 20		
Stretching   5 mins		

➔ PHASE 2 | 3 weeks before camp | 3 days

Keys – grow your foundation | incorporate focused execution and full range of motion | increase your intensity and duration | concentrate on proper technique and the engaged muscle groups.

Exercise	Day 1	Day 2	Day 3
Cardio   20 mins			
Push-ups   3 x age			
2 foot frog jumps   3 x 15			
Walking lunges   3 x 25			
Torso twists   3 x 20			
Bicycle kicks   3 x 20			
Stretching   5 mins			

➔ PHASE 3 | 2 weeks before camp | 3 days

Keys – begin building on your base | incorporate focused execution and full range of motion | increase your intensity and duration | concentrate on proper technique and the engaged muscle groups.

Exercise	Day 1	Day 2	Day 3
Cardio   20 mins			
Push-ups   3 x age			
2 foot frog jumps   3 x 15			
Walking lunges   3 x 25			
Torso twists   3 x 20			
Bicycle kicks   3 x 20			
Stretching   5 mins			

➔ PHASE 4 | 1 week before camp | 4 days

Keys – **CAMP BEGINS IN 7 DAYS!** | build on base | incorporate focused execution and full range of motion | increase intensity & duration | concentrate on proper technique & the engaged muscle groups.

Exercise	Day 1	Day 2	Day 3	Day 4
Cardio   20 mins				
Push-ups   3 x age				
2 foot frog jumps   3 x 15				
Walking lunges   3 x 25				
Torso twists   3 x 20				
Bicycle kicks   3 x 20				
Stretching   5 mins				



**NUTRITION | We are only as good as our fuel**

The basic guidelines for healthy eating provide all the energy & nutrition we need for most workouts. But if you push yourself hard for 90 minutes or more, especially if you compete in high-intensity endurance events, your diet can help you perform at your peak & recover more quickly afterwards.

**At Camp** – all students are strongly encouraged to bring a sensible and nutrition lunch, snacks and fluids to camp each day. Also, we recommend that you arrive at camp with a sturdy breakfast and plenty of water in your belly. *More useful nutritional information for athletes can be found at WebMD: (<http://www.webmd.com/fitness-exercise/features/nutrition-tips-athletes>)*



**HOCKEY GEAR | Take care of what takes care of us**

Make sure that all of your hockey gear fits, is organized and is ready to provide you a great week of Planet Hockey skills training. Prepare your skates (size, sharpen, skate laces), gloves, sticks, helmet (fit, screws tight, all straps secure), etc. Now is the time to solve any hockey gear issues so you are ready to GO at camp.



**SEIZE THE OPPORTUNITY | Make the game even more magical**

This is a great opportunity to take your game to the next level. You will soon be training on and off the ice with our International, certified Planet Hockey Instructors and working through our innovative skills training syllabus specifically designed to improve your hockey skills. Before, during and after camp, we challenge you to set goals, train outside of your comfort zone, experiment with your diet, rest pattern and pre-training and pre-game preparation routines, develop a skillful eye observing & critiquing other players' skill sets, identify and work on your strengths & weaknesses and to make the game more FUN, by taking control of your skills training approach.