

# E ATHLETE PERFORMANCE NEWSLETTER

DECEMBER 2022



## Team Of The Month:

### Varsity Hockey

East Grand Rapids Hockey took home the Regional Championship title last season. This Regional Title win was the first in four years and with it, they closed out a successful season. Four seniors graduated, leaving room for rebuilding and leadership growth. This season's puck dropped on November 18 with a big game against the currently ranked number one team. Having this strong opponent out of the gate gave EGR great opportunity to sharpen their skills and are now battle tested. EGR Hockey has been 100% dialed-in with their strength training and equally focused on their nutrition and recovery habits. On average each athlete gained a solid 5 pounds of muscle mass in the off-season to help power them through on the ice. We look forward to seeing them outwork the competition this winter!

## Athlete Spotlights:



**Vivian LaMange**

Lacrosse

Junior

Vivian LaMange gets after it. Throughout the off-season training she was the lone female athlete working toward her strength training. Vivian spearheaded getting more females in the weight room and her teammates have reaped the benefits! Vivian is a positive influence on those around her and because she doesn't shy away from a challenge, she's made great progress with her strength and conditioning. She's gearing up to have an electric season on the Lacrosse field.

## Tip Of The Month: Mid-Morning Slump

Athletes burn a ton of calories just going about their day. Fueling the body properly is essential for peak performance. A great way for athletes to fuel their body well throughout the school day and avoid the mid-morning slump, is to prepare snacks to eat on the go. Here are a few easy to-go snacks to help your body replenish and maintain the energy it needs.

- Protein Shake
- Oikos Yogurt
- Almond Butter and Apple
- Peanut Butter and Banana

## Recipe Of The Month: Blender Breakfast

- 1 cup oats
- 1.5 cups milk
- 1 scoop protein powder
- 2 tablespoons peanut butter
- 1 banana



Combine all ingredients in the blender and blend to your desired consistency, add milk/water if it's too dry. Once blended, cover with lid and refrigerate.



**Owen Stropki**

Hockey

Sophomore

Owen Stropki attacks the ice! He seized every opportunity during the off-season to further his gains and this resulted in him adding 10 pounds of muscle to his frame. His teammates look to him to bring the juice and get them amped up. Owen's positive attitude keeps the team going strong and it's this leadership that will serve the team well this winter season. Keep getting it done, Owen!