

SADOWAY CONDITIONING

January Issue

Thomas Leading Beardies and Battling Weight Room

The first time I met Talon, he told me his goals and I told him that he was going to think I was an ass. Most kids who need to lose weight swear at me all summer. Talon laughed at me but it was true. Losing weight is hard. The picture below was the day that Talon lost his 45th pound in summer 2016. This past summer, Talon was busy playing Baseball and Aboriginal Hockey Tournaments which kept him out of the gym. I got mad at him, and I even vented to my old billet David Greyeyes. I told Dave I hated the Aboriginal tournaments and it hurt the kids who needed to be in the gym and not on the ice. I care about the kids I train and told Talon this. Things started improve and be more like the summer before. Talon, however, wasn't in as good of shape to start the season and it showed. His coach even called me and asked about training. The season started off slow for Talon but he has hit his stride and now is leading the Beardies Blackhawks Midget AAA team in scoring. This up coming summer is a big summer for Talon. I am hoping I get the dedicated Talon, but it is a process and a struggle. It is not fun and for the guys who have to do it I really respect them because it is tough.



GRADUATING GRADE 12 FOR LIBKE AND BAIROS

Grade 12 comes quickly for kids and choices have to be made. For Noah Libke, who has trained with me for years, he is moving onto enroll in the Criminal Justice program in Lethbridge. Noah is going to try and gain some life experience and become a Police Officer. I am hoping a traffic cop, because I just got another speeding ticket and really need to slow down.

On the other hand, there is Jordan Bairos who has a big decision to make. Jordan can either continue on with the Flin Flon Bombers or enroll in Arts and Science and take his 94% average and work towards his goal of Medicine. I told Jordan, Medicine is a long road, my brother did it and I saw this for myself. It will be a tough decision but, it will all work out in the end for both of these guys.

Ashe and Somers move onto Midget AAA Mid Season



I do my best to make it out and watch all the guys/girls during the hockey season. I went on a road trip with Warman's AA team that I'm working with and was able to have supper with Dylan's parents. I asked them what Dylan's plan was for the upcoming season and they said to either play in Tisdale or Swift Current. Low and behold the head coach was in Melfort that night and came down and talked to Dylan after the game. Fast forward a month later and Dylan is now finishing the season with the Tisdale Trojans.

Walter started the season with the Saskatoon Riverkings. Walter was an early call up for the Moose Jaw Midget AAA team. Moosejaw is struggling right now, but Walter is getting a chance to play in a very tough league especially for a 15 year old. Congratulations to both these players!!

Technology Taking Over Training



Last summer, we purchased the Normatec Leg Recovery System. This system is becoming very popular with all major professional sports teams. I am hoping to bring in the first Kbox system to Saskatoon this summer. This is by far the most advanced training system based on scientific evidence that has come out in the last couple of years. Every Strength and Conditioning conference talks about eccentric training and the benefits that are being discovered with the flywheel training programs. Teams like the Detroit Redwings, New York Rangers and Los Angeles Kings are just some of the teams that have outfitted their players with this new product. The problem is it was originally developed by NASA for the astronauts and is extremely expensive to buy. However, the benefits of this system is amazing. The athlete can actually see their performance each repetition on a computer screen for their power output. The system can be used for basically all major muscle groups and numerous scientific journals have been published in regards to the benefits that the kbox has over traditional weight training. Below is a picture of Kris Letang of the Penguins using the Kbox.

With customers like the Detroit Red Wings, New York Rangers and Los Angeles Kings, it comes as no surprise that our co-founder and former hockey coach Mårten Fredriksson looks forward to the upcoming ice hockey season.



With the start of the NHL pre-season, as well as the SHL season in Sweden, we're happy to finally indulge in our hunger for good [hockey](#).

As some of the best athletes in the world step out on the ice, we know that many of them now have an advantage over their competition. They can carry this advantage with them on their team planes, buses and any other vehicle for that matter. You don't actually need to be in the NHL to possess it. It's just a piece of science based, innovative training equipment that offers variable resistance and easy access to [eccentric overload](#) training for quicker gains in strength and mass.

By now you've probably guessed that I'm talking about the [kBox](#), a tool that can help you improve your stride length and stride rate on the ice, whether you're a NHL superstar like [Kris Letang](#) of the Pittsburgh Penguins (pictured) or an aspiring young athlete without much experience in the weight room. You can avoid injuries by using the [Harness](#) to unload your back and train like a beast. Heavy squats, explosive squats, lateral squats, split squats, you name it. As Coach Herb Brooks used to say, "the legs feed the wolf" and you can feed your legs with some kBox training.

Happy Hockey Season, Folks!



[/Mårten Fredriksson](#), co-founder of Exxentric, former Ice Hockey Coach and S&C Coach at Junior & Senior Elite levels