



Visit [www.luvernehockey.org](http://www.luvernehockey.org) for updated announcements!

**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 Meeting is Monday July 5, 7:30 p.m. @ Sharkees.**

### **Fundraising Hours Available**

Thanks to all who have signed up to work in the Glen's food stand. If you are unable to work a day that you signed up for please let Kristi Boll know ASAP as she does have a waiting list.

Pancakes anyone? The Luverne Hockey Club will be serving pancakes at the Airport Fly In sometime in September. Watch your email for information about opportunities to serve.

### **Summer Acceleration camp**

Dave Siebenahler and Nick Domagala will be offering a summer acceleration camp Monday – Thursday from July 12-29 at the Blue Mound Ice Arena. Time is 7-8:30 pm and cost is \$50.00 Call Dave at 283-4950 or Nick at 920-5118 to register.

### **Top 5 Snacks for Hockey Players**



When kids are having a snack attack, how do you get beyond the junk food to something satisfying

they will actually eat? First, be sure you keep these 5 everyday snack foods on hand, in your car and in the hockey bags to quash the hunger before you end up succumbing to the lure of vending machines and convenience stores. Everyday snacks—that you eat when you're hungry and it isn't mealtime—play an important role in keeping energy levels up throughout the day and taming hunger. (Later, we'll take on the topic of performance boosting snacks required before, during and after practices and games.)

The top 5 snacks for hockey players are:

**5. Go nuts for nuts!** All nuts contain heart-healthy monounsaturated fats and are therefore a great choice for snacking. Each type of nut also contains a different array of vitamins, minerals, fiber and antioxidants. And the best part about nuts? They are portable so you can carry them with you in hot or cold weather.

**4. Cereal.** Opt for a high-fiber, low-sugar cereal for an everyday (not game time) snack and you'll get plenty of vitamins, minerals, fiber and antioxidants. In fact, for those who don't eat red meat, cereal is one of the better sources of iron (although this source isn't absorbed nearly as well as iron in meat and poultry).

**3. Dairy.** Dairy is the number one source of calcium and vitamin D in our diet. This is especially important for growing kids, who are not only growing upward but are also building bone density (we build bone density up until our early 30s). Dairy also contains magnesium, a mineral important for over 300 biochemical reactions in the body, including muscle and nerve functioning. And, the benefits of dairy don't stop there—dairy protein is among the top sources of protein for building and maintaining muscle tissue. Try yogurt, cottage cheese, low-fat cheese on top of crackers or apple slices, and, of course, milk!

**2. Vegetables.** Most Americans only get half the fiber they need everyday. By incorporating vegetables at snack time, you'll increase your overall vegetable intake, load up on fiber and get an array of antioxidants, vitamins and minerals. If plain veggies sound boring, add a little natural peanut butter or hummus for a delicious snack.

**1. Fruit.** Add as much color to your diet as you can and switch things up. If you typically eat watermelon over the summer, try berries in your yogurt or on cereal, make a power smoothie with frozen mango and mix fresh pineapple into cottage cheese. Why does fruit make the #1 slot? It's loaded with carbohydrates—the nutrient that fuels performance. And, like vegetables, fruit is packed with vitamins and minerals that are important for overall health and performance. Some fruits contain anti-inflammatory compounds that could help decrease muscle soreness and bruising as well. These include pineapple (fresh), mango and dark purple, red and blue berries.

Load up on these healthy snacks and you'll feel better, play better and improve your overall health.

**Editor's Note:** Marie Spano, MS, RD, CSSD, CSCS is a sports nutrition expert who works with athletes throughout the country. Her website is: [www.mariespano.com](http://www.mariespano.com) Article used from June Minnesota Hockey Newsletter

### **Hockey Decals available**

Do you wish you would have purchased one of the Luverne Hockey decals last winter? Here is your chance. Emily Crabtree has two available for purchase. Contact her at 227-6841.

### **Luverne Hockey Club Board Members**

Dan Smeins, President  
Tom Sterrett, Vice President  
Linda Reisdorfer, Secretary  
Rachel Buse, 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  
Emily Crabtree, Tournaments Director

### **Committee Directors**

Gayle Wenzel, Concessions Director  
Dale Reverts, Building, Land & Equipment Director  
Pat Baustian, Discipline/Grievance Director  
Jody Reisch, Registration Director  
Kim VonTersch, New Player and Marketing Director  
Steve Graphenteen, BMIA

