

**HOCKEY
NEWSLETTER
December 2011**



Luverne Hockey Club
PO Box 622
Luverne, MN 56156
www.luvernehockey.org

Visit www.luvernehockey.org for updated announcements!

Butter Braid Pick Up

December 8th
At the Blue Mound Ice Arena

REMINDER~

- Candy Money was due December 1st
- Balances for Registration Fees are due by January 31st
- Also check with Parent Reps for Tournament Fees owed for Squirt through Bantam due January 31st.

Coming Soon!!!

New Hockey Apparel
will be for **SALE**
in the concession area.

Luverne Boys & Girls Hockey Association Annual Salt Sale

\$4.50 a Bag

Delivery - Thursday, December 29th Starting at 9 a.m.

Order by Monday, Dec. 26th

Bags of salt will be delivered right to your softner!!

**To order, call Tim Christensen or Pam Christensen
507-227-3967 or 283-4028**

Leave a Message with Name, Phone, & Address you would like the salt delivered and a phone call will be returned. Email: Christet@iw.net
Businesses that want a whole pallet, the cost is \$270.00 a pallet. 63 bags to a pallet.

Hockey Club Board Meetings: All members are invited and encouraged to attend the monthly board meetings. It's a great way to stay informed about your organization! Regular meetings are held the first Monday of the month.

Next Meetings are

- ~ Monday, Jan. 2nd at 7:30p.m.
and will be held at BMIA
- ~ Monday, Feb. 6th, at 7:30 p.m.
and will be held at BMIA



Fundraisers ~

**Light Bulbs – Please watch for more details
coming soon!**

For more information on these fundraisers please contact Kristi Boll at kristine.boll@lexisnexis.com or 507-227-4416

Upcoming Home Tournaments

Squirt A&B – January 28th – 29th
Pee Wee A & B – February 4th – 5th
Mite/Mini-Mite Jamboree – February 11th – 12th

Luverne Boys High School Hockey History – Stats and Points Leaders

This information can also be accessed on the website.

http://www.luvernehockey.org/stats/Luverne_Boys_HS_Hockey_Stats_1999-2011_.pdf

http://www.luvernehockey.org/stats/Luverne_Boys_Hockey_Individual_School_Records.pdf

NEEDED: New Boards for Outdoor Ice

As many of you may know we are in need for new board for the outdoor ice and have had a hard time finding any used ones. So if you know or hear of any that are for sale. Please contact Dale Reverts at 507-920-9149 or dalerrent@iw.net.



GIRLS HIGH SCHOOL SCHEDULE

Dec. 15 th (Thur.)	Windom	7pm	A
Dec 17 th (Sat.)	Benson/Morris	1pm	H
Dec. 28 th (Wed.)	Holiday Tourney	TBD	A
Dec. 29 th (Thur.)	Holiday Tourney	TBD	A
Dec. 30 th (Fri.)	Holiday Tourney	TBD	A
Jan. 3 rd (Tues.)	Marshall	7pm	A
Jan. 5 th (Thur.)	Worthington	5:30pm	H
Jan. 6 th (Fri.)	LGWD	7pm	H
Jan. 7 th (Sat.)	Dodge County	5pm	H
Jan. 10 th (Tues)	Fairmont	6pm	H
Jan. 14 th (Sat.)	Watertown	6pm	A
Jan. 19 th (Thurs.)	Brookings	7:30pm	H
Jan. 26 th (Thurs.)	Worthington	5:30pm	A
Jan. 27 th (Fri.)	LGWD	7pm	A
Jan. 28 th (Sat.)	Benson/Morris	1pm	A
Feb. 4 th (Sat.)	St. Peter	2pm	A
Feb. 10 th (Fri.)	Sections	7pm	H
Feb. 14 th (Tues.)	Sections	7pm	H
Feb. 16 th (Thurs.)	Sections – Redwood	7pm	A
Feb.22 nd (Wed.)	State Tourney	TBD	Xcel
Feb. 23 rd (Thurs.)	State Tourney	TBD	Xcel
Feb. 24 th (Fri.)	State Tourney	TBD	Xcel
Feb. 25 th (Sat.)	State Tourney	TBD	Xcel

BOY'S HIGH SCHOOL SCHEDULE

Dec. 10 th (Sat.)	Redwood Valley	2pm	A
Dec 13 th (Tues.)	Fairmont	7pm	H
Dec. 17 th (Sat.)	MBA Storm	3pm	H
Dec. 19 th (Mon.)	Windom	7:30pm	A
Dec. 26 th (Mon.)	Tournament – Schwan's Super Rink	TBD	A
Dec. 27 th (Tues.)	Tournament – Schwan's Super Rink	TBD	A
Dec. 28 th (Wed.)	Tournament – Schwan's Super Rink	TBD	A
Jan. 3 rd (Tues.)	Marshall	7:30pm	H
Jan. 5 th (Thur.)	Worthington	7:30pm	H
Jan. 7 th (Sat.)	Dodge County	3pm	H
Jan. 10 th (Tues)	Fairmont	7pm	A
Jan. 13 th (Fri.)	Mora	7:45pm	A
Jan. 14 th (Sat.)	Princeton	3:30pm	A
Jan. 17 th (Tues.)	Mankato East	5:30	A
Jan. 21 st (Sat.)	Redwood Valley	2:00pm	H
Jan. 26 th (Thurs.)	Worthington	7:30pm	A
Jan. 28 th (Sat.)	MBA Storm	3pm	A
Jan. 31 st (Tues.)	Windom	7:30pm	H
Feb. 4 th (Sat.)	Dodge County	3pm	A
Feb. 9 th (Thur.)	Sioux Falls	7:30pm	H
Feb. 11 th (Sat.)	BW Blades	7:15pm	H
Feb. 17 th (Fri.)	St. Peter LeSueur Henderson	7:30pm	A
Feb.21 st (Tues.)	Sectional Tourney – TBD – High Seed	TBD	A
Feb. 23 rd (Thurs.)	Sectional Tourney – TBD – High Seed	TBD	A
Feb. 25 th (Sat.)	Sectional Tourney – TBD – St. Peter	TBD	A
March 2 nd (Fri.)	Sectional Tourney – TBD – St. Peter	7:30pm	A
March 7 th (Wed.)	State Tournament TBD	TBD	A
March 8 th (Thur.)	State Tournament TBD	TBD	A
March 9 th (Fri.)	State Tournament TBD	TBD	A

GO BIG RED!!!

Luverne Hockey Club Board Members

Emily Crabtree, President
 Tom Sterrett, Vice President
 Jamie Tofteland, Secretary
 Rachel Buse-Flaskey, Treasurer
 Eric Lammert, Referees Director
 Steve Smedsrud, Coaching Director
 Becky Gonnerman, Parent-Player Rep Director
 Kristine Boll, Fundraising Director
 Todd Frankenhoff, SW District IV Rep & ACE
 Coordinator
 Robyn Wessels, Tournaments Director

Committee Directors

Jen Walgrave, Concessions Director
 Lisa Nath, Concession Hours Director
 Dale Reverts, Building, Land & Equipment Director
 Pat Baustian, Discipline/Grievance Director
 Jody Reisch, Registration Director
 Steve Graphenteen, BMIA
 Kim Von Tersch, Marketing & New Player Recruitment

Please check the Luverne Hockey Club website or the Luverne Public School Website as schedules may change.

Nutrition For Hockey - Courtesy of Body Break

Your hockey player demands a lot from their body. The one to two minutes of sprint-like exercise during a game followed by a four minute rest then back out stresses the heart, lungs and large muscle groups. Improving the hockey player's fitness is done through various practices, games and aerobic activity. However, nutrition is also a big component. It can often determine if the hockey player's body can respond in the way they want it to which ultimately decides the level of success on the ice.

The girls/boy's have just played their first tournament and here's something to keep in mind for future practices and games. After their first tournament game they came off the ice hot and sweaty, had a drink then went for lunch. They headed to a restaurant, sat at a table and ordered what they wanted or headed to the food counter at the rink. Many had a burger, fries and a soda, pizza or other high fat choice. They then were expected with all that grease/fat, caffeine and sugar to jump back on the ice, feel good and perform well. Unfortunately, many didn't have the fuel that would allow their bodies to perform at their best. It's like putting inferior gas in your car's gas tank. There's no doubt that the "younger" the car, the easier it can handle it but the poor fuel will affect performance and in the case of a hockey player, it affects them physically and mentally.

What your hockey player needs is a combination of quick foods that can be digested easily and give them immediate energy as well as a small amount of protein that can be digested slowly for sustained energy and replace some of the protein that their muscles have lost during the game(s).

Protein foods like hot dogs, chicken fingers, burgers or pizza with lots of cheese and greasy toppings like bacon, sausage, and pepperoni are high fat choices and will only slow them down and more than likely make them feel ill, especially if they crank up the speed going for the puck. Protein foods lighter in fat such as nuts, beans, turkey, chicken, eggs are great choices.

Complex carbohydrates like whole wheat bagels/bread, rice, pasta, baked potatoes and oatmeal will release their energy slowly without slowing them down. Fruits and vegetables also provide energy and will help to replace the key vitamins that they've used up to make energy. It is difficult to get your hockey player to eat well each day and that's why a vitamin supplement helps to bridge nutritional gaps caused by vitamins and minerals they don't get through their food and lose through exercise. Unfortunately, it's the processing, storing and cooking that can reduce the nutrient content of food as well as pesticides, poor soil conditions and chemical fertilizers.

Also your hockey player needs *proper hydration* after the practice or game. Water, chocolate milk or a small amount of apple/orange juice are good choices to help in their recovery. They don't need PowerAde or Gatorade or other sports drinks. These high caloric/sodium drinks were intended for athletes who have done continuance exercise for over an hour. The key is continuance. For example, a runner who's run for one hour. Hockey does not fall under this category and only hockey players who have burned a lot of calories through intense practice or play need to replenish using these types of sports drinks. Also forgo the sugar and caffeine that comes with soda. This does nothing for them and can actually be detrimental to their next game.

The sugar in soda gets into their bloodstream so quickly that it goes almost immediately to storage if not used. You might have heard of the "Sugar High". It comes within 15-30 minutes of having concentrated sugars like soda. And what about the "Sugar Low"? The low energy, sluggish feeling comes just when they don't need it, 30-50 minutes after that sugary beverage, usually in the 3rd period of the game when they really need to push it because of normal fatigue. The sugar ingested earlier is being pushed into storage, which then lowers their sugar level in the bloodstream. Their body then has to work extra hard to bring it back out of storage to be used as energy. Exercise physiologists have determined that drinking a carbohydrate-protein combo like chocolate milk soon after exercise (the sooner the better and before 30 minutes post-exercise) helps speed muscle recovery because it quickly replenishes spent energy stores.

So, the moral of the story is:

Be prepared. The internet can provide information about restaurants and fast food places close to arenas. Tim Horton's, Subway, Mr Submarine, Wendy's (Bake Potatoes), and Extreme Pita are great choices. On the other hand, pack a bag with the appropriate energy foods and drinks and avoid the cost and potential bad choices.

- Avoid the "Energy" and soda drinks. They are full of sugar and caffeine and will cause your hockey player to crash and burn by the end of the 2nd period.
- Drink plenty of water before, during and after a practice or game.
- Have chocolate milk on hand for after a practice or game or change in the pocket to get a carton from one of the many vending machines in the arenas.
- Feed your hockey player before and between practices or games with low fat sources of protein and complex carbohydrates. For example a turkey sandwich on whole wheat with lettuce and tomato or a bowl of vegetable soup with crackers. If you have to go to a fast food place, AVOID the fries and resist the temptation for that burger. A bagel with a salad and apples will do more for their next practice or game than the load of grease you'll get with most of the other food. If you order a chicken sandwich, make it a grilled chicken sandwich and leave off the high fat mayonnaise-based dressing.
- Snack on peanut-free granola bars, protein bars, nuts, pretzels, fruits and veggies.

Eat Well to Play Well

Article found at www.puckmaster.com