

*“Enjoy the
Journey of
Discovering
Your
Potential!”*

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Voyager Hockey News

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Back to the Rinks: What is Store for the “New Normal”?

The world has changed. It has changed forever. There will be new life experiences and protocols that will have to be followed. Change can be scary, but everyone is in this together! There will be bumps along the way as people start to understand what is now acceptable in a world, we may had taken for granted.

Voyager Hockey uses FMC run rinks, which follows state and national guidelines. Camps and clinics will follow FMC's leadership. Raynham and Taunton rinks will be open in Phase Three of the State's reopening plan. The plan is currently seeing reductions in COVID cases and a continued drop of the curve. Voyager Hockey will follow guidelines to the best abilities to do its part in virus suppression.

Phase Three guidelines have not been released but will be looser than Phase Two regulations. Current guidelines (Phase Two)

for good practice include the following:

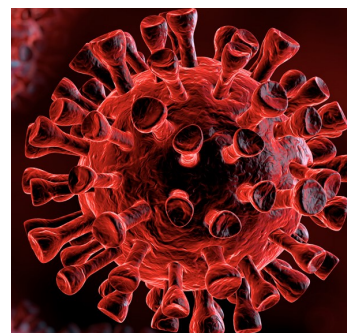
- 1) Cohorts of 10 or less, up to three cohorts on the ice at once,
- 2) No games or scrimmages,
- 3) Only one parent/guardian with the child,
- 4) Social distancing still practiced on and off of the ice,
- 5) No locker room use,
- 6) Come to the rink ready to go, limited/no changing at rink,
- 7) Instructors will wear masks,
- 8) No water bottle sharing,
- 9) Health questionnaires and checks for staff.

For FMC's full reopening plan, click [here](#).



Voyager Hockey will continue to focus on skills and work to practice behaviors that will limit the spread of the virus as outlined by FMC and State's re-opening plan.

We ask that all participants be patient in this process! We are allies that will work to improve safety and positive experiences for children. We look forward to a fun and safe summer!



Protect the Immune System

If there is any a time to help protect oneself against pathogenic infection, it is now. Building a healthy and strong immune system is a daily endeavor. Immune Systems can always be improved! Let us look at some tips to boost a strong protective response

Physical Activity

There are several studies that

are on record discussing the vital benefits of physical activity to the human body. Exercise stimulates burns calories, flushes toxins, and boosts chemicals in the brain that are linked to happiness. Medical/Health Professionals agree that 30-60 minutes of physical activity is all a person needs to see improvement in health and reduction of disease probability.

Stress Management

There is no magic answer to stress management. Stress is inevitable, especially in circumstances of quarantine. Stress management is simply how people handle their emotions during problem solving. Everyone handles stress differently. People can exercise (see above), listen to music, read, talk to a friend (thank goodness for online portals now!), meditate, or pray.



***“Fun is our
main
commitment to
help players
enjoy their
developmental
experience”***

Voyager Hockey Commitment to Families

This is 9th year of Voyager Hockey/South Coast Sports. It started as a single 4 week, 9pm start time for high school age players, but has since grown to more than 130 players annually.

Voyager Hockey is committed to the growth of hockey and the development of its participant. We endeavor to provide opportunities to extend life lessons and fun through the game of hockey at an affordable cost. There is nothing that makes us happier

than a smiling hockey player enjoying time with friends and achieving personal goals.

We will continue to provide pricing that significantly undercuts the competition to give players opportunities to participate or create cost efficiency for more ice time! Hockey is to be enjoyed by as many people as possible!

We thank you for your support!



Rinks Open July 6th — Camp is On! We Are Happy!

July 8 - August 12 (6 Weeks)

\$85 All Participants

HS/PG Tuesday Nights 8pm (R)

Mites/Squirts Wednesday Nights 5:30pm

Mites/Squirts Wednesday Nights 6:30pm

PW/Bantam Wednesday Nights 7:30pm

Sessions in Raynham & Taunton

FMC has announced that their rinks will be opening, and Voyager Hockey's primary rinks,

Taunton and Raynham will be open July 6th. Summer clinics for mites-midgets will still be on! Clinics will begin on July 8th and run weeks. If there was a pre-register, you will be receiving a partial refund. We look forward to a great summer!



Building an Immune System (Continued)

Personal Hygiene

Proper hygiene habits are related to decreasing pathogenic infection chances. Hygiene refers to cleaning the body and protecting people and surfaces from bodily fluids. Hand Washing, showering, washing clothes, brushing teeth, and covering mouth when sneezing/coughing are basic steps people can make.

Eat Right

Proper nutrition goes a long

way toward bodily health.

Boosting the immune system requires vitamins and minerals, but to put those nutrients to work, the energy needed comes from carbohydrates, fats, and proteins. The best way to get vitamins and minerals in the body is to increase fruits, and vegetables. Apples, lemons and other citrus fruits, kiwis, papayas, and cranberries are beneficial. Vegetables to include are bell peppers, broccoli, jalapenos, spinach, and garlic.

Get Enough Water

Water is essential for all body processes, and flushing toxins. Despite being a functional element to human health, people can find it difficult to get the recommended amounts of water. Most people need between 8-12 cups of water every day. Water can also be attained through foods such as fruits and vegetables.