

SADOWAY CONDITIONING

January 2019 Issue

Player vs Goalie training is there a huge difference



One of the greatest quotes in strength training was provided by Marco Cardinale, high performance director for London 2012. At a seminar in Boston he said, “Your sport is not different, you just think it is”. Mike Boyle the Boston Red Sox and Boston Bruins strength coach and probably the most famous hockey strength coach of all time in hockey stated. “80% of what we do in the weight room will be the same for every sport. Every athlete has the same sets of muscles and strengthening those muscles will be amazingly similar”. Now having said that we do do some things differently. The energy systems are different but if you look at the muscles that are involved to push a goalie across the crease and back and push a player forward you have striking similarities. (Abduction, Adduction, Hip Flexion/Extension, Knee Flexion, Knee Extension). The fact is a goalie like a player should be in the weight room first and foremost. If they are not doing a periodized program with progressions your doing them a disservice!! You can pay as much as you want to a skating or a goalie coach but the fact is you can’t get speed or quickness without strength!! They will have great technique but no engine and the engine is the most important part... Explosiveness is brought on by pushing a force toward the ice. Goalies are huge explosive athletes (Take up net and can move). Lets just take a look at the top 10 goalies in the NHL for save percentage for fun to help prove my point.

1	Robin Lehner	2018-19	1.	-6'4 - 240lbs
2	Jack Campbell	2018-19	2.	6'2- 197 lbs
3	Andrei Vasilevskiy	2018-19	3.	6'3—207 lbs
4	Frederik Andersen	2018-19	4.	6'4 - 230 lbs
5	Anton Khudobin	2018-19	5.	5'11—200
6	Ben Bishop	2018-19	6.	6'7—215
7	Thomas Greiss	2018-19	7.	6'2—232
8	Tuukka Rask	2018-19	8.	6'3—176
9	Jaroslav Halak	2018-19	9.	5'11- 185
10	John Gibson	2018-19	10.	6'2- 206

As you can see above these athletes are huge men. The one exception would be #9 Jaroslav Halak who is 32 years old and I would argue part of the old guard of goaltending. So as a parent of a goaltender yes they need to be flexible and they need to be quick but what is most often overlooked is one of the most important key factors of all. They need Strength!!! And don't worry we have a new Yoga coach this year so the flexibility will be covered as well!

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Team Saskatchewan girls Leschshyn, Fiala, Heidt and Kushniruk all committed to play post secondary



I love having the girls in the gym. Girls unlike boys are motivated to be better than themselves. They tend not to worry about what the other people in the gym are doing and this leads to better technique quicker. They all work hard and all have a purpose for being there. I always tell everyone I have the best group in the city and I truly do believe this. These girls will add to the girls who are already playing at the collegiate level with us. We have 4 girls who will be leaving the Midget AAA level and pursuing U Sports or NCAA opportunities next year which is really exciting. They all have had really good years so far and the exciting thing is we still have a great group of girls who still are deciding where to commit!

Anna Leschshyn– Syracuse University

Joelle Fiala– Robert Morris University-

Miranada Heidt– University of Saskatchewan

Jadyn Kushniruk– University of Regina

HAMM WEARING THE “C” FOR NOTRE DAME AND REPRESENTING THE SJHL “ALL STARS”



When I heard Jared got the “C” after his rookie year I was pretty happy. I used to help out with Notre Dame and I am proud to say I was the guy who listed Jared. I have now been bugging my buddy who helps out with a division 1 school to come watch him and to help him get a scholarship. Jared for whatever reason is a notoriously slow starter every year and always seems to have a great second half of the year. I personally think its because Jared puts so much intrinsic pressure on himself. None the less Jared was picked to represent the SJHL all stars this year and is hoping to earn a scholarship and play NCAA hockey. Jared is one of the nicest and most down to earth guys. He who works extremely hard at everything he does. Congrats Jared and good luck with the rest of your year.

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James Form gets called up to WHL for December



James had a tough start to his year with an injury to his leg but has bounced back and is second in points per game (1.38) with the first place Saskatoon Blazers. If you know James he is a guy that puts in the work and while he was hurt he came several times to train and get back into game shape. James has played 8 games so far in the WHL as a 16 year old this season and is hoping to go deep into playoffs with the Saskatoon Blazers.

Yoga- We are adding Yoga Sessions this summer as a bonus and no extra cost!!!!