

# March 2011

## What Does Spring Bring?!

If it's March, it must be almost spring. And if it's almost spring, we must be close to summer training! That's right, our big summer training program is just around the corner. Getting your kids into the summer training program will be an important move in their athletic career. Don't forget about the Children's Tax Credit – money used towards your child's health can be tax deductible.

With many winter sports winding down, and many summer sports gearing up, spring is a great transition period. Remember that great nutrition helps in the recovery process. Plenty of water will help flush toxins out of the system. Getting all your vitamins and minerals (from a variety of fruits and vegetables) helps repair muscles and builds your body's immune system. Rest is also important in this transition period. For most active people and high level athletes, getting 8 hours of sleep each night is vital. And the more sleep before midnight, the better. We get deeper sleep in the dead of the night than into the morning hours.

Enjoy spring! Enjoy the sun! Enjoy being active!



## Our Inaugural Concussion Symposium

The concussion symposium this year was a hit! The morning began with Starbucks coffee for all those who came through the blowing snow into the gym. Julie Azan started the session off talking about how her son's concussion affected the whole family. She explained his mood swings and aggressions, and how this invisible injury was hard to deal with. Dr James Carson talked about the science behind what concussions actually are. He emphasized that you do not need a hit to the head to sustain a concussion. He also discussed what progressions are needed to return to play and how to monitor the symptoms. Ryan Richardson talked about the anatomy of the brain and how the movements of the sutures in the skull can be limited in a concussion. This immobility slows the flow of cerebral spinal fluid (CSF) around the spine and head. New treatments are emerging on getting the flow back for the CSF. To round out the morning, Braeden Hunt and Christine Fisher told their stories about how they sustained life changing concussions and how they have been dealing with the symptoms 2 and 4 years later, respectively. Boston Pizza brought wraps for lunch once the presentations were over. Rick from Whistle Radio did a great job as the morning's emcee.

## How are we doing?

Mary Beth Hemphill won Gold in the Giant Slalom at Canada Winter Games!

Stouffville Spirit players (Christian Finch, Trevor Carrick, Andrew Doyle, Robbie Acton, Mike Robinson, and Chris Porter) are in quarter final action against Newmarket Hurricanes

Will Acton scored the winning goal against Ohio State in the first round of playoffs and now faces Notre Dame!

Chris Tanev has been called up to play for the Vancouver Canucks

Hayley Hughes (Cornell) is one game away (at time of print) from a berth into the Frozen Four

Jordan Adessi (Toronto Marlies Bantam team) is playing for the GTA Championships – looking to move on to the Ontario championships



We have two Co-op students working with us for this semester. Robbie Acton from Stouffville D.S.S. and Nick Morassut from St. Brother Andre C.H.S. We will also have an athletic therapy student in the clinic this summer, Julie Chiu. Please make them all feel welcome!

## Protein Powder Recipe

In a mixing bowl, mix:

- Peanut butter/almond butter
- Rolled Oats
- Granola
- Honey
- Protein Powder

Roll in small balls and put into freezer, you can eat them right out of the freezer! Great for a post workout snack or a fast breakfast option!

We offer 2 protein powders: Rival-us is great for those who are training for sports that have drug-testing. The product does not have any ingredients that will cause adverse results.

Juice Plus Protein Powder has a serving of fruits and vegetables in each scoop! Non-GMO Soy based protein is great for vegans, vegetarians and those trying to cut weight.

As of May 1, 2011

**NO CELL PHONES IN THE GYM**

