

LIFE OF A HOCKEY PLAYER:



Hey kids, it's me, David McKee, goaltender for the Condors, letting you know that having great physical fitness is very important to us professional athletes. There are three areas of physical fitness that we focus on. The first area of fitness that I and the rest of the Condors focus on during practice is muscular flexibility, often called stretching. Lots of times people think of stretching as an inconvenience that must be done quickly before the real exercise begins. Actually, muscle flexibility increases muscle control, flexibility and range of motion. It also gets rid of cramps and is the best thing to reduce injury.

Goalies do a lot of Stretching, can you do all the stretches David does?



During practice we are working on both improving our hockey skills and increasing our aerobic fitness, which is the ability of the heart and lungs to deliver oxygen to the working muscles and for those muscles to use the oxygen to produce energy to do their work. This exercise helps you reduce fat, decrease cholesterol and blood pressure. What are some examples of aerobic exercise? —

Running, swimming

