



CALGARY ROYALS ATHLETIC ASSOCIATION



Off-Ice Training – Peak Power

In this phase of the season, your athlete will start feeling tired from the busy practice and game schedule going on in January, and with Esso Minor Hockey Week for most. In addition the stresses of being a student will also ramp up during exam time. We will be continuing to work on technical components of lifting and reinforcing the importance of paying attention to potential injury areas such as hips, lower back and shoulders. It is important that the athletes learn the importance of these small exercises and their role in protecting the athlete from chronic injuries that may occur through the end of the season. Our training sessions will focus on maintaining intensity during the cardio sessions, however we will be dropping the volume down in order to not overload the athlete and their mindset at this time. We only have about six weeks left until playoffs so before we know it the excitement of playoffs will be upon us and we will be preparing accordingly. It is time to stay the course and plod through this time. Contact Mike at michael@sportdevelopment.com if you have any further questions.

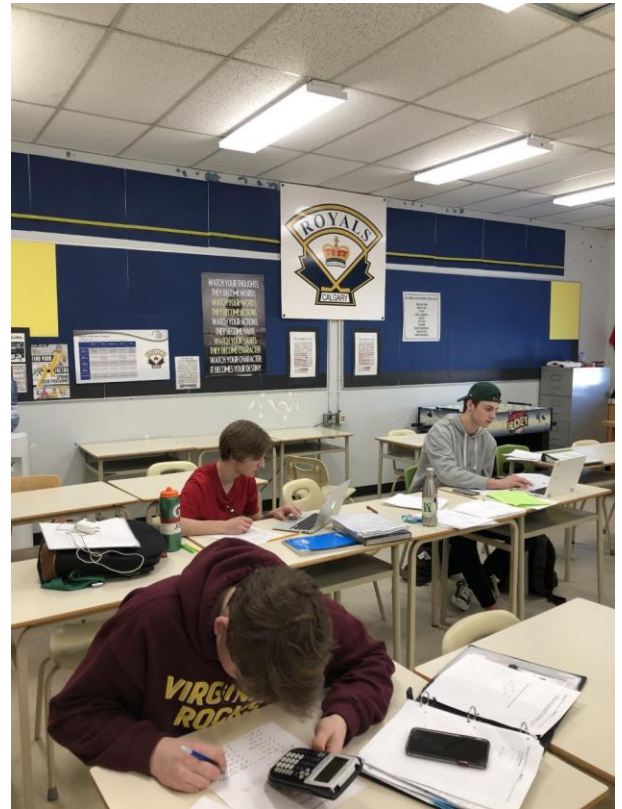




CALGARY ROYALS ATHLETIC ASSOCIATION

Royals Academics

The Royals academic sessions have been going on for Midget AA and AAA players throughout the year. Academic Coach Shelda and her team of tutors have helped the boys organize and prioritize areas of need and get help where they can in those areas. As the goal is to build student-athletes who move on in hockey, academics, and help prepare them for the future beyond; integrating academic support into the program has been beneficial for our Royals student-athletes as we continue to build towards making well-rounded leaders of tomorrow. Shelda is running optional exam preparation on Mondays for the next few weeks at Central. Good luck to all our Royals players writing exams and finals!



Royals Development Continuation Program

The Royals Continuation Program applies to Midget AA and Midget AAA players who, as part of their Royals dues, will be able to continue to train on the ice and off the ice at MRU after their seasons are over. Information and sign-ups for the groups will open for this in the coming week for these Midget players. This program will include 3 training sessions per week with Mike Souster and his team, and two skill development ice times with Global's senior coaches. Contact Paul Bradley at pbradley@globalsportacademygroup.com for any questions or inquiries, and/or look out for more detailed information being released very soon.





CALGARY ROYALS ATHLETIC ASSOCIATION

Mental Performance

“Inner Mind Sports and Coach Lorie Pulliam had a productive and awesome time with all nine teams in the CRAA. We participated in mental sports performance sessions with:

1. Ways to Win: 57 statistical ways to win a hockey game besides the scoreboard.
2. Feedback 19: Ways to give and receive feedback as a student athlete.

This is applied brain science for sport with tips and tricks that add consistency and confidence to the student-athletes game. Remember, show one improvement per day as the mental game is the doorway to success. Lorie can be reached at innermindsports@gmail.com if interested in further training.

Mental Health – Mindful Athletics

Mindful Athletics Sessions are continuing again in January and early February and some of the players took part in sessions this past week. The Mindful team of psychologists delve into a variety of personal and important subject matter on mental health and the pressures of being a student-athlete in this day and age. Contact Jessica at jrenney@mindfulathletics.ca for more inquiries.

Royals Academy Update

The Royals Academy at Central Memorial and it's student-athletes continue to work on skill development, leadership training and academic support through their day while earning credits. There have been Information Nights for those interested in hearing more - contact Drew at dcoles@globalsportacademygroup.com if you could not attend and would like to set up a personal tour.

Royals Community Outreach Program

The Royals have reached out to local minor hockey associations to offer some coaching and parent symposiums for parents and coaches alike in these associations. As well, this initiative to foster connectivity will see Midget Royals teams buddying up with some peewee teams for one practice. These minor hockey teams will also be able to come out to a Midget AAA game to





CALGARY ROYALS ATHLETIC ASSOCIATION

cheer on the team in their push to the end of the season and playoffs. This will take place in February before the playoff pushes begin!

Nutrition Seminars

Three teams have been booked for this month to have their nutrition session with renowned dietitian and nutritionist Kelly-Anne Erdman. The remaining teams will have their seminars set up for the first week of February. This round of sessions focuses on maximizing nutrition for game play and playoffs.

Royals Rumble Midget AA Competition

The current Royals Rumble team (Midget AA Small Area Competitions) in first place after three Royals Rumble sessions is Grey Storm, pictured below.





CALGARY ROYALS ATHLETIC ASSOCIATION

Bantam - Pre-Christmas Snapshots – out in the community!

Bantam AA Blue



Bantam AA Gold





CALGARY ROYALS ATHLETIC ASSOCIATION

Bantam AAA



Midget 15 Blue





CALGARY ROYALS ATHLETIC ASSOCIATION

**Midget 15
Gold**



Midget AAA





CALGARY ROYALS ATHLETIC ASSOCIATION

Congratulations to the following CRAA players and coaches for being named to their respective 2019/2020 All-Star Games:

Bantam AAA:

Aiden Oiring

Kaden Emond

Owen Howes



Bantam AA West All- Star Team:

Coaching Staff:

Jonathan Petrash

Scott Anklewich

Daniel Monden

Christopher

Anklewich

Nicole McNeilly

Brae Milne





CALGARY ROYALS ATHLETIC ASSOCIATION

Bantam AA Blue:

Jonathan Brackman
Yianni Zack
Brett Setter

Bantam AA Gold:

Ben Ankerman
Aidan Mogan
Kenny Sutton
Ben Laurette

Bantam AA White:

Nolan Dupont
Ryan Gillis
Harrison Brunicke

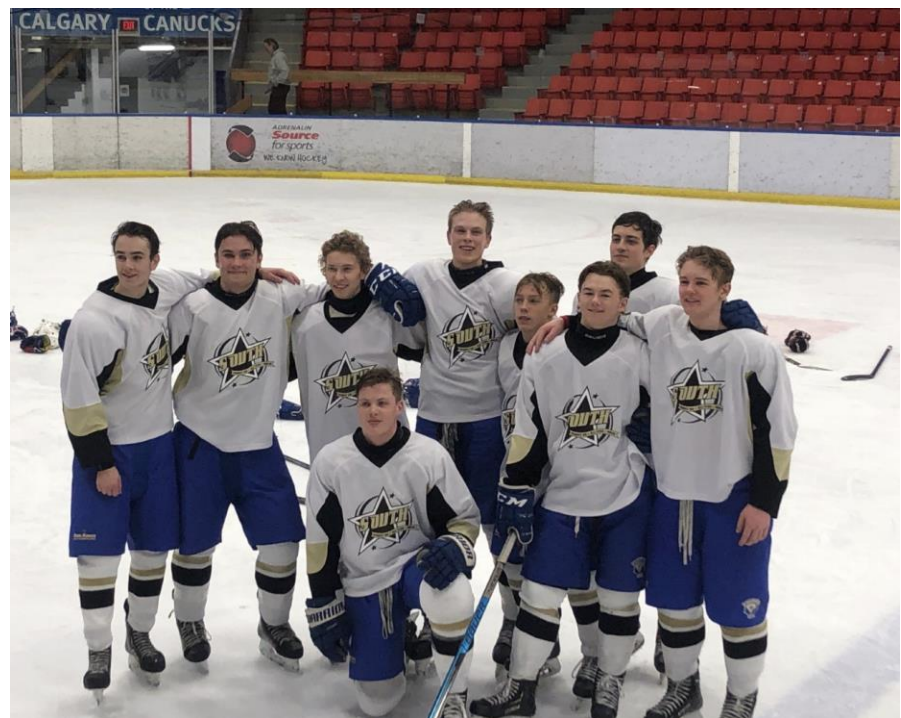
Midget AA South All- Star Team:

Midget AA Blue:

Bennett Anklewich
Riley Hearn
Nicholas Morin
Suren Rivard

Midget AA Gold:

Carson Baylis
Brady Brenner
Josh Danis
Ryan Jessey
Ethan Zielke





CALGARY ROYALS ATHLETIC ASSOCIATION

Western Canada Midget AA Showdown

Our Midget AA Tournament was an amazing success and we look forward to holding a 3rd annual tournament in December 2020. Congratulations to the NWCAA Midget AA Bruins who won the tournament in a 3-2 final over CRAA Midget AA Blue!

Mac's Midget Tournament

Our Midget AAA Team was in a challenging Pool 4 this year and their feature game was held on December 28, 2019. It was great to see so many CRAA members come out to support our team! The CRAA recognized Community Volunteer was none other than Marty Doyle of the Stu Peppard Concession!





CALGARY ROYALS ATHLETIC ASSOCIATION



It's flattering to be recognized by Royalty! That my wife Lorraine and I were acknowledged and complimented for providing concession services in the Royals home rink at Stu Peppard arena is accepted with much gratitude. We really enjoy hockey and this retirement gig. But there is something else we would like to share with the hockey community.

Skill, courage, victories and defeats are but some of the evidences in this tremendous, dynamic sport and having had a front row seat for many, many years, we have also observed this community builds young people to be good people: Zamboni operators, administrators, referees, coaches, managers, trainers, moms, dads, family members and spectators are among the folks we have served. If I may use a salutation from a hockey player/commentator and great Canadian: "ALL YOU PEOPLE" contribute to nurturing good people!

As mentioned, it's nice to be recognized by Royalty; but we really value what you do for this sport, community and country and we offer a profound thanks to "ALL YOU PEOPLE!"

~ Martin and Lorraine Doyle





CALGARY ROYALS ATHLETIC ASSOCIATION

Junior B All- Star Game

Check back in the next edition to find out the Blue and Gold selections with pictures – and come out to cheer on the Junior B All-Stars on February 1, 2020 at 7:15 pm at Stu Peppard Arena.



GO ROYALS GO!!

