

**Renzi Performance & Wellness
KC Youth Hockey Off-Season Strength Program**



**Kansas City Barnstormers Indoor Facility
15075 W 116th St, Olathe KS 66062**



Renzi Performance and Wellness

Kansas City Youth Hockey Off-Season Training Approach

Hockey Off-Season	Hockey Pre-Season
8 weeks (May - June)	8 weeks (July - August)

(Holidays will be considered)

Age: 14U – 18U athletes (8th grade to 12th Grade)

Common Overuse Injuries for Hockey (non-contact):

Groin

Hip Flexors

Lower Back

Hip

Knee

Training Needs for Developing Hockey Players:

Mobility/Stability

Core Activation

Training Technique

Strength Training

Power/Speed

Recovery/Nutrition

Conditioning



Although strength and speed are the desired priorities (**bolded**), the initial phase will focus on movement quality of athletes. This includes checking posture, mobility in big joint areas (ankles, knees, hips, shoulders), and teaching foundational techniques of strength training (squatting, hip-flexion, glute activation, spine position, core stability, scapular movement). These corrections alone, which take a few weeks, will make athletes safer and stronger for years to come.

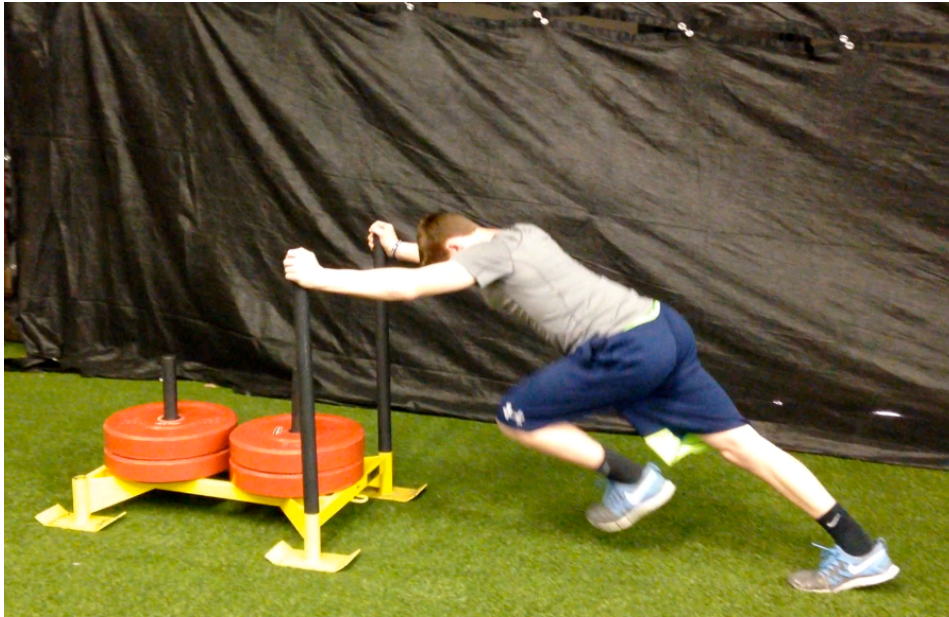
After learning proper technique, emphasis will be put on building strength and coordination over anything else. Strength carries over into injury reduction, speed, power and endurance more so than any single characteristic carries over into athletic needs. Workouts focus on multi-joint, full body movements that require constant focus and athletic ability.

Adding functional size to a hockey player is important. No hockey player can be big and strong enough. Size gains are not just for strength and speed purposes. From a safety standpoint alone, lean mass always works to a player's benefit.

Players who have a true off-season during spring and/or summer should train 3x/week. Players who are multi-sport (ex: play baseball in summer) can consider a lesser volume of 2x/week. They will still train hard.

Training up to 3x/week allows a program to be split into more specific attributes each day. Training 2x/week means 33%% less time to get all the necessary exercise categories complete. Full-body workouts, with “bang for your buck” exercises are the foundation of a 2x/week program. We have a lot of success with 2x/week athletes.

Conditioning becomes a bigger priority near the end of the summer before hockey season starts. It is still included in the early months, but it moves to the front of the list a few weeks before tryouts, and leads up to the beginning of the season. The development of both strength and speed take longer to achieve, which is a reason they are bigger priorities than conditioning at first.



Conditioning is specific to the sport. Compare the typical cross-country runner with a fast hockey athlete. Hockey is a series of sprinting and recovering. It will be based on the high intensity interval nature of hockey. Hockey is a multi-directional fast twitch sport, almost exclusively. Long distance running is not conducive to hockey due to it increasing the amount of slow twitch muscle fibers, especially in a young developing athlete. A small amount of long distance running is beneficial for general preparedness and aerobic maintenance, but too much slow running creates the opposite effect that a young hockey player needs.

Planning ahead to In-Season strength training in fall and winter of 2014, 1-2x/week is all that is needed, but it is encouraged. NHL players train in-season simply to maintain the strength and power they already have. Kids and most college athletes are different. They can train 1-2x/week and continue to get stronger during the season. Strength is achievable and injury reduction is still a benefit of in-season training, but the plan is to avoid over-training.

Groups will be 4-6 athletes. An occasional large group workout can be a great way to mix things up and create a team practice atmosphere, but not until athletes learn the basics in small groups.

Schedule

Open House Introduction – April 26th, 9am, 10am, 11am

***Limit 10 players per hour**

Spring Phase (8 weeks) – May, June

Summer Phase (8 weeks) – July, August

75 minutes sessions. A general example looks like this:

15 minutes warm-up (mobilize joints and muscles, elevate temperature)

15 minutes plyometric

30 minutes strength training

15 minutes metabolic conditioning and cool down

Ideal Groups are 6 athletes per session.

Cost

8 week Phase (May-June, July-Aug)

Up to 3x/week \$559

Up to 2x/week \$399

John Renzi NASM, FMS

Renzi Performance

BS Education, KSU

Preferred Physical Therapy Sources

BJ Leeper DPT, OCS, CSCS

BV Physical Therapy and Sports Medicine

Jason Yoder DPT, PT Sports Coordinator

Children's Mercy Sports Medicine

KC Barnstormers Olathe Facility

15075 W 116th St

Olathe KS 66062

Behind northeast side of shopping district on 119th and Blackbob

John Renzi is a certified strength trainer through two reputable organizations (NASM, FMS). He believes in the simple philosophy “first move well, then move often.” Instead of rushing to impress his clients with how tired he can make them, he first addresses the weak link(s) in each athlete’s movement patterns. Once these movement patterns are improved, he then teaches how to add endurance and strength to those movements.

The true objective of exercise is to create a healthier body, which begins by improving mobility, stability, and coordination in joints and muscles. Strength, speed, cosmetic changes, and injury reduction are enhanced much easier when function and posture are addressed first.

John attended Blue Valley Northwest High School and although he was well known as a baseball player, he was better known for his obsession with fitness and exercise among the teachers and students. He signed to play baseball in college (Neosho County CC, KSU), though two consecutive injuries led to an early exit after his sophomore year at KSU. John graduated from KSU with a degree in Secondary Education in 2005.

After teaching and coaching high school, John became a salesperson in telecom and then in the medical device industry. During his time in the workforce, John has never missed a step with his passion for exercise, nutrition, and coaching.

Thru encouragement from friends and family and a realization of the growing need for athletic strength development and adult wellness, John quickly built a clientele of teenage athletes and young adults who wanted to learn the truth about how to train and diet smart. His experience in competitive athletics, professional teaching, and corporate sales provides a unique atmosphere where clients (and parents) can expect open communication and reliability. The best interest of each client is always the number one priority.

People are responsible for their own accomplishments and individual results show how much effort a person has put into their own health or performance objectives. The coach’s role is to advise, motivate, and instruct people of all ages on safe and effective ways to improve their performance.