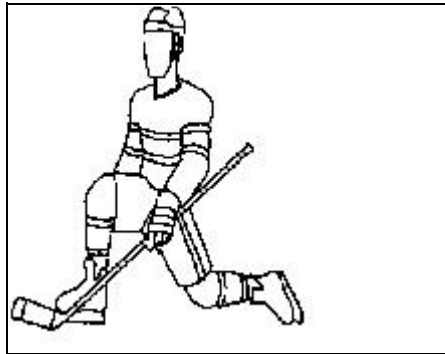
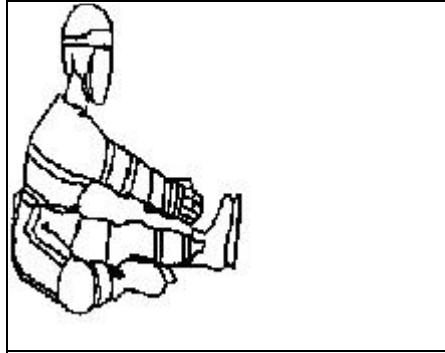
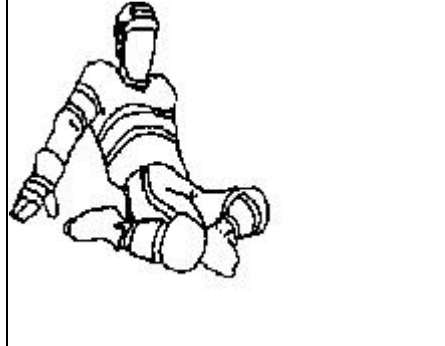
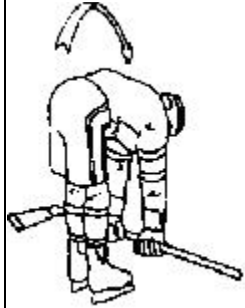


HOCKEY 101: WARM UP & STRETCHING

General Body Warm-up

A great way to warm up is to begin leisurely skating around the whole rink or half the ice surface. The skating should be done in both a clockwise and counterclockwise direction and should include turning or pivoting as well as skating backwards. This will allow you to get your heart rate up and get your blood pumping.

	<p>Groin Stretch</p> <p>While gliding, with your head and back erect, slide your left leg backward pointing your skate away from your body. Bend your right knee while your left leg stays straight. You should feel a stretch in the groin of the left thigh as you glide forward. Hold for 15 seconds. Repeat with the other leg.</p>
	<p>Hamstring Stretch</p> <p>Sit with your left leg straight and your right knee bent. Reach forward with both hands to touch the skate of the straight leg. Hold for 15 seconds. Feel the stretch at the back of the left thigh. Try not to bend the left knee. Alternate legs.</p>
	<p>Quadriceps Stretch</p> <p>Sit with your right leg bent. Bend your left leg until the sole of your left foot is next to the right leg. Now slowly lean back until you feel an easy stretch in the front of the right thigh. Use your hands for balance and support. Hold for 15 seconds. Repeat on the other side.</p>



Lower Body and Hip Stretch

While skating, coast with feet shoulder width apart. Slowly bend forward at the hips. Keep knees slightly bent during the stretch so the low back is not stressed. Let neck and arms relax. Bend to the point where you feel a stretch in the back of the legs. Hold for 15 seconds



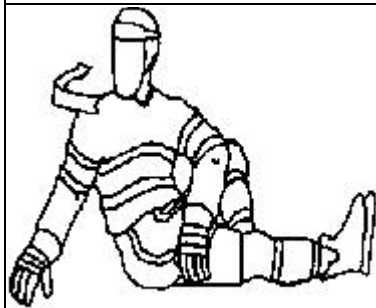
Groin and Lower Back Stretch

Lie on your front/stomach, spread legs like a frog, and push your chest off the ice with your arms. Hold for 15 seconds. Feel the stretch in the front and inside of thighs.



Lower Back, Hips and Hamstring

Sit with feet a comfortable distance apart. To stretch the inside of your upper legs and hips, slowly lean forward from the hips. Keep your hands in front of you for balance and your back straight. Hold for 15 seconds.



Spinal Twist

Good for your upper back, lower back, side of hips and rib cage. Sit with your left leg straight, bend your right leg, cross right leg over left leg. Using your left elbow push against your right knee. Rotate your upper body to the right pushing with your left hand and arm. Do the exercise slowly and carefully. Hold for 15 seconds. Repeat on the other side.