

# Voyager Hockey News

Volume 1, Issue 6

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

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## Nutrition: Refuel with Foods and Skip the Sports Drinks

There is a big marketing push to get kids and teens to consume sports drinks after athletic activities. Although the benefits of electrolytes can be beneficial, the added sugar, and no protein in these drinks do not make them nutritionally appropriate for growing youth bodies.

### Skip the Sports Drinks, Drink Water

Replace with Water! Sports drinks have added sugars that can rival the addictive nature of Soda, which can lead to increased likelihood of obesity. Kids and teens should get at least 6-8 cups of water per day. Hydration loosens up muscles and improves body processes such as digestion and muscle recovery.

### Refuel with Food

Get nutrients after a workout! There is a need for sugars but look natural! Add natural sugars with a protein source for a great combination. Examples include chocolate milk, string cheese and fruit, yogurt and a granola bar, yogurt and fruits, hummus and pita chips.

Rinks can be filled with vending machines promoting junk food and sugary drinks. Be above the influence and help your child get balanced nutrition for growth!



## Sprint — Agility Drills

The period of social distancing and quarantine has given many young athletes a ton of time to practice and train on their own.

Sprint and Agility work is often overlooked, but just a little practice can improve a player's game!

Agility is the ability to move freely and quickly in different directions. It is associated with turns, pivots, stops/starts, up-downs, and jumps.

Hockey is a sport where agility is important as players need to contort their bodies and adjust to make plays throughout a game. The

quarantine workout plan has added Sprint and Agility drills for players to add to their workouts.

These drills can be done with any age. For younger players, turn it into a challenge or a timed-event to get them interested.

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



Brady Nichols  
Taunton HS  
Junior Captain

## Quarantine Workout: Sprint and Agility

Sprint Agility Drills

For more visit:

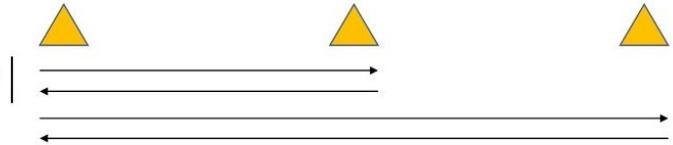
[Voyagerhockey.com](http://Voyagerhockey.com)

### I Drill

Simple stop and start drill used to focus on the first few steps of a sprint.

This is critical for hockey players that are constantly stopping, starting, and moving.

### I Drill



### I Drill

Cones Set 5 feet Apart

Forward sprints to each cone and back.

Look to increase speed through quick feet and stop and start motions.

## Rinks Open June 8th — Camp is Still On!

FMC has announced that their rinks will be opening, and Voyager Hockey’s primary rinks, Taunton and Raynham will be open June 8th! Summer clinics for mites-midgets will still be on!

To celebrate, Voyager Hockey will be keeping the early-bird pricing for all clinics up until start dates on June 9th/10th!

## Save the Dates—Summer Clinics 2020

### High School / PG Clinic

June 9th - August 11th  
8-9pm HS/PG  
Raynham IcePlex

All players \$125 for  
10 Week sessions.

### Mites/Squirts

June 10th-August 12th  
Session 1 - 5:30-6:30pm  
Session 2 - 6:30-7:30pm  
Aleixo Arena

### Pee Wee/Bantams

June 10th-August 12th  
7:30-8:30pm  
Aleixo Arena

## Alumni Update: Where are they Now?

### Brady Nichols

Nichols (pictured left) was selected as a Hockomock All-Star after recording 32 points from the defensive position. A key part of the power play, Nichols was selected to represent Team Mass in the MA/CT Jr/Sr All-Star Game that was slated for April.

### Michael Albert

Albert (pictured right) was selected as a Hockomock All-Star

after recording 38 points to lead the Tigers. Albert played in a record 7 state playoff games for the Tigers in a career.

### Brandon Sinclair

Sinclair, B-R Junior, finished a stellar season helping the Trojans reach the State Tournament after winning the inaugural Southeast Conference Championship this past year. Sinclair will be returning, looking to achieve more milestone.

