

Unlevel the playing field.

THE ATHLETIC REPUBLIC – DENVER, COLORADO

WWW.THEACCELERATIONINSTITUTE.COM

NEWSLETTER: MAY 17-23, 2010

EEHA TO CHIGAGO

THE EVOLUTION ELITE HOCKEY ACADEMY IS PREPPING FOR THEIR TRIP TO CHICAGO WITH THEIR FINAL FULL WEEK OF TRAINING BEFORE COMPETITION. DEVELOPMENT WILL FOCUS ON SPEED AND HOCKEY SKATING, AS TEAMS WILL UTILIZE THE SKATING TREADMILL IN ADDITION TO HEAVY PLYOMETRICS AND AGILITY WORK. FOR TOURNAMENT SCHEDULE AND RESULTS, VISIT THE EVOLUTION WEBSITE AT WWW.EVOLUTIONELITEHOCKEY.COM.

NEW PHOTOS!

VISIT THE ATHLETIC REPUBLIC WEBSITE TO VIEW NEWLY ADDED PHOTOS OF TRAINER ALEX BLUM IN ACTION. ALEX RECENTLY MODELED HIS EXERCISE TECHNIQUE ON SOME OF THE MOST POPULAR TOOLS IN THE AR REPERTOIRE FOR YOUR VIEWING PLEASURE!
WWW.THEACCELERATIONINSTITUTE.COM.



EEHA SCHEDULE FOR CHICAGO:

U8s:

FRI MAY 21 – 3:10PM
SAT MAY 22 – 7:30AM
SAT MAY 22 – 1:10PM

SQUIRTS:

FRI MAY 21 – 5:00PM
SAT MAY 22 – 8:10AM
SAT MAY 22 – 4:10PM

PEEWEEES:

FRI MAY 21 – 7:50PM
SAT MAY 22 – 12:20PM
SAT MAY 22 – 7:20PM

BANTAMS:

FRI MAY 21 – 5:10PM
SAT MAY 22 – 2:50PM
SUN MAY 23 – 7:20AM

MIDGETS:

SAT MAY 22 – 11:10AM
SAT MAY 22 – 7:20PM
SUN MAY 23 – 11:10AM

TRAINING TIP OF THE WEEK

AS A MIDDLE SCHOOL, HIGH SCHOOL, OR EVEN COLLEGIATE ATHLETE, YOU ARE OFTEN PRACTICING AND COMPETING AFTER SCHOOL, WHICH MEANS THAT THE BULK OF YOUR PRE-TRAINING/PRE-COMPETITION MEALS TAKE PLACE DURING SCHOOL. WHETHER YOU PACK YOUR LUNCH FROM HOME OR PICK UP LUNCH AT YOUR SCHOOL'S CAFETERIA, THE CHOICES YOU MAKE CAN HAVE AN IMPACT ON YOUR PERFORMANCE LATER IN THE DAY. REMEMBER THAT YOUR GOAL IS TO CONSUME A LOW FAT COLORFUL MEAL THAT IS RICH IN QUALITY CARBOHYDRATES (WHOLE GRAINS, FRUITS AND VEGGIES, LOW FAT DAIRY). COUPLE THIS MEAL WITH A GOOD SOURCE OF PROTEIN (QUALITY DELI MEAT, NUTS/SEEDS, TUNA/SALMON, BEANS, LOW FAT DAIRY). WHEN YOU ARE PACKING YOUR LUNCH FROM HOME, IT CAN SOMETIMES BE DIFFICULT TO COME UP WITH IDEAS AND VARIETY. HERE ARE SOME TIPS AND SUGGESTIONS ON WHAT TO PACK FOR QUALITY SCHOOL LUNCHESES THAT WILL KEEP YOU GOING FOR YOUR AFTERNOON WORK-OUT.

MAIN COURSES:

PASTA SALAD (LEFTOVER PASTA WITH VEGGIES AND A SPRINKLING OF CHEESE)

SALMON SALAD IN A WHOLE-WHEAT PITA (LIKE TUNA SALAD BUT USE CANNED SALMON INSTEAD)

PEANUT BUTTER & BANANA SANDWICH WITH HONEY ON WHOLE WHEAT BREAD

BAKED POTATO (COOKED AND WRAPPED IN FOIL) WITH OLIVE OIL AND A SIDE OF LOW FAT CHEESE SLICES

SOFT TACO WITH STEAMED VEGGIES (LEFTOVERS) AND CHEESE, ADD MEAT OR BEANS FOR PROTEIN

TURKEY WRAPS (TURKEY, CHEESE, AND VEGGIES ON A WHOLE GRAIN TORTILLA)

2 HARD BOILED EGGS WITH BAGEL OR 2 SLICES WHOLE WHEAT BREAD & SLICED VEGGIES

RICE BOWL WITH BLACK BEANS AND DICED VEGETABLES

YOGURT AND FRUIT

FRUIT SALAD

DICED PRODUCE W/ A SMALL CONTAINER OF DIPPING SAUCE

WHOLE WHEAT CRACKERS & STRING CHEESE

PUMPKIN BREAD

WHOLE GRAIN PRETZELS WITH PEANUT BUTTER

-ARTICLE FROM ATHLETICREPUBLIC.COM

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FACEBOOK!



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"ATHLETIC REPUBLIC –
DENVER"

HOCKEY TREADMILL SESSIONS

HOCKEY TREADMILL SESSIONS ARE NOW AVAILABLE FOR INDIVIDUALS OF ALL AGES AND ABILITIES. CONTACT ANDREI AT 720.227.5375 TO SIGN UP



WHO ELSE TRAINS AT ATHLETIC REPUBLIC?

JIM THOME MLB (500+ HOME RUNS)

DERRICK ATKINS (SILVER IN 100-M)

OGONNA NNAMANI (PRO VOLLEYBALL)

BRETT HULL (NHL LEGEND)

MARIAN GABORIK (NY RANGERS)

SHAUN ALEXANDER (NFL MVP)

DARREN MCFADDEN (#4 NFL DRAFT
PICK)

JASON KREIS (MLS STAR)



MARIAN GABORIK TRAINS AT
ATHLETIC REPUBLIC

