

This is the time of year that we are usually putting the finishing touches on your last off season programs, retesting and showing you all the major gains you've made during the year and becoming the best imaginable hockey fans! COVID-19 has definitely made a change in our scheduled plans. But just like we are always adapting to new research and bringing you the best, we are one step ahead of these schedule changes.

What does this mean for you?

1. Outperforme bases its training on science. Periodized planning is when we design your training schedule based on your goals and the science behind achieving them through proper scheduling. We emphasize different elements of training depending on the time of year and even detail our plans into weekly cycles and when rest and recovery needs to occur. Now that there has been a change in the time you need to peak, we have to adjust your training program to reflect that.
2. We understand that many of you have been training for over 5 months not knowing for sure when your season would start, and you may be feeling some training fatigue. We would like each of you to begin by speaking with your strength and conditioning coach to determine if you need a short period of active recovery with some lighter programming emphasizing muscle balance and mobility, or if you are managing well and want to simply continue with training. In September, we will begin to move into our next phases of training working toward a peak at your season start. Science **does not support** extended periods of speed training, and other variables need to be cycled in to actually develop speed. Based on this, we will be making some adjustments to SAQ for a short period of time to allow for a little more recovery and also to let you get a strength cycle in, and then we will ramp up again to speed work. We are assuming that you will all be on the ice a little more as you get closer to your season start. We will be continuing with SAQ on a month by month basis working closely with all of you and your schedules.
3. In order to plan effectively, we need a bit of info from all of you:
 - a. We need to know when your season begins and when you need to report to camp. Based on current information on NHL/AHL/ECHL and WHL start dates, a mid-November departure for many of you is likely. We understand that MJHL and other provincial leagues are planning to go ahead, and many but not all of our university and college players will be able to practice with their teams. For those of you who will be remaining here, or who learn of a schedule change, please let us know your plans. Regardless of where you're playing, or when you depart – we will plan for you and work around your schedule.
 - b. What are you doing for ice times? We do want you to consider the possible length of your season – example if your season is going to be extended by 1-2 months, how often should you be on the ice from August - November to prepare? Please remember that more is not always better and we want you to make decisions that will put you in the best scenario for your entire season. We are assuming most of you will be on the ice approximately 2x/wk in September, and hoping to increase to at least 3x/wk for October, perhaps more in November leading up to camps. If you need help finding ice times, please let us know.

Action required:

- A) Please click on the link in step 2 to complete our google form.**
- B) Speak to your strength coach re: your strength training schedule and if you need some active recovery built in, or if you are ok with continuing with your current strength training. Also please be sure to discuss any schedule changes that arise with your coach so that your work outs can be adjusted (example if skating ramps up substantially, perhaps we need to adjust to a total body program at some point). This is new for all of us, but if we communicate well with one another, you will have great results!**

Thanks everyone! And also a big thank you to all of you for being so diligent at the gym with the CV19 protocols.