



CALGARY ROYALS ATHLETIC ASSOCIATION

CRAA Grapevine

November 2019 edition

Greetings Royals Constituents and welcome to our monthly newsletter.

The intent is to provide monthly updates on association matters, across a broad spectrum of our portfolios.

I hope you find it informative and it provides you with association information that matters.

Dave Freeborn
President
Calgary Royals Athletic Association

"A monthly production to our constituents on what's new or novel within our Elite/Quadrant Hockey Association"

Western Canada Midget AA Showdown

The 2nd Annual Western Canadian Midget AA Showdown is a month away, running from December 12th-15th at Max Bell Arena. It has grown this year to twelve teams spanning four provinces with representation from Alberta, Saskatchewan, Manitoba and British Columbia. The tournament is expected to be a high calibre and fast-paced display of competition showcasing the players to confirmed scouts and representatives from the AJHL, BCHL, SJHL and KIJHL. It also has an objective to educate and affirms to families and players the continued opportunities to keep pursuing the next levels for Midget AA players, particularly 17-year olds preparing for Jr. camps. There will be an amazing speaker series held at the Clarion Hotel on 16th Ave NE at 7:30pm on the evening of December 13, 2019. We encourage others from CRAA to attend!





CALGARY ROYALS ATHLETIC ASSOCIATION

**2ND ANNUAL
WESTERN CANADA
MIDGET AA
SHOWDOWN**

DECEMBER 12-15
MAX BELL CENTRE
CALGARY, AB

PRESENTED BY

 **GLOBAL**
SPORT ACADEMY GROUP

[GLOBALESPORTACADEMYGROUP.COM](https://www.globalsportacademygroup.com)

  


CALGARYROYALS.CA

Participating Teams

CRAA Midget AA Blue
CRAA Midget AA Gold
Airdrie Midget AA Lightning
Beaumont Midget AA Braves
Camrose Midget AA Vikings
Kelowna Central Zone Rockets

NWCAA Midget AA Bruins
Prairie Storm Midget AA
Regina Midget AA Vics
Vernon North Zone Kings
Warman Midget AA
Winnipeg U17



CALGARY ROYALS ATHLETIC ASSOCIATION

Nutrition Break with Performance Dietitian Kelly Anne Erdman

I've enjoyed working with the Royals teams this fall with our first round of nutrition workshops. Our focus has been to consider nutrition strategies to maximize practices and workouts. This focus will in-turn help players perform better in games.

Here is a summary of these key performance nutrition strategies that we addressed:

- Eat often – enjoy 3 meals and 3 snacks each day PLUS immediate recovery foods
- Sip on 1.5 to 2 litres of water all day so you show up to practices well hydrated
- Drink sufficiently during practices and games
- Include a protein source with each meal
- Choose snacks that are energy sustaining
- Enjoy quality food choices, i.e., “clean eating” 90% of the time since Garbage In = Garbage Out
- Remember your recovery foods to consume within 30 minutes after practices and games
- Consistency is the key to success

If you are needing nutrition support beyond the team workshops contact Kelly Anne at the University of Calgary Sport Medicine Centre where a customized nutrition plan will be generated: <https://sport-med.ucalgary.ca> .

Global Royals Academy at Central Memorial

The Royals Academy at Central Memorial High has been a great experience so far for the student-athletes in the program. The academy consists of on-ice, multi-sport and classroom work helping the students earn 10 credits through their year in P.E. and CTS. Ice times started in November and have included individual and position-specific skill work mixed with small area game application. In the classroom, the student-athletes have achieved their coaching level certificates and have worked on sport psychology modules to date. Rounding out the program is Academic Ownership where teachers and tutors track and support the students in their core classes two times a week. Contact Drew Coles at dcoles@globalsportacademygroup.com for information on Royals Academy.





CALGARY ROYALS ATHLETIC ASSOCIATION



GLOBAL

SPORT ACADEMY GROUP

CENTRAL MEMORIAL [ROYALS]	NOV. 28, JAN. 23
SPRINGBANK	NOV. 25, JAN. 20, FEB. 10, MAR. 16
OKTOKS	NOV. 27, JAN. 22, FEB. 26, MAR. 11
AIRDRIE	NOV. 25, MAR. 23

ALL LOCATIONS | 7 PM START TIME

INFORMATION NIGHT

JOIN US AT AN INFORMATION NIGHT IN
YOUR AREA TO LEARN ALL ABOUT GLOBAL
AND OUR ACADEMY PROGRAMMING!

VISIT OUR WEBSITE AT GLOBSPORTACADEMYGROUP.COM



CALGARY ROYALS ATHLETIC ASSOCIATION

Mental Health Update

As athletes become more physically equipped to play their game, their ability to cope with the added pressures and expectations that exist within the game is often underdeveloped. The CRAA has made athlete mental wellness and mental health of utmost priority this hockey season by offering each team sessions with Mindful Athletics.

Mindful Athletics is a team of master's level Certified Canadian Psychotherapists engaging young athletes in conversation around the importance of developing positive mental health. A few things for parents to keep in mind. Your children will be participating in a conversation related to mental health that they have likely not engaged in before. We would encourage you to keep this conversation going!

It is important to recognize that they may seem a little quiet after a session with Mindful Athletics. This is completely natural for youth (and many adults) who are thinking about things they have not previously considered. Asking questions about the discussion can allow them to continue to process the information and also encourages the elusive conversation with teens!

Some conversation starters:

- What they learned?
- What they thought about the process?
- What they took away from their time with Mindful?
-

Be prepared that things may come up for them. If so, and they would like additional support, please connect with us.

Contact: Jessica Renney @ 403-862-3933 and Paula McQuaid @ 403-703-9846. We would be happy to meet with your child for an individual session(s).

Please note: Individual sessions are often covered by extended health plans and always covered by HSA. Please email info@mindfulathletics.com to book a session.





CALGARY ROYALS ATHLETIC ASSOCIATION

Vaping Awareness

Vaping is NOT harmless and the CRAA has a **Code of Conduct policy** addressing the issue:

f) Players are prohibited from being involved with and/or consuming:

- *Alcohol (unless of the age of majority and use is outside of any CRAA function or activity)*
- *Tobacco (any tobacco products including snuff and chew)*
- *Vaping products*
- *Illicit/illegal drugs and/or marijuana (cannabis) and/or marijuana (cannabis) by-products (unless of the age of majority and use is outside of any CRAA function or activity).*

Please Note: Failure to comply with this Code of Conduct may lead to disciplinary action in accordance with the Association's Discipline Policy, and those rules set forth by the Minor Hockey Association of Calgary (MHAC), Hockey Alberta (HA), and the Canadian Hockey Association (CHA).

As teenage vaping becomes an increasing concern in our society, it is paramount as a Royals organization we continue to take an active stance on both educating our players on the health, performance and social risks of vaping. The competitive stage of hockey gets smaller and smaller entering the Royals and beyond, and there is no place for high-performance athletes and vaping. Teachers, coaches, peers, parents and scouts alike share information on players who vape and this can impact one's personal brand and ultimately their hockey journey. Further and more importantly, vaping has significant health impacts that can:

- Increase your exposure to harmful chemicals
- Lead to nicotine addiction, poisoning, popcorn lung
- The long-term consequences of vaping are still unknown
- Impact brain development detrimentally

https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html?utm_source=google&utm_medium=cpc_en&utm_content=risks_1&utm_campaign=vapingprevention2019&utm_term=vape#a4





CALGARY ROYALS ATHLETIC ASSOCIATION

Peak Power - Conditioning

The concept of our training plan so far is to not only concentrate on making the athletes sweat but to educate them on why we are training the way we are. In each training session we focus on stability and mobility of the shoulders and hips/knees, in order to prevent injury and the chronic imbalances caused by the sport of hockey. In addition, we try to utilize exercises and modalities that will help the player excel in their sport. We understand that most fitness gains occur in the off-season and during season, we are managing recovery and trying to prevent injury. At the same time keeping the athlete prepared throughout the season for their games; ultimately with playoffs in mind.

Parents and coaches should be proud of your boys. They have worked extremely hard and most importantly have been very respectful.

Please contact michael@sportdevelopment.com for any questions or to learn more.

Cross-over Benefits of Team Sports

If you think team sports are just about wins and losses, social fitness and entertainment, think again. Mounting evidence shows that playing team sports can transfer very well into your professional career, helping you become a better and more influential leader. It's been suggested that up to 90-95% of CEO's played college or university sports and that these leaders actively seek former athletes to become part of their businesses because of their time in team sport environments and their ability to transfer these learned skills from the game.

Sport offers so much more than just physical benefits. It keeps you mentally healthy, teaches social relationship skills, and forges commitment, determination and a competitive mindset. It teaches players about overcoming challenges and adversity, and how to balance all the time commitments of a demanding schedule. As we continue to build these young men within the CRAA, it is important we reflect on the benefits of these times with our players as well for building future professional leaders of tomorrow.





CALGARY ROYALS ATHLETIC ASSOCIATION

Bantam Tournaments

All Bantam teams have been participating in tournaments in October and November.

Congratulations to Bantam AA Blue for a 2nd Place finish in the Kelowna Bantam AA Tournament in October! Way to go, boys!



GO ROYALS GO!!

