

August 2011

BSI members have been training hard for the past few months preparing for their seasons to start. Good luck to all those going off to their main camps! Remember, nutrition plays a very important role in your performance as it will allow your body to recover and be prepared for the next day. During camp be sure to have plenty to drink to keep your body hydrated. A good hydration drink is 6 oz of Gatorade and 6 oz of water, this is a good drink to sip on during your workout whether it is on the ice or off the ice.

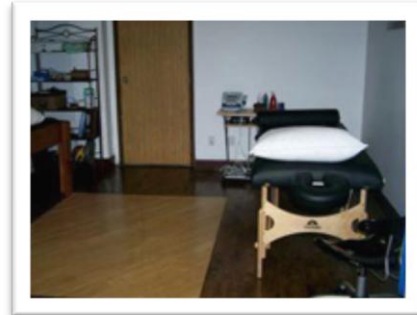


stouffvillespirit.com

BodySmith would like to congratulate one of our family members, Christian Finch, on accepting an NCAA Division I full scholarship to Clarkson University. Finch will be playing for the Stouffville Spirit this season and will begin with Clarkson in the 2012/2013 season.

Congratulations!

BSI Clinic



BodySmith provides a holistic approach that treats the "whole body machine". Our clinic now offers Osteopathy and Massage Therapy in addition to Athletic Therapy. Please speak with reception to book your appointment before your season starts with Ryan our Osteopath, Sheila our Massage Therapist, and/or Jen our Athletic Therapist.

Dryland Training

Dryland training will continue for the month of August. It takes place, for those who can make it, Tuesdays and Thursdays from 10 am to 11:30 am at St. Augustine Catholic School (just north of 16th Avenue on Woodbine). If weather conditions are not suitable an email will be sent out to confirm that training will take place inside the gym.

On-Ice Conditioning and Situational Play

with Paul McFarland

Sessions are held at the Stouffville Clippers Sports Complex on Wednesdays from 1pm-2pm and 2pm-3pm. You must sign up and purchase sessions with reception before attending.

BSI would like to wish Gianluca Curcuruto and Chris Marchese good luck at the U18 Hockey Camp in Calgary!

Coming Soon...

**Sports Performance
Pheromones**

Win your game...it's just a roll away