

HEALTH HISTORY QUESTIONNAIRE

The questions below are only voluntarily to help ensure your child's safety. The St. Jude hockey organization assumes **no liability**.

Does your child have asthma or any other respiratory condition that causes difficulty in breathing?

Does your child use an inhaler? Y / N If so, please make sure your child brings it with him/her to the off- ice training.

Does your child have any current or previous orthopedic conditions that would restrict him/her in performing strenuous physical activity?

Does your child take any medications that would affect his/her training?

Does your child have any other physical limitations or issues that the off- ice trainers need to be aware of?

Child's name _____ Team _____

Parent / Guardian print name _____

Parent / Guardian signature _____ Date _____

Address _____

Phone _____ Cell Phone# _____

E-Mail _____



Off – Ice Welcome 2012 / 2013 Season

I would like to take this opportunity on behalf of the Off-Ice Staff to welcome you to the 2012 / 2013 hockey season here at St. Jude. This year, we continue the initiative started in 2005 of providing off-ice physical conditioning at no additional charge. This is our fourth year of operation in “The Gym”. Each year, we take from our previous experiences & endeavor to build a better facility along with a program that will best address the needs and goals of our young athletes. I am pleased to announce the addition of Mr. Joe Dvornik to our staff. He brings a lot of experience to the table and will be a welcomed augmentation to our program.

It is necessary we be advised of any physical limitations / conditions that exist ie: sports induced asthma, chronic bronchitis, previous ankle, knee, spine & neck injuries etc. A basic form is attached to provide this information. Any tendered information will remain confidential and will not be disseminated to any outside entity.

Our function at this point in time is not to embark upon a total strength development program. The season is a busy time and does not allow the rest interval between training sessions to facilitate aggressive muscle development. Rather, our focus during the season, will be to increase flexibility, functional range of motion, agility/ balance, eye-hand/foot reaction, and most specifically core & lower body strength as well as aerobic – anaerobic conditioning.

There will most likely be some delayed onset muscle soreness (DOMS) in the beginning but it will fade within the first few weeks. Stretching, hot baths, and in extreme cases, OTC pain relievers (Tylenol etc) of your choice may be employed. Consistency is the key to eliminating muscle discomfort!!!

***We would strongly encourage additional at-home work outs to augment the once a week training at the gym. Basic sit ups, push ups, wall sits will, after a brief warm up run & stretch be sufficient. *** (A wall-sit “Chinese Chair” progress chart is available on the web site under the off-ice tab ...homework.) Limited # of copies are available at the gym.

The first several weeks will be devoted to establishing a base line of physical performance to serve as a tool by which we can adjust the program to better facilitate the development of the kids. We will monitor their progress over the season and provide each participant with their individual results.

We would like to take photos of the kids working out & publish them on the web page. If anyone has an objection to their child’s photo being included, please notify the staff in writing.

It’s a grand endeavor but I think we are moving in the right direction. Please feel free to stop by & have a look-see at our facility & the program. We welcome your comments & suggestions. If you have a concern or a gripe, please see myself, Coach Roland, Coach Dan, Coach Pawel, or Coach Joe. If you have a compliment, please pass it on to Mike Moro / Roger McGinty.

On behalf of the Off-Ice staff, I welcome you & your athletes to the program!!! Go Knights.

Coach Don Mc Grath
Strength / Conditioning Coordinator
D-mac1@att.net

Off Ice Homework - Progress Chart



Onward

Upward

Name _____

<i>Week #1</i> 3 sets daily Chinese chair 15 second load / 30 second rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 2</i> #3 sets daily Chinese chair 20 second load / 40 second rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 3</i> #3 sets daily Chinese chair 30 second load / 60 second rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 4</i> #3 sets daily Chinese chair 40 second load / 1 min 20 second rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 5</i> #3 sets daily Chinese chair 50 second load / 1 min 40 second rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

Parents: Please initial each day after completion. **Proper form is IMPORTANT!**
 Back flat up against the wall – head up, thighs parallel with floor, knees bent 90° so shins are parallel with the wall, knees together, arms crossed with hands on shoulders (**Not on knees**)

Bring chart every other week to Off Ice!

<i>Week 6</i> #3 sets daily Chinese chair 60 second load / 2 min rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 7</i> #3 sets daily Chinese chair 60 second load - 3 explosive jumps 2 min rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 8</i> #3 sets daily Chinese chair 60 second load - 3 explosive jumps 1.5 min rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 9</i> #3 sets daily Chinese chair 60 second load - 3 explosive jumps 1 minute rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 10</i> #3 sets daily Chinese chair 60 second load - 5 explosive jumps 1 minute rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 11</i> #3 sets daily Chinese chair 60 second load - 5 explosive jumps 30 second rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu

<i>Week 12</i> #3 sets daily Chinese chair 60 second load - 5 explosive jumps No rest between sets	Fri	Sat	Sun	Mon	Tue	Wed	Thu